

Book Review / Compte rendu

Marker, C. D., & Aylward, A. G. (2011). *Generalized Anxiety Disorder*. [Le trouble anxieux généralisé.] Cambridge, MA: Hogrefe. ISBN-10: 0889373353, 84 pages.

Reviewed by: Gary Kesling

ABSTRACT

The text is part of the series in the *Advances in Psychotherapy – Evidence-Based Practice (Volume 24: Generalized Anxiety Disorder)*. The book is written to provide a practical and reader-friendly guide for a functional approach to generalized anxiety disorders. The book reads as a primer for clinicians, beginning professionals, and students looking for a practical and well-organized approach to working with individuals who may be experiencing a range of anxiousness-producing problems. The text includes theories and models, diagnostic and treatment indications, a case vignette, and some specific assessment tools for differentiating various anxiety disorders.

RÉSUMÉ

Ce texte est tiré de la série parue dans *Advances in Psychotherapy – Evidence-Based Practice (Volume 24: Generalized Anxiety Disorder)*. Le livre a pour but de fournir un guide pratique et convivial favorisant une approche fonctionnelle face aux troubles anxieux généralisés. Il constitue une sorte d'introduction pour les cliniciens, les professionnels débutants, et les étudiants qui recherchent une approche pratique et bien organisée permettant de travailler avec des personnes aux prises avec divers problèmes anxio-gènes. L'article comprend des théories et des modèles, des pistes de diagnostic et de traitement, une vignette d'étude de cas, et des outils d'évaluation précis permettant de différencier les divers types de troubles anxieux.

Dr. Craig Marker is the former director of an anxiety clinic at the University of Miami and Nova Southeastern University. Dr. Marker founded and conducts therapy at the Anxiety Treatment Clinic of Fort Lauderdale, which specializes in the treatment of panic disorder, social anxiety disorder, obsessive-compulsive disorder (OCD), and generalized anxiety disorder (GAD). Alison Ayward is a doctoral candidate working in the research area of the evolutionary approach to specific cognitive factors associated with various anxiety disorders. This book contains four chapters plus a section presenting a clinical vignette.

The book's first chapter focuses on the description of GAD. Some detail is provided to clearly define how GAD is characterized with the essential difference between regular worry and those worries that impair a person's ability to function because it is excessive and uncontrollable. The authors point out that GAD is comorbid with many other disorders. The clinical challenge is to make the differential diagnosis to facilitate the selection of an appropriate treatment

intervention. The last part of the chapter reviews nine different self-reporting assessment instruments that measure various domains of GAD as well as assist in the differentiation of GAD from depression, anxiety, or other related disorders. The authors additionally indicate the use of each of the tools within the course of assessment, treatment approaches, or concurrent assessment.

Chapter 2 addresses three aspects of worry: predisposition to worry (which includes the individual's intolerance of uncertainty and a positive belief about worrying), perceptions of threat (a bias of information-processing), and the reinforcers of worry (a formation of cognitive avoidance and metaworry). Chapters 3 and 4 present a framework for the diagnosis and treatment of GAD. The key features of the assessment are discussed with examples that incorporate the material addressed in the self-assessment instruments. Chapter 4 transitions into a well-delineated description of a session-by-session approach of summary topics for a 10-session therapeutic intervention. The rest of the chapter addresses specific treatment interventions, including psychoeducation, cognitive behavioural therapy, exposure strategies, and combination treatments using medications.

A case vignette is presented in Chapter 5. It is written in the form of a dialogue between the client and the therapist. The authors present information for relapse prevention and a brief note about progress and treatment outcome for the vignette client.

Each of the chapters are written in a concise manner that do a good job of contextualizing the material covered as a functional guidebook. The book accomplishes the goal of being easy-to-read and offers practical interventions when working with individuals who have GAD and the typical comorbidities. One of the limitations of a text such as this is that it reads more as a set of outlines of major topic areas and a brief overview of the material by covering the basic elements of a subject without extensive fine points. The material is sound and a quick read. However, some of the more contemporary research in the field of GAD is not utilized; consequently, readers will not find textbook-level detail on GAD. The book does meet the need of an audience seeking a blueprint approach to clinical assessment and intervention with this population.

About the Author

Gary Kesling is a clinical professor in the Department of Psychiatry and Behavioral Sciences, The University of Texas Medical Branch. He is the Director of Counseling and Psychological Services, a Division of University Student Services at the University of Texas Medical Branch. He provides academic, career, and psychological testing and assessment, as well as counseling/psychotherapy in an academic health science centre.

Address correspondence to Gary Kesling, The University of Texas Medical Branch, Galveston, Texas, USA 77555-1369; e-mail <gkesling@utmb.edu>