The Treatment of Anxiety Disorders. Clinical Guides and Patient Manuals


This is a handbook on the treatment of anxiety disorders that is intended for both clinicians and patients. It contains a step-by-step account of the process and problems involved in conducting cognitive-behavioural therapy in patients with anxiety disorders. Although the authors admit in their concluding chapter that the book is fairly conventional in part, it must be emphasised that this book really provides a unique and informative combination of ‘clinician guides’ and ‘patient treatment manuals’ for clinicians who treat anxious patients.

The clinician guides are concise, up-to-date reviews on non-drug treatments for each of the anxiety disorders: panic disorder and agoraphobia, social phobia, specific phobias, obsessive-compulsive disorder, generalised anxiety disorder, and post-traumatic stress disorder.

The patient treatment manuals, designed as workbooks, correspond to each of the disorders and are primarily intended for use by patients. These manuals provide a valuable forum for clinicians to work alongside patients in explaining, supervising, and supporting the treatment process. Further, the manuals are written in a format that encourages patients to continue with their own cognitive-behavioural therapy after treatment with the clinician has been terminated. Patients can proceed by using the manual and the knowledge and techniques provided by the clinician during therapy sessions. The section on post-traumatic stress disorder (which did not feature in the first edition of the book) is timely and makes a valuable contribution to the field. In addition to benefitting adults, the self-help manual can arguably also be used by adolescents with post-traumatic stress disorder.

This book goes a long way towards increasing awareness of both the art and science of conducting cognitive-behavioural therapy in clinical settings. It is a state-of-the-art, well-written and easy-to-read text for psychiatrists, clinical psychologists and therapists in clinical settings. It is a state-of-the-art, well-written and easy-to-read text for psychiatrists, clinical psychologists and therapists in clinical settings. This is a handbook on the treatment of anxiety disorders that is intended for both clinicians and patients. It contains a step-by-step account of the process and problems involved in conducting cognitive-behavioural therapy in patients with anxiety disorders. Although the authors admit in their concluding chapter that the book is fairly conventional in part, it must be emphasised that this book really provides a unique and informative combination of ‘clinician guides’ and ‘patient treatment manuals’ for clinicians who treat anxious patients.

The early years were complicated by a lack of appropriate medicines, poor roads — trips by cart or horseback — and the need to deal with emergencies singly as they arose. He gained a deeper understanding and insight into his patients and their families with lasting bonds being formed. The development of children he had delivered was keenly watched. He believed in listening to his patients, firmly convinced that they would most times give him the diagnosis, and he wrote, ‘nothing in our art can take the place of the untrained and unaided senses’. He always recognised old patients who called to see him when they passed through Ladismith in later years.

A unique and durable partnership arose with the arrival of Dr CFA Garisch in 1941 and Dr JJUys in 1953 (their combined years together numbered around 120). Both were men of integrity, each with special qualities allowing for a well-rounded practice. When Dr Garisch left to practise in Stilbaai in 1979, Dr C Pauw joined them and he is now senior partner in the ongoing practice. The friendships and camaraderie endured to the end.

The Ladismith Cottage Hospital, where he was the Superintendent from 1940 to 1993, was named after him on his retirement. It played a key role in his life as it enabled him to perform the surgery and obstetrics he loved with the assistance of his partners and the ever-loyal staff. Expansion and improvements in the hospital (after many a battle) in the later