



CBT for Appearance Anxiety: Psychosocial Interventions for Anxiety due to Visible Difference

Alex Clarke, Andrew R. Thompson, Elizabeth Jenkinson, Nichola Rumsey, Robert Newell

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This clinical manual provides a CBT-based psychosocial intervention for use with individuals distressed about their appearance due to a disfigurement from birth, accident or illness, or those coping with another visible difference.

- Contains a wealth of case material with specific relevance to physical health conditions that affect appearance, practical advice on assessment, and session-by-session guidance for addressing common issues
- Written by leading academics and clinicians working in the management of disfigurement and rational appearance anxiety
- Uses a flexible stepped-care model that allows for use by experienced CBT practitioners as well those wishing to deliver a more basic psychological intervention
- Identifies the psychological factors involved in appearance anxiety while also addressing the practical concerns of living with a visible difference, such as managing the reactions of others

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