



# Social Anxiety, Third Edition: Clinical, Developmental, and Social Perspectives

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## Social Anxiety, Third Edition: Clinical, Developmental, and Social Perspectives From Academic Press

The third edition of *Social Anxiety: Clinical, Developmental, and Social Perspectives* integrates examinations of social anxiety, shyness, and embarrassment with the research on social anxiety disorder subtypes, biological theories and cognitive-behavioral or pharmacological treatment outcome studies. Clinicians, social and developmental psychologists and behavioral geneticists have all conducted research over the past ten years which is essential to furthering our understanding and treatment of social anxiety disorders. This book weaves together research findings gathered by renowned minds across these various disciplines, and deals with both theory and research. It explores what constitutes social anxiety, assesses the condition and its relationship to other psychological disorders, exploring the biological basis and treatment approaches as well. Coverage includes key issues not discussed fully by other books, including related disorders in adults and children, relationship to social competence and assertiveness, perfectionism, social skills deficit hypothesis, comparison between pharmacological and psychosocial treatments, and potential mediators of change in the treatment of social anxiety disorder. From the Author: Although social anxiety disorder (social phobia) is widely researched topic in psychiatry, other disciplines, such as social and developmental psychology, have independently been studying the same phenomena for many years. Yet, there has been very little cross-discipline communication and integration. The main objective of the book is to integrate the findings on social anxiety from various disciplines, including clinical psychology, psychiatry, social psychology, neuroscience, and developmental psychology.

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### **Editorial Review**

#### **About the Author**

Stefan G. Hofmann, Ph.D. is an international expert on psychotherapy for emotional disorders. He is professor of Psychology at Boston University, where he is the Director of the Psychotherapy and Emotion Research Laboratory. Stefan was born and raised in Germany. He studied psychology at the University of Marburg, Germany, where he received his B.A., M.S., and Ph.D. He came to the US in 1991 and has been calling Boston his home since 1996. Prior to that, he was at SUNY Albany and before that at Stanford University. He has been President of the Association for Behavioral and Cognitive Therapies (ABCT; 2012-2013) and is presently president of the International Association for Cognitive Psychotherapy. He is presently editor-in-chief of Cognitive Therapy and Research and Associate Editor of Clinical Psychological Science and was formerly associate editor of many other journals, including the Journal of Consulting and Clinical Psychology. He is the recipient of ABCT's Outstanding Service Award, the Aaron T. Beck Award for Excellence in Contributions to CBT by Assumption College and the Aaron T. Beck Award for Significant and Enduring Contributions to the Field of Cognitive Therapy by Academy of Cognitive Therapy. He was an advisor to the DSM-5 Development Process and was a member of the DSM-5 Anxiety Disorder Sub-Work Group, Stefan has published widely as an author of more than 300 peer-reviewed journal articles and 15 books, including An Introduction of Modern CBT (Wiley-Blackwell) and Emotion in Therapy: From Science to Practice (by Guilford Press). He is also the co-author (together with David Barlow and Mark Durand) of one of the best-selling Abnormal Psychology text books in the world, Abnormal Psychology: An Integrative Approach (8th Edition). His research focuses on the mechanism of treatment change, translating discoveries from neuroscience into clinical applications, emotion regulation, and cultural expressions of psychopathology. Stefan has been awarded generous research grants from the NIMH and NARSAD. He is a fellow of the Association for Behavioural and Cognitive Therapies and the Association for Psychological Science. He gave up his American Psychological Association fellowship status when he resigned in protest over the fact that APA was actively involved in torturing political prisoners. He lectures internationally, is a licensed psychologist, and is married with two children. Weblink: <http://www.bostonanxiety.org/>

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