## Contents

### Part I  Specific Phobia Assessment and Treatment

1. **Specific Phobia: Phenomenology, Epidemiology, and Etiology**  
   Peter Muris and Harald Merckelbach  
   p. 3

2. **Evidence-Based Assessment and Treatment of Specific Phobias in Adults**  
   Heather K. Hood and Martin M. Antony  
   p. 19

3. **Evidence-Based Assessment and Treatment of Specific Phobias in Children and Adolescents**  
   Thomas H. Ollendick and Thompson E. Davis III  
   p. 43

### Part II  One-Session Treatment for Specific Phobia in Adults and Children

4. **One-Session Treatment: Principles and Procedures with Adults**  
   Lars-Göran Öst  
   p. 59

5. **One-Session Treatment: Principles and Procedures with Children and Adolescents**  
   Thompson E. Davis III, Thomas H. Ollendick, Erin T. Reuther, and Melissa S. Munson  
   p. 97

6. **Real World Applications of One-Session Treatment**  
   Lena Reuterskiöld and Lars-Göran Öst  
   p. 127

7. **Handling Difficult-to-Treat Cases of Specific Phobias in Childhood and Adolescence**  
   Thomas H. Ollendick and V. Cristian Sirbu  
   p. 143
Part III  Special Topics on the Intensive Treatment of Specific Phobias

8  Training Therapists in One-Session Treatment and Assessing Their Competence ................................................... 161
   Lars-Göran Öst

9  Interventions for Specific Phobia in Special Populations ............ 177
   Brittany M. Rudy and Thompson E. Davis III

10 Ethical Issues When Considering Exposure ............................... 195
    Kate B. Wolitzky-Taylor, Megan A. Viar-Paxton, and Bunmi O. Olatunji

11 Empirical Status of One-Session Treatment ............................... 209
    Thompson E. Davis III, Whitney S. Jenkins, and Brittany M. Rudy

12 Using Virtual Reality and Other Computer Technologies to Implement Cognitive-Behavior Therapy for the Treatment of Anxiety Disorders in Youth ...................................... 227
    Lynn D. Miller, Cidalia Silva, Stéphane Bouchard, Claude Bélanger, and Terry Taucer-Samson

Index ............................................................ 253
Intensive One-Session Treatment of Specific Phobias
Davis III, T.E.; Ollendick, Th.H.; Öst, L.-G. (Eds.)
2012, XVI, 256 p., Hardcover
ISBN: 978-1-4614-3252-4