



A Case of Social Anxiety

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Counseling session

Instructional

Material Projectable

Wolpe begins with his interview of a volunteer from the audience. The volunteer, Santiago, has a long history of experiencing strong feelings of anxiety and discomfort during social situations and describes himself as an overachiever. Questioning reveals that these problems are most intense when he is in situations in which he experiences a loss of control. Wolpe uses imagery and desensitization to diminish feelings of anxiety. The demonstration concludes with Wolpe's explanation to Santiago of what he has attempted to achieve

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Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es