



# Overcoming Generalized Anxiety Disorder - Client Manual: A Relaxation, Cognitive Restructuring, and Exposure-Based Protocol for the Treatment of GAD (Best Practices for Therapy)

*By Matthew McKay PhD, John White*

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Effective protocols save time, increase the probability of obtaining good results, make it easier to train and supervise new therapists, and satisfy the needs of third parties to know that the proposed treatment follows the best available practices. Protocols are consistently formatted and organized; a detailed session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic material; specific assessment measures, both for the target disorder and for the overall treatment program; a treatment plan summary for managed care requirements. This protocol outlines a ten-to-thirteen-session cognitive behavioral treatment for individual adults with generalized anxiety disorder. Techniques include relaxation, realistic risk assessment, problem solving, worry exposure, and worry prevention.

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### **Editorial Review**

Review

About the Author

**Matthew McKay, PhD**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

John R. White, PhD, is adjunct professor of psychology at the California School of Professional Psychology in Alameda, CA, where he teaches the Advanced Clinical Series in CBT. He is a consulting assistant professor at Stanford University School of Education for Counseling Psychology. He maintains a private practice in Fremont, CA, and is director of psychological services at Fremont Hospital.

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