



Generalized Anxiety Disorder Across the Lifespan: An Integrative Approach

Michael E. Portman

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Generalized anxiety disorder is a chronic, disabling, often lifelong condition affecting millions worldwide. Yet, despite its prevalence, GAD is frequently marginalized, misdiagnosed, and undertreated. *Generalized Anxiety Disorder Across the Lifespan* creates a practical knowledge base for GAD, identifying the symptoms that set it apart both from “normal, everyday” anxiety and from other anxiety-based pathologies, and thoroughly reviewing the range of established and cutting-edge treatments. The author’s developmental approach sheds some light on longstanding clinical mysteries surrounding the disorder, among them the interplay of somatic and psychological symptoms and the changes in symptoms as patients age. Accessible to the novice or the veteran reader, the book:

- Grounds readers in the basics of GAD
- Offers extensive discussion of the current psychosocial treatments for GAD
- Examines the state of the art in pharmacological therapies with explanations of the genetic and neurobiological correlates
- Explores special issues, cultural considerations, treatment resistant patients, and prevention
- Includes guidelines for treatment of GAD in children, adolescents, adults, and older adults
- Features ready-to-use assessment tools for clients across the lifespan.

Generalized Anxiety Disorder Across the Lifespan is a rich resource for clinicians, researchers, and graduate students looking to improve patients’ quality of life—and the quality of their care. It is both a guide to current best practice and a springboard for future innovations.

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