

Cognitive behavioral treatment for social anxiety disorder: theory and practice

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As theoretical formulations of social anxiety disorder have advanced, cognitive behavioral therapy (CBT) has risen to the forefront of the empirical literature. In this article, we briefly describe our cognitive behavioral model of social anxiety disorder, specific components of CBT, as well as evidence for their efficacy and factors that influence treatment outcome. Further, we provide a case illustration using Heimberg *et al.*'s (Heimberg & Becker, 2002; Hope, Heimberg, Juster, & Turk, 2000) cognitive behavioral approach to the treatment of social anxiety disorder