

The effect of family therapy based on cognitive-Behavioral approach on social phobia treatment (case study)

Mohammad Khodayarifard, Ph.D

Saba Khodayarifard, M.A.

Abstract

Social phobia is one of the anxiety disorders. The people with social phobia fear social situations and they are afraid to meet and talk with others and try to avoid social situations. Social phobia influence on academic and occupational function. Many researches have confirmed the effect of family therapy based on Cognitive-Behavioral approach on social phobia. The main purpose of the present research was to study effectiveness of family therapy based on Cognitive-Behavioral approach on social phobia treatment. Method of the study is case study. Two subjects (18 and 20 age) were selected. Data was obtained by clinical interview, DSM-IV-TR criteria and diagnostic tests. The results indicate that family has important role in product, maintenance and treatment of social phobia, and family therapy based on Cognitive-Behavioral approach is suitable method for social phobia treatment.

Key words: Social Phobia, Family Therapy, Cognitive-Behavioral approach.