CBT for Chronic Illness and Palliative Care: A Workbook and Toolkit

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Wiley-Interscience, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: About the Authors.Acknowledgements.Introduction.Part I: The Workbook: The Cognitive Behavioural Approach.Chapter 1: What is the Cognitive Behavioural Approach?Chapter 2: The Relevance of a Cognitive Behavioural Approach for People with a Life-changing Illness.Chapter 3: Does Cognitive Behaviour Therapy Work? The Evidence Base.Chapter 4: Communication Skills in Health Care.Chapter 5: Cognitive Behavioural Communication Style.Chapter 6: Guided Discovery: Using the Socratic Method.Chapter 7: Assessment.Chapter 8: Formulation.Chapter 9: Deciding on a Course of Action: Part 1.Chapter 10: Goal Setting and the Step-by-Step Process.Chapter 11: The Practicalities of Setting Goals.Chapter 12: Bringing About Change.Chapter 13: Methods of Behaviour Change.Chapter 14: Methods of Cognitive Change.Chapter 15: Challenging Unhelpful Thoughts.Chapter 16: Managing Emotions and Unpleasant Physical Sensations.Chapter 17: Decision on a Course of Action: Part 2.Chapter 18: Applying a Cognitive Behavioural Approach to Clinical Practice.Part II: The Issues: Some Psychological Problems.How to Use This Part of the Book.Glossary of Everyday Terms.Adjustment Difficulties.Altered Body Image.Anger.Avoidance.Denial.Fatigue.Fear of the Future.Inactivity.Indecisiveness.Intrusive/Distressing Thoughts.Lack of Motivation.Loss of Pleasure or Ability to Enjoy

Reviews

This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.
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The most effective pdf i ever go through. It is probably the most incredible book i have got study. You wont sense monotony at at any time of the time (that's what catalogues are for relating to if you check with me).
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