



## Helping Couples Cope With Women S Cancers

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**Summary :** Free helping couples cope with women s cancers pdf download - kayser and scott have written an excellent manual for mental health practitioners who care for women with cancer to provide the best treatment for women and couples living with cancer it is imperative for the therapist to have a thorough understanding of medical treatments as well as normal responses to the experience readers of this well-written thoughtful and practical book will have both -hester hill schnipper licsw bcd osw-c chief oncology social work bidmc author after breast cancer a commonsense guide to life after treatment close relationships can be vital to a woman s recovery from breast or gynecological cancer and the myriad stressors that accompany diagnosis and treatment helping couples cope with women s cancer shows readers not only how to enlist the patient s closest support person in coping with the disease but also to help that partner with the stressors such as feelings of inadequacy and loss that so often come with the role the authors established experts on their subject recognize the challenges couples face the central role of communication in coping and the individuality of each patient and couple in addition to proven intervention techniques and helpful assessment tools the book features case illustrations what to do if sections sociocultural considerations and suggestions for when the patient s caregiver is not her partner key areas of coverage include assessment quality of life impact of illness family resources balancing work family self-care and the demands of illness cognitive coping relaxation stress reduction body image sexuality and intimacy helping children cope developmental guidelines transitions goal-setting life after cancer facing recurrence or terminal illness the skills and insights contained in helping couples cope with women s cancers will benefit a range of health and mental health practitioners including counselors social workers clinical psychologists psychiatrists and nurses graduate students planning a career in health psychology or couples therapy should also find it a valuable resource

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