


## A Cognitive-Behavioral Approach To The Beginning Of The End Of Life Minding The Body

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**Summary :** Free a cognitive-behavioral approach to the beginning of the end of life minding the body pdf download - individuals with serious and incurable illnesses often require care that goes beyond the body as they face the challenges of living with and eventually dying from their conditions they may need to acquire new skills to cope and increase their quality of life even those at the beginning of the end of life can take an active role in their treatment this skill-based program emphasizes flexibility and should be tailored to individual clients the first module introduces stress management techniques including cognitive restructuring relaxation and problem-focused and emotion-focused coping the second module targets mood management with sessions on depression anxiety and anger social support is addressed in the third module where clients learn communication and conflict resolution skills special attention is paid to supporting caregivers and working with medical providers the fourth module focuses on quality of life and covers symptom management goal setting positive psychology and spiritual issues an adaptation chapter details how to run the program as a group and discusses other possible formats incorporating a wide variety of cbt techniques this program can benefit patients suffering from a range of chronic and terminal diseases the corresponding workbook helps clients personalize the content of sessions and practice new skills the facilitator guide is invaluable to any mental health professional working in a medical or other palliative care setting treatments that work™ represents the gold standard of behavioral healthcare interventions all programs have been rigorously tested in clinical trials and are backed by years of research a prestigious scientific advisory board led by series editor-in-chief david h barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date our books are reliable and effective and make it easy for you to provide your clients with the best care available our corresponding workbooks contain psychoeducational information forms and worksheets and

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