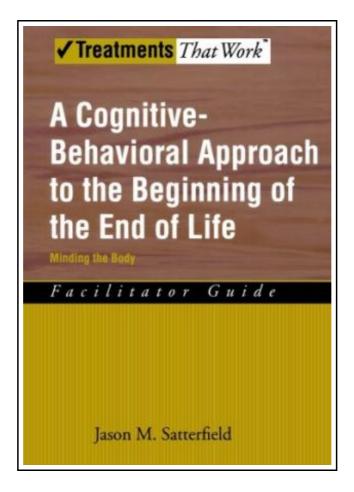
A Cognitive-Behavioral Approach to the Beginning of the End of Life: Facilitator Guide: Minding the Body (Paperback)



Filesize: 5.14 MB

Reviews

Good eBook and beneficial one. It really is simplified but unexpected situations from the 50 percent from the ebook. You can expect to like the way the blogger publish this ebook. (Bridie Stracke DDS)

A COGNITIVE-BEHAVIORAL APPROACH TO THE BEGINNING OF THE END OF LIFE: FACILITATOR GUIDE: MINDING THE BODY (PAPERBACK)



Oxford University Press Inc, United States, 2008. Paperback. Book Condition: New. 249 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****. 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.

Read A Cognitive-Behavioral Approach to the Beginning of the End of Life: Facilitator Guide: Minding the Body (Paperback) Online

Download PDF A Cognitive-Behavioral Approach to the Beginning of the End of Life: Facilitator Guide: Minding the Body (Paperback)

Relevant Kindle Books



Mass Media Law: The Printing Press to the Internet (Paperback)

Peter Lang Publishing Inc, United States, 2013. Paperback. Book Condition: New. New. $251 \times 175 \,$ mm. Language: English . Brand New Book. Digital media law is now the dynamic legal territory. Mass Media Law: The...

Save ePub »



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

Save ePub »



And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and...

Save ePub »



ESV Study Bible, Large Print (Hardback)

CROSSWAY BOOKS, United States, 2014. Hardback. Book Condition: New. Large Print. 249 x 178 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV...

Save ePub »



The Old Peabody Pew (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

Save ePub »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

Read Document »



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein

Read Document »



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231×178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the

Read Document »



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book ***** Print on Demand *****. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you

Read Document »



A Parent s Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know

Read Document »