

1. Record Nr.	UNINA990009749280403321
Titolo	Le città della terza Italia : evoluzione strutturale e sviluppo economico / cura di Antonio G. Calafati
Pubbl/distr/stampa	Milano, : FrancoAngeli, 2012
ISBN	978-88-568-4879-3
Descrizione fisica	281 p. : ill. ; 23 cm
Collana	Economia , Ricerche ; 923
Disciplina	338.9456
Locazione	SE SPBC BFS
Collocazione	338.945 CAL 2012 Collez. 723 (923) 338.9456 CAL 1
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910461716603321
Autore	Moorey Stirling
Titolo	Oxford guide to CBT for people with cancer [[electronic resource]] / Stirling Moorey, Steven Greer
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2012
ISBN	0-19-180783-4 1-283-58074-8 9786613893192 0-19-162874-3 0-19-162875-1
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (299 p.)
Collana	Oxford guides in cognitive behavioural therapy
Altri autori (Persone)	GreerS (Steven)
Disciplina	616.9940019
Soggetti	Cancer - Psychological aspects Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [255]-276) and index.
Nota di contenuto	Cover; Contents; List of abbreviations; Part One: The Psychology of Cancer; 1 What people with cancer feel; 2 A cognitive model of adjustment to cancer; 3 Can CBT improve quality of life?; 4 Can psychological therapy affect duration of survival?; Part Two: CBT for People with Cancer; 5 Overview of therapy; 6 The therapy session; 7 Experiencing and expressing emotions in adjuvant psychological therapy; 8 Behavioural techniques; 9 Cognitive techniques I: Basic cognitive techniques; 10 Cognitive techniques II: Working with anxiety and depression 11 Applications of cognitive and behavioural techniques to common problems 12 Cancer in context: Working with underlying beliefs and assumptions; 13 Working with couples; 14 CBT in advanced and terminal illness; 15 Prolonged grief disorder among bereaved primary carers; 16 Group therapy; 17 Concluding remarks; Appendices; 1 Coping with Cancer; 2 Thinking Errors; 3 Weekly Activity Schedule; 4 Thought Record; 5 a) Mental Adjustment to Cancer (MACS) Scale; b) Cancer Coping Questionnaire (21-item version); c) Cancer Concerns

Sommario/riassunto

Cognitive behaviour therapy (CBT) is a brief, focused and flexible approach that has much to offer in helping people cope with cancer. This book demonstrates how interventions that CBT therapists use in emotional disorders can be adapted for use in the challenging clinical environment of oncology and palliative care. Using a CBT model to understand reactions to cancer, the authors present cognitive, behavioural, emotional, and interpersonal techniques to help people adjust to the threats cancer presents to their survival and identity. Case examples illustrate how these methods are used to reduce
