

1. Record Nr.	UNINA9910143416603321
Autore	Niven Paul R
Titolo	Balanced scorecard step-by-step [[electronic resource] ] : maximizing performance and maintaining results / / Paul R. Niven
Pubbl/distr/stampa	Hoboken, N.J., : Wiley, c2006
ISBN	0-470-89373-7 1-119-20508-5 1-280-54993-9 9786610549931 0-470-05371-2
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (339 p.)
Disciplina	658.15 658.4013
Soggetti	Organizational effectiveness - Measurement Performance - Measurement 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 and index.
Nota di contenuto	Performance measurement and the need for a balanced scorecard -- Getting started -- Mission, values, vision, and strategy -- Strategy maps -- Creating performance measures -- Setting targets and prioritizing initiatives -- Cascading the balanced scorecard to build organizational alignment -- Using the balanced scorecard to strategically allocate resources -- Additional balanced scorecard linkages: compensation and corporate governance -- Reporting balanced scorecard results -- Maintaining the balanced scorecard -- Concluding thoughts on balanced scorecard success.
Sommario/riassunto	PRAISE FOR Balanced Scorecard Step-By-Step: Maximizing Performance and Maintaining Results, Second Edition "'As a practitioner and thought leader, Paul Niven is superbly bridging the gulf between BSC theory and application through hands-on experiences and real-world case studies. The book provides a practical road map, step-by-step, to plan, execute, and sustain a winning scorecard campaign. Easy to read . . . tells a powerful story with lessons learned/best practices from global

customer implementations. Must-read for anyone interested in BSC or grappling with how to create a

2. Record Nr.	UNINA9910782970203321
Titolo	CBT for chronic illness and palliative care [[electronic resource] ] : a workbook and toolkit / / Nigel Sage ... [et al.]
Pubbl/distr/stampa	Chichester, West Sussex, England ; ; Hoboken, NJ, : John Wiley & Sons, c2008
ISBN	1-118-68760-4 1-282-46086-2 9786612460869 0-470-72440-4
Descrizione fisica	1 online resource (388 p.)
Altri autori (Persone)	SageNigel
Disciplina	616/.044
Soggetti	Chronic diseases - Psychological aspects Palliative treatment - Psychological aspects Chronically ill - Rehabilitation Cognitive therapy
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. [357]-362) and index.
Nota di contenuto	CBT for Chronic Illness and Palliative Care; Contents; 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: FormulationChapter 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 Things; Low Mood; Low Self-Esteem; Negative Outlook; Pain; Panic Attacks; Special Note: Safety Behaviours; Physical Tension; Poor Concentration; Problem Solving Difficulties; Setbacks; Sleep Difficulties; Unassertiveness; Worrying; Part III: The Toolkit: CBT Methods in Practice; Section 1: Techniques  
 Activity Monitoring  
 Assertiveness Skills; Assessing Psychological Distress; Attention Strategies; Basic Counselling Skills; Behavioural Change Methods: A Summary; Behavioural Experiments; Behavioural Rehearsal; Believable Alternative Thoughts; Breathing Control; Challenging Unhelpful Thoughts; Cognitive Change Methods: A Summary; Denial: Strategies for Encouraging Acceptance; Denial: Strategies for Engaging the Patient; Denial: Strategies for Reducing Distressing Thoughts; Denial: Suggestions for Questions to Ask; Effective Communication Skills; Emotional Expression; Expressive Writing  
 Graded Activities  
 270  
 Listening Skills  
 Mental Distraction; Mindfulness; Pacing; Problem Solving; Psycho-education; Purposeful Planning; Relaxation Exercises; Respectfulness Skills; Socratic Questioning; Stimulus Control; Weighing the Pros and Cons; Section 2: Information Sheets; Antidotes to Bad Days; The Assertiveness Model; Assertiveness Rights; Assertiveness Techniques; Bad Old Habits: Avoiding Relapsing Into Them; Change: Bringing It About; Change: The Desire for It; Change: The Transition Curve; Coping with Setbacks 1: Physical Health Setbacks  
 Coping with Setbacks 2: Mental Attitude Setbacks

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## Sommario/riassunto

There is a growing awareness of the need to address the psychological distress associated with physical ill health; however, current resources are limited and difficult to access. The best way to tackle the issue is by enhancing the skills of those professionals who have routine contact with them. CBT provides the evidence-based skills that most readily meet these requirements in a time and cost efficient manner. Based on materials prepared for a Cancer Network sponsored training programme and modified to address the needs of a larger client population of people experiencing psychological dist

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3. Record Nr.	UNISA996199889203316
Titolo	Gait & posture
Pubbl/distr/stampa	[Amsterdam], : Elsevier Science
ISSN	1879-2219
Disciplina	612.7/6/05
Soggetti	Gait in humans Posture Human mechanics Gait in humans - Periodicals Posture - Periodicals Human mechanics - Periodicals Locomotion Gait Walking Démarche - Périodiques Posture - Périodiques Mécanique humaine - Périodiques Démarche Mécanique humaine Periodical Periodicals.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed