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Titolo	Brain-based therapy with adults [[electronic resource] ] : evidence-based treatment for everyday practice // by John B. Arden, Lloyd Linford
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Nota di bibliografia	Includes bibliographical references (p. 253-296) and index.
Nota di contenuto	How we change -- Neuroscience : the fantastic voyage -- Psychology and the pax medica -- The therapeutic relationship -- Working with memory and emotion -- Dysregulations -- Brain-based therapy for anxiety disorders -- Posttraumatic stress disorder -- Obsessive-compulsive reactions -- Depression : the dark amid the blaze -- Exercise, sleep, and mindfulness.
Sommario/riassunto	Brain-Based Therapy with Adults: Evidence-Based Treatment for Everyday Practice provides a straightforward, integrated approach that looks at what we currently know about the brain and how it impacts and informs treatment interventions. Authors John Arden and Lloyd Linford, experts in neuroscience and evidence-based practice, reveal how this new kind of therapy takes into account the uniqueness of each client. Presentation of detailed background and evidence-based? interventions for common adult disorders such as anxiety and depression offers you expert advice you can put into practice i