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Autore	Schmidt Ulrike <1955-, >
Titolo	Life after self-harm : a guide to the future / / Ulrike Schmidt and Kate Davidson
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Descrizione fisica	1 online resource (121 p.)
Altri autori (Persone)	DavidsonKate M
Disciplina	616.85/82
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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. 102-103).
Nota di contenuto	Cover; Title; Copyright; Contents; Acknowledgements; Major health warning; Note to health care practitioner; 1 Getting started; Introduction; You are not alone; Why do people harm themselves?; Trying to understand your reasons for harming yourself; Is there anybody out there?; Some further thoughts; What next?; Key points to remember; 2 What to do in a crisis; Getting support; Keeping yourself safe; Trying not to slide down into a pit of loneliness and despair; Don't expect miracles! Remember practice makes perfect!; Things I still want to do; Crisis plan; Key points to remember 3 Learning to solve problemsHelp! My life is a mess; Learning to disentangle your problems; Step 1: Finding possible solutions through brainstorming; Step 2: Looking at options in detail; Step 3: Choosing a solution that fits you; Step 4: Finding ways of putting your solution into practice; Step 5: Carry out your plan step by step; Step 6: Check progress in problem solving; Any questions?; Key points to remember; 4 Learn to change your thinking; Let's make a start by looking at

moods; Linking feelings and thoughts; A thought is not a fact: Learn to recognize skewed thinking

Where does this kind of skewed thinking come from? The memory trap or why does my thinking overwhelm me?; Starting a thought record; How to challenge biased thinking; Key points to remember; 5 Alcohol, drugs and pills: do you need to cut down or stop?; Should you be worried about your alcohol intake?; Should you cut down or stop drinking?; Have the guts to stop or cut down drinking!; Should you be worried about your drug intake?; Should you be worried about your consumption of tranquillizers or sleeping tablets?; How to deal with sleeping difficulties; Key points to remember

6 Some further thoughts What can you learn from the past?; What if you find yourself slipping again?; "If only . . ." From change to accepting what cannot be changed; Final words: A new beginning; Key points to remember; Further reading; 7 For relatives and friends; What can you do now?; Your own feelings; Non-critical listening; Increasing self-worth; Getting involved with life again; Professional help

Sommario/riassunto

In many countries there has been an alarming increase in rates of suicide and self-harm, yet the stigma attached to these difficulties often leads to sub-optimal care. Life After Self-Harm: A Guide to the Future is written for individuals who have deliberately harmed themselves. Developed through a major research project the contents of the manual have been informed and shaped by many users and expert professionals. Illustrated with multiple case-histories, it teaches users important skills: for understanding and evaluating self-harm for keeping safe in cri

2. Record Nr.	UNINA9910150642203321
Autore	Pimsleur
Titolo	Pimsleur German Level 2 Lessons 26-30 MP3 : Learn to Speak and Understand German with Pimsleur Language Programs
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ISBN	1-4423-0924-5
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>The Pimsleur® Method: the easiest, fastest way to learn a new language. Completely portable, easily downloadable, and lots of fun. Youll be speaking and understanding in no time flat! German Phase 2, Units 2630 build on material taught in prior units. Each lesson provides 30 minutes of spoken language practice, with an introductory conversation, and new vocabulary and structures. Detailed instructions enable you to understand and participate in the conversation. Each lesson contains practice for vocabulary introduced in previous lessons. The emphasis is on pronunciation and comprehension, and on learning to speak German. Reading Lessons are included at the end of Unit 30. These lessons, which total about one hour, are designed to give you practice reading German and to provide you with some insight into German culture with proverbs, common expressions, and a broad look at some of the things youll see when visiting a Germanspeaking country. A Reading Booklet to be used with the audio lessons is also included in PDF format.</p>