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Autore	Palmer Stephen <1955->
Titolo	Counselling for stress problems [[electronic resource] /] / Stephen Palmer & Windy Dryden
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ISBN	1-283-88037-7 1-4462-6467-X 0-8039-8862-1
Descrizione fisica	1 online resource (274 p.)
Collana	Counselling in practice
Altri autori (Persone)	DrydenWindy
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Soggetti	Stress (Psychology) Stress management Electronic books.
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Nota di bibliografia	Includes bibliographical references (p.[249]-256) and index.
Nota di contenuto	Cover; Contents; Dedication; Foreword; Preface; Chapter 1 - Stress: A Working Model; Chapter 2 - Assessment and Therapeutic Approach; Chapter 3 - Cognitive Interventions; Chapter 4 - Imagery Interventions; Chapter 5 - Behavioural Interventions; Chapter 6 - Sensory Interventions; Chapter 7 - Interpersonal Interventions; Chapter 8 - Health and Lifestyle Interventions; Chapter 9 - Case Studies; Chapter 10 - The Compleat Stress Counsellor; Postscript; Appendix: Handouts and Information; References; Index
Sommario/riassunto	The authors discuss the symptoms and causes of stress and outline a framework in which stress problems can be understood. They emphasize the importance of assessment as a guide to the selection of multimodal interventions and of tailoring the counselling approach for each client.