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Titolo	Time-limited therapy in a general practice setting [[electronic resource]] : how to help within six sessions / / Glyn Hudson-Allez
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Descrizione fisica	1 online resource (236 p.)
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Soggetti	Brief psychotherapy Short-term counseling Physicians (General practice) Electronic books.
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Copyright; Contents; Preface; Part I; Chapter 1: The Management of a Counselling Service in General Practice; Advantages and disadvantages of primary care counselling; Funding the service; Qualifications and training of the counsellor; Referrals to the counsellor; Reception facilities for the client; Confidentiality; Administration; Counsellor supervision; Chapter 2: Evaluation of the Service; Evaluative procedures; Overview of a time-limited service; Audit of time-limited service usage; Questionnaires; Chapter 3: Time-Limited Therapy What are the reasons for considering time-limited therapy? Can anything be resolved in such a short space of time?; What are the counsellors fears about TLT?; What are the techniques of working in a time-limited way?; Humanistic underpinning; Cognitive strategies; Brief therapy tools; Structuring the sessions; Structure of the contract; Assessment; Summary; Recommended reading; Part II; Chapter 4: Counselling for Anxiety and Depression; What is anxiety?; Panic attacks; Phobias; Depression; Post-natal depression; Manic depression; Learned helplessness; The suicidal client

The client on medication Assessment; TLT procedures; Recommended reading; Chapter 5: Counselling People under Stress; The psychology of stress; Life events; Chronic stressors; Daily hassles; Personality factors; Assessment; TLT procedures; Recommended reading; Chapter 6: Counselling People with Post Traumatic Stress Disorder; Rape; Road traffic accidents (RTAs); Violent assaults; Assessment; TLT procedures; Recommended reading; Chapter 7: Counselling for Bereavement, Loss and Death; The psychology of grieving; Blocks to grief; Bereaved children; Pathological grief; Losing a baby; Facing death Assessment TLT procedures: helping the bereaved; Helping the terminally ill; Breaking bad news; Recommended reading; Chapter 8: Counselling Individuals or Couples with Relationship Difficulties; The psychology of relationship; Adult developmental transitions; Sexuality difficulties; Infertility; Adultery; Marital violence; Co-dependency; Divorce; Homosexual relationships; Assessment; TLT procedures; Recommended reading; Chapter 9: Counselling People with Eating Disorders; Anorexia; Bulimia; Binge-eating; Compulsive eating and obesity; Assessment; TLT procedures; Recommended reading Chapter 10: Counselling Adults Abused as Children Sexual abuse; False memory syndrome; Physical abuse; Emotional abuse; Assessment; TLT procedures; Recommended reading; Chapter 11: Counselling Individuals within Dysfunctional Families; Families with young children; Truancy and school phobia; Attention deficit hyperactivity disorder (ADHD); Asperger's syndrome; Adoption; Step-parenting; Adolescence; The demanding parent; The demented parent; Assessment; TLT procedures; Recommended reading; Chapter 12: Counselling People with Medical Conditions; Multiple sclerosis (MS) Chronic fatigue syndrome (CFS)

Sommario/riassunto

'Time-Limited Therapy in a General Practice Setting' provides a specific set of skills which enable the counsellor to cope successfully with the large number and wide range of referrals they can receive in primary care.
