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Titolo	How and why people change : foundations of psychological therapy // Ian M. Evans
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ISBN	0-19-023027-4 0-19-991728-0
Descrizione fisica	1 online resource (320 p.)
Disciplina	616.89/142
Soggetti	Behavior therapy Electronic books.
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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	Setting the scene: why we need a theory for change -- What is therapeutic change? -- Motivation to change -- Individual differences in ability to change: personality and context -- Conditioning: changing the meaning and value of events -- Contingencies: therapy is learning and unlearning -- Response relationships: the dynamics of behavioral regulation -- Cognition: changing thoughts and fantasies -- Self-influence -- Social mediators and the therapeutic relationship -- Culture as behavior change -- Conclusions: how and why people can change and be changed.
Sommario/riassunto	Human beings change constantly; we are in an endless state of flux as we grow, mature, learn, and adapt to a myriad of physical, environmental, social, educational, and cultural influences. Change can be thought of as planful when it is motivated by the desire to be and feel different, such as the change that comes about as a result of deliberate intervention, usually initiated by a troubled individual and aided by another, typically a professional. In How and Why People Change Dr. Ian M. Evans revisits many of the fundamental principles of behavior change in order to deconstruct what it is we