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Autore	Penedo Frank J
Titolo	Cognitive-Behavioral Stress Management for Prostate Cancer Recovery [[electronic resource]] : Workbook
Pubbl/distr/stampa	New York ; ; Oxford, : Oxford University Press, 2008
ISBN	0-19-024204-3 1-281-52931-1 9786611529314 0-19-971422-3
Descrizione fisica	1 online resource (161 p.)
Collana	Treatments That Work
Altri autori (Persone)	AntoniMichael H SchneidermanNeil
Disciplina	616.99463
Soggetti	Prostate - Patients - Cancer - Rehabilitation Prostate - Psychological aspects - Cancer Stress management Cognitive therapy Relaxation Stress, Psychological - prevention & control Cognitive Behavioral Therapy - methods Postoperative Complications - psychology Postoperative Complications - rehabilitation Prostatectomy - psychology Prostatectomy - rehabilitation Prostatic Neoplasms - complications Relaxation Therapy Electronic books.
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.
Nota di contenuto	Contents; Overview of the Program; Session 1 Introduction to the Program / Stress Awareness and Physical Responses / 8-Muscle-Group Progressive Muscle Relaxation; Session 2 Stress Awareness and the Appraisal Process / Diaphragmatic Breathing and 4-Muscle-Group

Progressive Muscle Relaxation; Session 3 Sex and Sexuality After Prostate Cancer Treatment and Automatic Thoughts / Deep Breathing and Counting with Passive Progressive Muscle Relaxation; Session 4 Cognitive Distortions / Special Place Imagery; Session 5 Cognitive Restructuring / Relaxation for Healing and Well-Being
Session 6 Coping I / Autogenic Training
Session 7 Coping II / Autogenics with Visual Imagery and Positive Self-Suggestions; Session 8 Anger Management / Mantra Meditation; Session 9 Assertive Communication / Mindfulness Meditation; Session 10 Social Support and Program Wrap-Up; Additional Monitoring Worksheets

Sommario/riassunto

After surgery for localized prostate cancer, you may find that treatment related side effects may lead to some difficulty readjusting to everyday life. You may notice an increase in your stress levels or experience problems in your relationships. Even though you may be physically healthy, you may need to work on improving your quality of life. Effective stress management may also help maintain your overall health. In this group program, you will learn skills to effectively manage your stress. These skills can be used to cope with stressful situations related to having had prostate cancer or wi
