

1. Record Nr.	UNINA9910454247803321
Autore	Sharoff Kenneth
Titolo	Coping skills manual for treating chronic and terminal illness [[electronic resource] /] / Kenneth Sharoff
Pubbl/distr/stampa	New York, NY, : Springer Pub. Co., c2004
ISBN	1-281-96427-1 9786611964276 0-8261-2274-4
Descrizione fisica	1 online resource (83 p.)
Disciplina	362.196/044
Soggetti	Chronic diseases - Psychological aspects Terminal care Cognitive therapy Adjustment (Psychology) Terminally ill - Mental health 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 (p. 74-76).
Nota di contenuto	Contents; 1. Introduction; 2. Theory of Pathology and Health; 3. Irrational Strategies for Disease; 4. The Cognitive Restructuring Option; 5. Assessment of Adjustment; 6. Treating the Response to Suffering; 7. Identification and Self-Esteem Management; 8. Tolerance Skills; 9. Accommodation Skills; 10. Treatment of Bitterness; References
Sommario/riassunto	This manual is a practical guide that identifies treatment issues and problems that can arise when implementing key coping skills. It provides therapists with assessment instruments and more than 35 patient handouts available by download from our website. This workbook and accompanying forms are designed to stand alone, or supplement the author's text, Coping Skills Therapy for Managing Chronic and Terminal Illness . Download PATIENT HANDOUTS here. ; chapter