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Titolo	Cognitive-behavioral stress management for prostate cancer recovery [[electronic resource]] : facilitator guide // Frank J. Penedo, Michael H. Antoni, Neil Schneiderman
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Descrizione fisica	1 online resource (224 p.)
Collana	Treatments that work
Altri autori (Persone)	AntoniMichael H SchneidermanNeil
Disciplina	616.99/463
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 205-209).
Nota di contenuto	Introductory information for facilitators -- Logistics of the cognitive-behavioral stress management intervention program -- Session 1: Introduction to the program/Stress awareness and physical responses/8-muscle-group progressive muscle relaxation -- Session 2: Diaphragmatic breathing and 4-muscle-groups progressive muscle relaxation/Stress awareness and the appraisal process -- Session 3: Deep breathing and counting with passive progressive muscle relaxation/Sex and sexuality after prostate cancer treatment and automatic thoughts -- Session 4: Special place imagery/Cognitive distortions -- Session 5: Relaxation for healing and well-being/Cognitive restructuring -- Session 6: Autogenic training/Coping I -- Session 7: Autogenics with visual imagery and positive self-

suggestions/Coping II -- Session 8: Mantra meditation/Anger management -- Session 9: Mindfulness meditation/Assertive communication -- Session 10: Group favorite relaxation exercise/Social support and program wrap-up.

Sommario/riassunto

Men treated for localized prostate cancer have an excellent medical prognosis, but may have difficulty readjusting to life after surgery as a result of treatment related side effects. Changes in physical functioning and ongoing PSA monitoring due to the possibility of recurrence may bring added stress. Effective stress management is a key factor in increasing quality of life in this population and may play a role in maintaining overall health. Cognitive Behavioral Stress Management (CBSM) and relaxation training constitute the two components of this comprehensive program. Each session provides
