

1. Record Nr.	UNINA9910456767703321
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Titolo	Therapy skills for healthcare [[electronic resource] ] : an introduction to brief psychological techniques // Caroline Forrest ; illustrations by Caroline Firenze
Pubbl/distr/stampa	Keswick [England], : M&K Update, 2011
ISBN	1-283-05991-6 9786613059918 1-907830-58-8
Descrizione fisica	1 online resource (87 p.)
Altri autori (Persone)	FirenzeCaroline
Disciplina	616.8914
Soggetti	Psychiatric hospital care Mentally ill - Care 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	Prelims; Table of contents; Preface; About the author; Foreword; Chapter 1 Introductory comments; Chapter 2 Building rapport; Chapter 3 Gathering information; Chapter 4 Formulating goals; Chapter 5 Understanding depression; Chapter 6 Managing anxiety; Chapter 7 Promoting behaviour change; Chapter 8 Concluding comments; References
Sommario/riassunto	Aimed at all health professionals regardless of their clinical setting, Brief Therapy addresses the patient's needs, physical, mental and emotional. Usually, nurses and doctors deal with the practical aspects of healthcare, such as prescribing medication and carrying out tests. Meanwhile, mental health professionals consider separately whether patients need a counsellor or psychiatrist. This book offers a new holistic approach, which transcends such organisational and professional divisions for the good of the patient. Most importantly, Brief Therapy is a method of intervening early, in order t