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Nota di contenuto	Cover; Contents; List of abbreviations; Part One: The Psychology of Cancer; 1 What people with cancer feel; 2 A cognitive model of adjustment to cancer; 3 Can CBT improve quality of life?; 4 Can psychological therapy affect duration of survival?; Part Two: CBT for People with Cancer; 5 Overview of therapy; 6 The therapy session; 7 Experiencing and expressing emotions in adjuvant psychological therapy; 8 Behavioural techniques; 9 Cognitive techniques I: Basic cognitive techniques; 10 Cognitive techniques II: Working with anxiety and depression 11 Applications of cognitive and behavioural techniques to common problems 12 Cancer in context: Working with underlying beliefs and assumptions; 13 Working with couples; 14 CBT in advanced and terminal illness; 15 Prolonged grief disorder among bereaved primary carers; 16 Group therapy; 17 Concluding remarks; Appendices; 1 Coping with Cancer; 2 Thinking Errors; 3 Weekly Activity Schedule; 4 Thought Record; 5 a) Mental Adjustment to Cancer (MACS) Scale; b) Cancer Coping Questionnaire (21-item version); c) Cancer Concerns

Sommario/riassunto

Cognitive behaviour therapy (CBT) is a brief, focused and flexible approach that has much to offer in helping people cope with cancer. This book demonstrates how interventions that CBT therapists use in emotional disorders can be adapted for use in the challenging clinical environment of oncology and palliative care. Using a CBT model to understand reactions to cancer, the authors present cognitive, behavioural, emotional, and interpersonal techniques to help people adjust to the threats cancer presents to their survival and identity. Case examples illustrate how these methods are used to reduc
