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| 1. Record Nr. | UNINA9910462449703321 |
| Autore | Westra Henny A |
| Titolo | Motivational Interviewing in the Treatment of Anxiety [[electronic resource]] |
| Pubbl/distr/stampa | New York, : Guilford Publications, 2012 |
| ISBN | 1-280-87946-7 9786613720771 1-4625-0487-6 |
| Descrizione fisica | 1 online resource (289 p.) |
| Collana | Applications of Motivational Interviewing |
| Disciplina | 616.85220651 |
| Soggetti | Anxiety Anxiety - Treatment Motivational interviewing Anxiety - therapy Motivational Interviewing Counseling - methods Motivation Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di contenuto | Cover; Front Matter; Contents; Part I--Integrating Motivational Interviewing into the Treatment of Anxiety and Related Problems; 1--Where and Why Motivational Interviewing Fits; 2--The Spirit of Motivational Interviewing; Part II--Assessing Readiness for Change; 3--Observing Resistance; 4--Asking about Readiness; Part III--Understanding Ambivalence and Building Resolve; 5--Introduction to Working with Ambivalence; 6--Understanding and Reframing Resistance to Change; 7--Evoking and Elaborating Change Talk; 8--Developing Discrepancy Part IV--Extending Motivational Interviewing into the Action Phase9--Evoking and Elaborating Client Expertise; 10--Sharing Your Expertise; 11--Listening Reflectively; 12--Rolling with Resistance; Part V--Putting It All Together; 13--Integrated Case Example; Epilogue: Training and Future Directions; Appendix: Resources and Recommended Readings; |

Sommariorriassunto

This practical book provides effective strategies for helping therapy clients with anxiety resolve ambivalence and increase their intrinsic motivation for change. The author shows how to infuse the spirit and methods of motivational interviewing (MI) into cognitive-behavioral therapy or any other anxiety-focused treatment. She describes specific ways to use MI as a pretreatment intervention or integrate it throughout the course of therapy whenever motivational impasses occur. Vivid clinical material--including a chapter-length case example of a client presenting with anxiety and depression

2. Record Nr.

UNINA9910964052203321

Autore

Glazer Michele <1958->

Titolo

On tact, & the made up world // Michele Glazer

Pubbl/distr/stampa

Iowa City, Iowa, : University of Iowa Press, 2010

ISBN

9781587299414
1587299410

Edizione

[1st ed.]

Descrizione fisica

1 online resource (81 p.)

Collana

Kuhl House poets

Disciplina

811.54
811/.54
821.92

Soggetti

American poetry - 21st century

Lingua di pubblicazione

Inglese

Formato

Materiale a stampa

Livello bibliografico

Monografia

Note generali

Description based upon print version of record.

Nota di contenuto

Contents; Acknowledgments; One; I didn't think much about what it was; Trace; Every hole in the bird blind says; In the lava tube; Fluchtling; Not where you found me but where you looked.; Cup; Worm, (to a rumor of lilies); Untitled; On religion, war, nature, and the horse; Two; That Would Be Whidbey; Distances at Sea; Mattress; The rabbi is pressed into service; The least amount of stirred air a figure needed; Beds of Clandestine; To the better view; The least part best; Say the Unseen; What so ever you; bright things; Three; Fungus, with Daguerreotype; aperture with wings

Your drawing of a horsemanifesto; She would have to do what she could do with it; Green Animals; Metonymic Sonnet; To the ruckenfigur; Two Descending a Staircase; Child and Woman; Cradle; Notes on tact & the made up world; Part of which is remembered and the other part is not forgotten; Elegy; Notes; Kuhl House Poets

Sommario/riassunto

Michele Glazer's poems take on questions of being and value, exploring not just what is, but how it is. The poems trouble borders-between self and other, old and young, sick and well, stranger and intimate; between physical states in processes of decay; and between line and phrase, sentence and interruption, prose and poem, resisting the desire for something irrefutable with an abiding skepticism. The poems are drawn to missteps in perception and in language, those fractures that promise to crack open a surface to yield some other, grea
