

1. Record Nr.	UNINA9910462703803321
Autore	Walser Robyn
Titolo	Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems [[electronic resource]] : A Practitioner's Guide to Using Mindfulness and Acceptance Strategies
Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, 2007
Descrizione fisica	1 online resource (270 p.)
Altri autori (Persone)	WestrupDarrah
Disciplina	616.85/2106 616.852106 616.85210651
Soggetti	Post-traumatic stress disorder - Treatment Acceptance and commitment therapy - Treatment Psychic trauma Stress Disorders, Post-Traumatic - therapy Cognitive Behavioral Therapy - methods Stress Disorders, Traumatic, Acute - therapy 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	Acknowledgments; Contents; Foreword; Introduction; Chapter 1; Acceptance, Mindfulness, and Trauma: The Problem of Experiential Avoidance and the Verbal Nature of Trauma; Chapter 2; Mindfulness and Acceptance; Chapter 3; Preparing to Begin; Chapter 4; Creative Hopelessness: Finding the Place Where Something New Can Happen; Chapter 5; Control as the Problem: Experiential Avoidance and Unworkable Solutions; Chapter 6; Willingness; Chapter 7; Self-as-Context; Chapter 8; Valued Living; Chapter 9; Committed Action; Chapter 10; Therapist and Treatment Considerations; Chapter 11 Clinical Issues and AssessmentConclusion: Opening to Vitality; References; Index
Sommario/riassunto	An indispensable resource for mental health professionals, Acceptance

and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems offers a practical and accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.

2. Record Nr.	UNISALENTO991001969629707536
Autore	Schlesinger, Arthur Meier
Titolo	Gli anni di Kennedy
Pubbl/distr/stampa	Milano : Edizioni di Comunita, 1964
Descrizione fisica	181 p. ; 21 cm.
Collana	Cultura e realtà. Universale contemporanea ; 61
Disciplina	973
Soggetti	Congressi - Roma Kennedy, John Fitzgerald Stati Uniti d'America - Politica 1960-63 - Saggi
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	In testa al front.: Arthur Schlesinger e altri autori Relazioni svolte a un convegno promosso dalla Fondazione A. Olivetti tenuto a Roma il 18-19 aprile 1964