

1. Record Nr.	UNINA9910466105703321
Autore	Turrell Sheri L.
Titolo	ACT for adolescents : treating teens and adolescents in individual and group therapy // Sheri L. Turrell, PhD, Mary Bell, MSW, RSW
Pubbl/distr/stampa	Oakland, CA : , : Context Press, , [2016] ©2016
ISBN	1-62625-358-7
Descrizione fisica	1 online resource
Disciplina	616.89/15200835
Soggetti	Adolescent psychotherapy Group psychotherapy for teenagers Teenagers - Mental health - Treatment Acceptance and commitment 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 bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- PART 1. ACT Basics -- PART 2. Session 1:The Assessment -- Session 2: Creative Hopelessness -- Session 3: Identifying Values -- Session 4: Setting Goals: Putting Values into Action -- Session 5: Willingness and Allowing of Feelings -- Session 6: Defusing from Thoughts -- Session 7: Defusing from "Story" -- Session 8: Self-as-Context -- Session 9: Self-Compassion -- Session 10: Pulling It All Together.
Sommario/riassunto	"In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive.If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, ACT for Adolescents offers the first effective professional protocol for facilitating ACT with adolescents in individual therapy, along with modifications for a group setting.In this book, you'll find invaluable strategies for connecting meaningfully with your client in session, while at the same time arriving quickly and safely to the clinical issues your

client is facing. You'll also find an overview of the core processes of ACT so you can introduce mindfulness into each session and help your client choose values-based action. Using the protocol outlined in this book, you'll be able to help your client overcome a number of mental health challenges from depression and anxiety to eating disorders and trauma. If you work with adolescent clients, the powerful and effective step-by-step exercises in this book are tailored especially for you. This is a must-have addition to your professional library. This book includes audio downloads"--

2. Record Nr.	UNINA9910780641603321
Autore	Blanc Paul D. <1951->
Titolo	How everyday products make people sick [[electronic resource] ] : toxins at home and in the workplace // Paul D. Blanc
Pubbl/distr/stampa	Berkeley, : University of California Press, c2009
ISBN	1-282-36008-6 9786612360084 0-520-94531-X
Edizione	[Updated and expanded.]
Descrizione fisica	1 online resource (392 p.)
Disciplina	615.9
Soggetti	Toxicology Environmental health - History Occupational diseases - History Health risk assessment Product safety
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 and index.
Nota di contenuto	Frontmatter -- Contents -- Acknowledgments -- Abbreviations -- Introduction -- 1 / The Forgotten Histories of "Modern" Hazards -- 2 / The Shadow of Smoke: How to Evade Regulation -- 3 / Good Glue, Better Glue, Superglue -- 4 / Under a Green Sea: The Rising Tide of Chlorine -- 5 / Going Crazy at Work: Cycles of Carbon Disulfide Poisoning -- 6 / Job Fever: Inhaling Dust and Fumes -- 7 / Emerging

Sommario/riassunto

This book reveals the hidden health dangers in many of the seemingly innocent products we encounter every day—a tube of glue in a kitchen drawer, a bottle of bleach in the laundry room, a rayon scarf on a closet shelf, a brass knob on the front door, a wood plank on an outdoor deck. A compelling exposé, written by a physician with extensive experience in public health and illustrated with disturbing case histories, *How Everyday Products Make People Sick* is a rich and meticulously documented account of injury and illness across different time periods, places, and technologies.

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