

1. Record Nr.	UNISA996393763803316
Autore	Hughes George <1603-1667.>
Titolo	A dry rod blooming and frvit-bearing, or, A treatise of the pain, gain, and vse of chastenings [[electronic resource]] : preached partly in severall sermons, but now compiled more orderly and fully for the direction and support of all Gods chastened that suffer either in Christ, or for Christ in these dayes // by G. Hughes .
Pubbl/distr/stampa	London, : Printed by T. Paine for John Rothwell ..., 1644
Descrizione fisica	[8], 119 p
Soggetti	Great Britain History Civil War, 1642-1649 Sermons
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Reproduction of original in Thomason Collection, British Library.
Sommario/riassunto	eebo-0158

2. Record Nr.	UNINA9910574083503321
Autore	Broder Michael S.
Titolo	Helping Adults to Grow Up : A Practitioner's Guide to Stage Climbing / / by Michael S. Broder
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022
ISBN	9783031006616 9783031006609
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (206 pages)
Disciplina	155
Soggetti	Psychology Clinical psychology Behavioral Sciences and Psychology Clinical Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	CHAPTER 1 -- What is the Stage Climbing Process? -- CHAPTER 2 -- The Seven Stages: What They Are and How to Navigate Them -- CHAPTER 3 -- Stage One: Overcoming Dependency -- CHAPTER 4 -- Stage Two: Mastering Self Discipline -- CHAPTER 5 -- Stage Three: Escaping a Stifling Comfort Zone Powered by Obsolete Rules -- CHAPTER 6 -- Stage Four: Converting Fear to Courage -- CHAPTERS 7 -- Stage Five: Taking Charge of Your Life and Roles -- CHAPTER 8 -- Stage Six: Accessing Passion and Other Inner Resources -- CHAPTER 9 -- Stage Seven - When Benevolence Takes Over -- CHAPTER 10 - Calibrating Various Aspects of Life.
Sommario/riassunto	This book presents Stage Climbing, an innovative seven stage developmental model as a new tool to help practitioners recognize cognitions, attitudes and behaviors— typical of different life stages and thus levels of maturity— in order to select the most effective treatment interventions with adult clients. It is the first book to integrate cognitive behavioral (CBT) concepts into the entire human development spectrum for any area of life that clients choose to work on. It demonstrates how resistance to change can reflect thinking and behavioral patterns that

are characteristic of earlier developmental stages. It also presents a model of maturity along with treatment strategies and action steps to motivate change, as well as reactivate a client's natural and organic maturation process. Practitioners at all levels from diverse disciplines and modalities will learn to assess how, why, and where clients are stuck developmentally. This volume offers practitioners, who treat individuals, couples and/or families a psychologically integrated road map that guides clients to take responsibility for living their best life, by removing self-created obstacles which prevent this from occurring naturally. The integration of the most robust aspects of psychodynamics, developmental psychology, and cognitive behavioral therapy will help the field continue to evolve, by providing state of the art interventions to help clients make mature and healthy changes in their lives. All mental health practitioners, regardless of their therapeutic orientations can use the strategies in this book to assess the underlying core belief patterns of clients at each life stage, and apply appropriate interventions to challenge self-defeating beliefs, and proactively work on agreed upon desired outcomes.
