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Titolo	Cognitive-behavioural therapy for insomnia (CBT-I) across the life span : guidelines and clinical protocols for health professionals // edited by Chiara Baglioni, Colin A. Espie, Dieter Riemann
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ISBN	1-119-89119-1 1-119-78515-4 1-119-78514-6
Descrizione fisica	1 online resource (291 pages)
Disciplina	830
Soggetti	Psychology Practice Guideline
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction to insomnia disorder / Riemann, Spiegelhalder, Espie, Gavrilloff, Frase, Baglioni -- Standard CBT-I protocol for the treatment of insomnia / Espie -- Efficacy of multicomponent CBT-I, and its single components / Maurer, Kyle -- Psychophysiological mechanisms of CBT-I / Altena -- CBT-I assessment instruments / Ellis, Alfonso-Miller, Santhi -- CBT-I and pharmacological treatment / Frase -- Protocols for sleep initiation and maintenance problems in paediatric populations / Gavrilloff, Bacaro, Schlarb, Baglioni -- CBT-I protocols for older adults / Benz, Johann -- CBT-I protocols across the female lifespan / Baglioni, Palagini -- CBT-I protocols for shift workers and health operators / Jarnefelt, Spiegelhalder / CBT-I adaptation for health operators under stress conditions / Ballezio, Lombardo, Violani -- CBT-I protocols for insomnia comorbid with affective disorders / Blom, Jernelov -- CBT-I protocols for insomnia comorbid with other mental disorders / Hertenstein, Nissen, Freeman -- CBT-I protocols for insomnia comorbid with somatic disorders / Bjorvatn -- CBT-I protocol for insomnia comorbid with chronic pain / Tang -- CBT-I protocols for insomnia comorbid with other sleep disorders / Palagini, Baglioni --

Mindfulness training applied to insomnia disorder / Baglioni --
Acceptance and commitment therapy (ACT for insomnia : theoretical
issues and principles : Interventional strategies and instruments /
Johann, Hertenstein -- Training for emotion regulation in patients with
insomnia disorder : a novel therapeutic in the early stage of
development / Lombardo, Cerolin i-- CBT-I strategies for general
practitioners (GPs) / Bjorvatn -- CBT-I applied to acute insomnia /
Ellis, Alfonso-Miller, Elder -- Assessing insomnia using group CBT-I /
Spiegelhalder -- Digital CBT-I / Luik, Espie -- Recommendation of the
European CBT-I Academy for high quality training for health
professionals / Baglioni, Espie, Spiegelhalder, Gavrilloff, Riemann.

Sommario/riassunto

"The suggested manual aims at including different treatment protocols for use of health professionals dealing with insomnia problems in different populations. The protocols are written by the members of the European Academy for Cognitive-Behaviour Treatment for Insomnia, thus, reflecting the most current practice and theoretical models. Each protocol is supported by clinical instruments and by a part with specific material for the patients. Furthermore, brief podcasts by the authors of each chapter will highlight the contents and will be accessible when purchasing the book"--
