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Collana	Stress counselling
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Acknowledgements; Foreword; Preface; CHAPTER 1 : The Foundations of Solution-Focused Stress Counselling; CHAPTER 2 : A Solution-Focused Model of Stress; CHAPTER 3 : The Solution-Focused Process; CHAPTER 4 : First Steps; CHAPTER 5 : Second Steps; CHAPTER 6 : Integrative Solution-Focused Stress Counselling; CHAPTER 7 : Counselling Relationships under Stress; CHAPTER 8 : Organizational Stress; APPENDIX : Solution-Focused Resources; References; Index
Sommario/riassunto	Written for a wide range of professionals: psychologists counsellors; social workers; probation officers; and mental health workers, this solution-focussed therapy manual looks at organisational and work-related stress.