

1. Record Nr.	UNINA9910790964803321
Autore	Eldridge Hilary
Titolo	Maintaining change [[electronic resource]] : a personal relapse prevention manual // Hilary Eldridge
Pubbl/distr/stampa	London, : SAGE, c1998
ISBN	1-4833-2726-4 1-4522-4708-0
Descrizione fisica	1 online resource (lx, 162 p.)
Disciplina	365.661
Soggetti	Criminals - Rehabilitation Child molesters - Rehabilitation
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; Contents; Handout: Introduction to the Manual; Phase 1 - Material; Handout: Introduction to Phase 1; Handout: Learning Control; Exercise: Is Offending Really So Great?; Exercise: Gains and Losses of Reoffending for You; Handout and Exercise: Does it ""Just Happen""?; Handout: Cycles of Behavior; Handout: Sex Offending Cycles; Exercise: Your Feelings, Thoughts, and Behaviors Prior to Offending; Exercise: Reminder Card: Your Feelings, Thoughts, and Behaviors Prior to Offending; Exercise: Spot Your Own Pro-Offending Thinking Errors; Exercise: Thinking Errors Prior to Offending Exercise: Thinking Errors in Fantasy about Sexual AbuseExercise: Reminder Card: Your Pro-Offending Thinking Errors; Handout: Knowing Your Own Sex Offending Cycle; Exercise: Knowing Your Own Sex Offending Cycle; Handout: Making ""Breaking the Cycle"" Self-Awareness Tapes for Relapse Prevention; Handout: Personal Monitoring and Support Networks; Exercise: My Support Network; Phase 2 - Material; Handout: Introduction to Phase 2; Section A: Your Cycle and Your Routes to Relapse; Exercise: Alert List for Cycle; Handout and Exercise: Lapse and Relapse; Exercise: Recognizing Lapses Exercise: Coping with LapseHandout: Routes to Relapse; Exercise: Personal Routes to Relapse; Exercise: Planning to Avoid Lapse; Handout: Self-Monitoring and Self-Awareness; Exercise: Urge to Lapse Monitoring Sheet; Exercise: Lapse Monitoring Sheet; Exercise: Personal

Contracts to Deal with Lapse; Section B: Preventing and Dealing with Risky Moods; Handout: The Risky Mood Relapse Process: At-a-Glance Guide; Handout: Effective Coping Strategies for Dealing with the Risky Mood Relapse Process; Exercise: Personal Coping Strategies for Dealing with the Risky Mood Relapse Process
Handout: Changing Your LifestyleExercise: What I Want from My Offense-Free Lifestyle; Exercise: Something New to Do; Exercise: Keeping a Diary; Handout and Exercise: Stress Reduction Techniques; Handout: Changing Your Thoughts and Feelings; Exercise: Thoughts and Feelings Diary; Exercise: Self-Fulfilling Prophecies; Exercise: Challenging Automatic Negative Thoughts; Exercise: Finding the Source of Your Thinking; Exercise: Predictions versus Outcomes; Exercise: Feeling Better by Seeing Yourself Succeeding; Handout: Reading List for Feeling Good
Section C: Your Personal Relapse Prevention Collection: Keeping out/Breaking out of Your CycleExercise: Relapse Prevention Plan; Exercise: Reminder Card: Maintaining an Offense-Free Lifestyle; Exercise: How to Keep out of Your Cycle; Exercise: On the Edge of the Cycle: Reminder Cue Cards; Exercise: How to Break out of Your Cycle; Exercise: Breaking out of the Cycle: Reminder Cue Cards; Exercise: Last Ditch; Exercise: Last Ditch: Reminder Cue Cards; Handout and Exercise: Building up Your Relapse Prevention Collection; Exercise: Reminder Card: Putting it All Together
Exercise: Personal Monitoring Network: Telephone Numbers

Sommario/riassunto

This user-friendly, step-by-step manual focuses on the notion of control and taking responsibility for one's actions rather than on 'cure'. 'Maintaining Change' addresses the thinking, feeling and behaviour patterns of child sex abuse perpetrators.

2. Record Nr.	UNINA9910780648903321
Autore	Callahan Joan R
Titolo	Emerging biological threats [[electronic resource]] : a reference guide / / Joan R. Callahan
Pubbl/distr/stampa	Santa Barbara, CA, : Greenwood Press, c2010
ISBN	3-13-372094-5 1-282-38593-3 9786612385933
Descrizione fisica	1 online resource (342 p.)
Collana	Non-Series
Disciplina	362.196"9-dc22 571.992
Soggetti	Emerging infectious diseases Health risk assessment Food security
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	Cover; Title; Copyright; Contents; Preface; 1. Introduction; Public Health: A Short History; Koch and His Postulates; Hazard, Threat, and Risk; Outbreaks, Epidemics, and Pandemics; What Is Popular Culture?; More Definitions; So How Bad Is It?; 2. Five Big Ones; HIV Disease and AIDS; Malaria; Tuberculosis; Influenza; Hepatitis B and C; 3. Five More (and Complications); Measles; Dysenteries and Enteric Fevers; Dengue and Dengue Hemorrhagic Fever; Bad Bugs and Miracle Drugs; Emerging Diseases; What about Pneumonia?; What about Meningitis and Encephalitis?; Conclusion; 4. Food Insecurity What about Bees? Mad Cow Disease; Foot-and-Mouth Disease; Anthrax; Rinderpest; Heartwater; Classical Swine Fever; Blue-Ear Pig Disease; Newcastle Disease; Avian Influenza; Honeybee Colony Collapse Disorder; Conclusion; 5. Food Insecurity, Continued; Citrus Tristeza Virus; Bacterial Wilt; Southern Corn Leaf Blight; Citrus Canker; Late Blight of Potato; Soybean Rust; Witches' Broom Disease; Phoma Stem Canker; Asian Soybean Aphid; Locusts; Conclusion: One to Grow On; 6. Making Things Worse; Too Many Babies: Overpopulation; Too Much Carbon: Global Climate Change

Not Enough Food: Famine, Pestilence, Destruction, and DeathToo Much Food: Metabolic Syndrome and Type 2 Diabetes; Too Many Sick People: The Healthcare Crisis; Too Many Angry People: Bioterrorism; Too Many Experts: The Bogus Health Industry; Too Many Drugs: Substance Abuse; Too Much UV: Stratospheric Ozone Depletion Revisited; Too Many Cooks: Environmental Management Issues; Conclusion; 7. Fighting Back; Part 1: Balking the Enemy's Plans; Health Education; Better Food; A Higher Power; Basic Research; Water, Toilets, and Garbage; Part 2: Preventing the Junction of the Enemy's Forces
Lookouts: Surveillance and ScreeningArming the People: Vaccination; Holding the Line: Convenient Barriers; The Fifth Column: Ringers and Decoys; A Clean Camp: Home, School, and Workplace; Part 3: Attacking the Enemy's Army in the Field; Killing the Enemy: Snipers and WMDs; Disabling the Enemy's Transportation: Inconvenient Barriers; Destroying the Enemy's Resources: Habitat Modification; Enlisting Allies: Biological Controls; Bugout: Postexposure Prophylaxis; Part 4: Besieging Walled Cities; Mopping Up: Disease Eradication and Elimination; Occupation: Public Health Enforcement
Recruitment: Help WantedWho's Going to Pay for This?; Tuberculosis: The Million-Year War; Postscript: Making Friends; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; X; Y; Z

Sommario/riassunto

What biological agents should we truly be afraid of? Which have garnered more attention than they warrant? *< i>Emerging Biological Threats: A Reference Guide</i>* is the antidote for the confusion surrounding the potentially devastating impact of pathogens on the human community. Written by a frontline professional in epidemiology, it is the most authoritative yet engagingly written resource available on the real risks we face, and the countermeasures used to confront them. *< i>Emerging Biological Threats</i>* provides the information needed to understand significant direct threats to human health.
