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Titolo	The clinician's guide to chronic disease management for long-term conditions [[electronic resource]] : a cognitive-behavioural approach / Gill Furze, Jenny Donnison and Robert J.P. Lewin
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Descrizione fisica	1 online resource (167 p.)
Altri autori (Persone)	DonnisonJenny LewinRobert J. P
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Prelims; Table of contents; List of figures and tables; About the authors; Introduction; Chapter 1 Cognitive-behavioural therapy; Chapter 2 Impairment and disability; Chapter 3 Unhelpful patient beliefs; Chapter 4 Unhelpful coping behaviour; Chapter 5 Overcoming resistance to change; Chapter 6 Goal setting to change behaviour; Chapter 7 Reducing stress; Chapter 8 Anxiety and depression; Chapter 9 Assessing needs and outcomes; Appendix 1: Decisional balance sheet; Appendix 2: The York Angina Beliefs Questionnaire; Appendix 3: The York Cardiac Beliefs Questionnaire Appendix 4: Example of a goal-setting diary Appendix 5: Further reading and training in cognitive-behavioural therapy; References; Index
Sommario/riassunto	Written with clinicians in mind who are caring for people with long-term or chronic conditions, the aim of this book is to provide an informative and useful resource to help clinicians understand how people deal with, and adjust to, life with a long-term condition. The book will not equip the reader with an in-depth knowledge of psychological theory, but instead provides background knowledge and

theory of cognitive behavioural therapy (CBT) and how it can help to give people a positive approach to living with their condition.
