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| Autore | Safren Steven A |
| Titolo | Coping with chronic illness [[electronic resource]] : a cognitive-behavioral therapy approach for adherence and depression workbook / Steven A Safren, Jeffrey S. Gonzalez and Nafisseh Soroudi |
| Pubbl/distr/stampa | New York, : Oxford University Press, 2008 |
| ISBN | 0-19-024172-1 1-281-37473-3 9786611374730 0-19-804303-1 |
| Descrizione fisica | 1 online resource (131 p.) |
| Collana | Treatments That Work |
| Altri autori (Persone) | GonzalezJeffrey S SoroudiNafisseh |
| Disciplina | 616.044 |
| Soggetti | Chronic diseases - Psychological aspects Chronically ill - Mental health Chronically ill - Rehabilitation People with disabilities - Psychology |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di contenuto | Contents; List of Figures and Worksheets; Chapter 1 Introduction; Chapter 2 Overview of the Program; Chapter 3 Life-Steps; Chapter 4 Activity Scheduling; Chapter 5 Adaptive Thinking (Cognitive Restructuring): Part I; Chapter 6 Adaptive Thinking (Cognitive Restructuring): Part II; Chapter 7 Problem Solving; Chapter 8 Relaxation Training and Diaphragmatic Breathing; Chapter 9 Review, Maintenance, and Relapse Prevention; About the Authors |
| Sommario/riassunto | If you suffer from a chronic medical condition like cancer, HIV, diabetes, asthma, or hypertension, you know how hard it can be to perform all the self-care behaviors required of you, especially if you are also dealing with depression. Studies have shown that depressed individuals with chronic illness have a hard time keeping up with the behaviors necessary to manage their condition and improve their health. The program outlined in this workbook can help you take better care of yourself while simultaneously relieving your depression. |

Designed to be used in conjunction with visits to a qualified
