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Autore	Penedo Frank J
Titolo	Cognitive-behavioral stress management for prostate cancer recovery [[electronic resource] ] : facilitator guide / / Frank J. Penedo, Michael H. Antoni, Neil Schneiderman
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
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Descrizione fisica	1 online resource (224 p.)
Collana	Treatments that work
Altri autori (Persone)	AntoniMichael H SchneidermanNeil
Disciplina	616.99/463
Soggetti	Prostate - Cancer - Patients - Rehabilitation Prostate - Cancer - Psychological aspects Stress management Cognitive therapy Relaxation
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 (p. 205-209).
Nota di contenuto	Introductory information for facilitators -- Logistics of the cognitive-behavioral stress management intervention program -- Session 1: Introduction to the program/Stress awareness and physical responses/8-muscle-group progressive muscle relaxation -- Session 2: Diaphragmatic breathing and 4-muscle-groups progressive muscle relaxation/Stress awareness and the appraisal process -- Session 3: Deep breathing and counting with passive progressive muscle relaxation/Sex and sexuality after prostate cancer treatment and automatic thoughts -- Session 4: Special place imagery/Cognitive distortions -- Session 5: Relaxation for healing and well-being/Cognitive restructuring -- Session 6: Autogenic training/Coping I -- Session 7: Autogenics with visual imagery and positive self-suggestions/Coping II -- Session 8: Mantra meditation/Anger management -- Session 9: Mindfulness meditation/Assertive

communication -- Session 10: Group favorite relaxation exercise/Social support and program wrap-up.

**Sommario/riassunto**

Men treated for localized prostate cancer have an excellent medical prognosis, but may have difficulty readjusting to life after surgery as a result of treatment related side effects. Changes in physical functioning and ongoing PSA monitoring due to the possibility of recurrence may bring added stress. Effective stress management is a key factor in increasing quality of life in this population and may play a role in maintaining overall health. Cognitive Behavioral Stress Management (CBSM) and relaxation training constitute the two components of this comprehensive program. Each session provides

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**Autore**

Uffmann Christian

**Titolo**

Vowel epenthesis in loanword adaptation / / Christian Uffmann

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Tubingen : , : Max Niemeyer Verlag, , 2007

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3-11-093482-5

**Descrizione fisica**

1 online resource (258 p.)

**Collana**

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**Classificazione**

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**Soggetti**

Language and languages - Foreign words and phrases  
Phonetics  
Reading - Phonetic method

**Lingua di pubblicazione**

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**Nota di contenuto**

Front matter -- Table of Contents -- Acknowledgements -- 1. Epenthetic Vowels in Loanwords -- 2. Theoretical Background -- 3. An Empirical Analysis of Vowel Epenthesis in Shona -- 4. An OT Account of Epenthesis in Shona -- 5. Shona Native and Loan Phonology -- 6. Vowel Paragoge in Sranan -- 7. The Cross linguistic Perspective -- 8. Residual Issues -- References

**Sommario/riassunto**

While it is commonly assumed that languages epenthesize context-free default vowels, this book shows that in loanword adaptation, several strategies are found which interact intricately. Large loanword corpora

in Shona, Sranan, Samoan and Kinyarwanda are analyzed statistically, and the patterns are modeled in a version of Optimality Theory which introduces constraints on autosegmental representations. The focus of this book is on English loans in Shona, providing an in-depth empirical and formal analysis of epenthesis in this language. The analysis of additional languages allows for solid typological generalizations. In addition, a diachronic study of epenthesis in Sranan provides insight into how insertion patterns develop historically. In all languages analyzed, default epenthesis exists alongside vowel harmony and spreading from adjacent consonants. While different languages prefer different strategies, these strategies are subject to the same set of constraints, however. In spreading, feature markedness plays an important role alongside sonority. We suggest universal markedness scales which combine with constraints on autosegmental configurations to model the patterns found in individual languages and at the same time to constrain the range of possible crosslinguistic variation.

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