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Descrizione fisica	1 online resource (80 p.)
Collana	Treatments that work
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 1 Introductory Information for Therapists; Chapter 2 Group Logistics; Chapter 3 Session 1-Introduction to Stress and Coping; Chapter 4 Session 2-Assessing and Managing Stress; Chapter 5 Session 3-Problem Solving; Chapter 6 Session 4-Managing Emotions; Chapter 7 Session 5-Changing Negative Thinking; Chapter 8 Session 6-Maladaptive/Adaptive Coping; Chapter 9 Session 7-Social Support (Final Session); Fidelity Checklists; References; About the Author
Sommario/riassunto	For individuals who have suffered a spinal cord injury, it is a struggle to know how to assess and cope with such a life-changing event. The coping strategies that a person employs can have an enormous impact on their mental well-being and long-term health. Approach focused coping, in which the individual accepts and seeks to understand their condition, results in a sense of mastery, self-efficacy, and post traumatic growth. Conversely, avoidance focused coping can lead to anxiety, depression, self neglect, and substance abuse problems. Approximately 50% will meet the diagnostic criteria for d

