

1. Record Nr.	UNINA9910782216703321
Autore	Kennedy Paul <1959->
Titolo	Coping effectively with spinal cord injury [[electronic resource]] : a group program : therapist guide // Paul Kennedy
Pubbl/distr/stampa	Oxford ; New York, : Oxford University Press, 2009
ISBN	0-19-024170-5 1-281-82593-X 9786611825935 0-19-971303-0
Descrizione fisica	1 online resource (80 p.)
Collana	Treatments that work
Disciplina	617.4/82044
Soggetti	Spinal cord - Wounds and injuries - Psychological aspects Spinal cord - Wounds and injuries - Treatment Group psychotherapy Stress management
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.
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

