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| 1. Record Nr.           | UNINA9910782323303321   |
| Autore                  | Stritzke Werner G. K. <1956->   |
| Titolo                  | Treatment manual for smoking cessation groups : a guide for therapists // Werner G.K. Stritzke, Joyce L.Y. Chong, Diane Ferguson [[electronic resource]]  |
| Pubbl/distr/stampa      | Cambridge : , : Cambridge University Press, , 2009  |
| ISBN                    | 1-107-19279-X<br>1-281-94487-4<br>9786611944872<br>0-511-45624-7<br>0-511-45755-3<br>0-511-45451-1<br>0-511-45353-1<br>0-511-54431-6<br>0-511-45554-2   |
| Descrizione fisica      | 1 online resource (viii, 209 pages) : digital, PDF file(s)  |
| Disciplina              | 616.86/506  |
| Soggetti                | Smoking cessation<br>Group psychotherapy  |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| Note generali           | Title from publisher's bibliographic system (viewed on 05 Oct 2015).  |
| Nota di bibliografia    | Includes bibliographical references (p. 194-203) and index.   |
| Nota di contenuto       | Assessment, treatment planning, and evaluation of outcomes -- Starting the change process -- The ins and outs of becoming smoke free -- Kicking the chemical habit -- Staying smoke free I : enhancing motivation for change -- Staying smoke free II : prevention and management of a lapse or relapse -- Staying smoke free III : coping without smoking -- Thoughts : how they affect smoking behaviors -- Lifestyle change : on being a non-smoker. |
| Sommario/riassunto      | Treatment Manual for Smoking Cessation Groups guides the reader through step-by-step instructions on how to implement treatments to help smokers give up their habit in a group environment. The manual describes how to successfully deliver group interventions through an evidence-based, modular approach designed to suit a wide range of  |

service settings. Each module contains therapist guidelines, client handouts and worksheets, designed with the busy clinician in mind. The treatment modules are structured in two parts: part one contains the therapist guidelines explaining the rationale behind the strategies and how to deliver the treatments effectively; part two contains the client materials supporting the program and providing self-help tools. Appealing to anyone involved in the provision of smoking cessation services; this manual is an essential tool for clinical psychologists, health psychologists, addiction counselors, mental health workers, health promotion officers and smoking cessation nurses and GPs.

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