

1. Record Nr.	UNINA9910782674603321
Titolo	Advances in ABC relaxation [[electronic resource]] : applications and inventories / / Jonathan C. Smith, editor
Pubbl/distr/stampa	New York, NY, : Springer Pub., c2001
ISBN	1-281-80633-1 9786611806330 0-8261-1654-X
Descrizione fisica	1 online resource (319 p.)
Altri autori (Persone)	SmithJonathan C
Disciplina	155.9042
Soggetti	Relaxation 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 (p. 217-221) and index.
Nota di contenuto	Contents; Preface; Contributors; List of Tables and Figures; Part I: Four Advances in the ABC Approach; Part II: Original Studies; References; Appendix A: Smith Relaxation Inventory Series; Appendix B: Tables; Index
Sommario/riassunto	This volume offers original studies on relaxation and stress management. Practitioners will find a wealth of specific, ready-to-use, evidence-based suggestions for incorporating relaxation techniques into their clinical work. Part I summarizes practical advances in the theory, research, and assessment of relaxation. Part II is an anthology of 25 studies on relaxation focusing on individual differences; stress, coping and relaxation; factor analyses and correlations; and practice techniques. An appendix offers a complete relaxation inventory of scales for those interested in developing their