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Titolo	ABC relaxation training [[electronic resource] ] : a practical guide for health professionals // Jonathan C. Smith
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Descrizione fisica	1 online resource (329 p.)
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 297-298) and index.
Nota di contenuto	Contents; List of Tables; 1 ABC Relaxation Theory in a Nutshell; 2 Preparing for Relaxation: The Grand Tours and Assessment; 3 Basic Instructions for the Six Major Approaches to Relaxation; 4 Relaxation Scripting; 5 Brief Relaxation Training; References; Appendix: Smith Relaxation Inventory Series; Index
Sommario/riassunto	In this volume, Smith presents instructions for more approaches to relaxation than any other book on the market. The author provides word-for-word scripts for clinicians to teach them to implement all relaxation techniques using his ABC relaxation approach. The volume includes simple assessment questionnaires for determining relaxation needs and evaluating relaxation outcomes; precise instructions for making individualized relaxation tapes; and verbatim instructions for presenting tested ""failproof"" relaxation and stress management workshops. Techniques include: progressive relaxation, autog