

1. Record Nr.	UNINA9910784269803321
Autore	Woolfolk Robert L
Titolo	Treating somatization [[electronic resource]] : a cognitive-behavioral approach // Robert L. Woolfolk, Lesley A. Allen
Pubbl/distr/stampa	New York, : Guilford Press, c2007
ISBN	1-281-12367-6 9786611123673 1-59385-631-8
Descrizione fisica	1 online resource (240 p.)
Altri autori (Persone)	AllenLesley A
Disciplina	616.85/24
Soggetti	Cognitive therapy Medicine, Psychosomatic Somatic symptom disorder
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. 191-218) and index.
Nota di contenuto	Somatization: epidemiology, clinical characteristics, and treatment -- Affective cognitive-behavioral therapy for somatization: rationale and overview -- Assessment -- The context of therapy -- Behavioral interventions -- Working with cognitions and emotions -- Interpersonal methods -- Assorted clinical topics.
Sommario/riassunto	This lucidly written guide presents an innovative approach for treating somatization disorder and related problems, such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome. The authors' program integrates cognitive-behavioral techniques with strategies to build emotional self-awareness and interventions to help patients understand and alter their illness behavior. Systematic yet flexible, it is supported by controlled clinical research. The book reviews the conceptual underpinnings of the approach, discusses its ongoing testing and refinement, and offers clear-cu