

1. Record Nr.	UNINA9910789113603321
Autore	Henderson Lynne
Titolo	Helping your shy and socially anxious client : a social fitness training protocol using CBT / / Lynne Henderson, PhD ; foreword by Philip G. Zimbardo, PhD
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, Inc., , [2014] ©2014
ISBN	1-4619-5733-8 1-60882-962-6
Descrizione fisica	1 online resource (531 p.)
Disciplina	158.3
Soggetti	Bashfulness Timidity Social phobia - Treatment Cognitive therapy
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	Foreword -- Acknowledgments -- Introduction -- Redefining shyness and its treatment -- Twelve-session treatment plan overview and therapist preparation -- Session one: the initial evaluation -- Session two: constructing a hierarchy -- Session three: cognitive restructuring and the first simulated exposure -- Session four: attributional restructuring and exposure -- Session five: cognitive, attributional, and self-concept restructuring -- Session six: challenging negative attributions and beliefs about others -- Session seven: more practice in changing negative thoughts and beliefs -- Session eight: automatic thoughts about others and the third vicious cycle -- Session nine: exposures and progress assessment -- Session ten: exposures and anticipating closure -- Session eleven: more exposures and anticipating closure -- Session twelve: review of progress and closure -- Interpersonal social-skills training -- Appendix A: Answer key for attribution style quiz -- Appendix B: Final interview outline -- Appendix C: Letter to friends -- Appendix D: Therapist instructions for bat -- Appendix E: The shyness clinic thought listing form --

References.

Sommario/riassunto

Many clients with shyness and social anxiety believe they can never change. They may even adjust their lives to avoid social activities or situations that make them uncomfortable. In a sense, they allow their social "muscles" to atrophy, and in the end may become even more alienated and despondent. There is hope. Just as physical fitness strengthens the body, "social fitness" can be developed through habit and action. In Helping Your Shy and Socially Anxious Client, shyness expert Lynne Henderson presents the Social Fitness program-a twelve session cognitive behavioral model

2. Record Nr.

UNICAMPANIAVAN00100450

Autore

Korte, Bernhard

Titolo

Ottimizzazione combinatoria : teoria e algoritmi / Bernhard Korte, Jens Vygen

Pubbl/distr/stampa

Milano, : Springer, 2011

Titolo uniforme

Combinatorial Optimization

Descrizione fisica

XVIII, 670 p. : ill. ; 24 cm

Altri autori (Persone)

Vygen, Jens

Soggetti

05-XX - Combinatorics [MSC 2020]

90-XX - Operations research, mathematical programming [MSC 2020]

Lingua di pubblicazione

Italiano

Formato

Materiale a stampa

Livello bibliografico

Monografia

Note generali

Edizione italiana a cura di: Francesco Maffioli. - Tradotto da: Stefano Gualandi