

1. Record Nr.	UNINA9910790819503321
Autore	Norcross John C. <1957->
Titolo	Self-help that works : evidence-based resources for the public and the professional / / John C. Norcross [and five others] ; authors
Pubbl/distr/stampa	Oxford, [England] ; ; New York, [New York] : , : Oxford University Press, , 2013 ©2013
ISBN	0-19-932364-X 0-19-933364-5
Edizione	[Fourth edition.]
Descrizione fisica	1 online resource (611 pages)
Altri autori (Persone)	NorcrossJohn C. <1957->
Disciplina	362.1968900973
Soggetti	Mental health - United States Mental illness - United States Mental health services - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preface -- Acknowledgments -- About the authors -- Self-help in mental health -- Abuse -- Addictions -- Adult development -- Aging -- Anger -- Anxiety disorders -- Assertiveness -- Attention-deficit/hyperactivity disorder -- Autism and Asperger's -- Bipolar disorder -- Borderline and narcissistic personality disorders -- Bullying -- Career development -- Child development and parenting -- Chronic pain -- Communication and people skills -- Death and grieving -- Dementia/Alzheimer's -- Depression -- Divorce -- Eating disorders -- Families and stepfamilies -- Gay, lesbian, and bisexual issues -- Happiness -- Infant development and parenting -- Love and intimacy -- Marriage -- Men's issues -- Obsessive-compulsive disorder -- Posttraumatic stress disorder -- Pregnancy -- Schizophrenia -- Self-management and self-enhancement -- Sexuality -- Spiritual and existential concerns -- Stress management and relaxation -- Substance abuse -- Suicide -- Teenagers and parenting -- Violent youth -- Women's issues -- For consumers : evaluating and selecting self-help resources -- For practitioners : integrating self-help into treatment -- Appendix A. The 12 national studies -- Appendix B. Ratings of self-help books in the national studies -- Appendix C.

