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| 1. Record Nr. | UNINA9910797022603321 |
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| Titolo | Fatal pauses : getting unstuck through the power of no and the power of go // by Stuart C. Yudofsky |
| Pubbl/distr/stampa | Washington, District of Columbia ; ; London, England : , : American Psychiatric Publishing, , [2015] ©2015 |
| ISBN | 1-58562-525-6 |
| Descrizione fisica | 1 online resource (576 p.) |
| Disciplina | 155.9/3 |
| Soggetti | Psychotherapy |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di contenuto | Cover; Contents; Preface: "Pause"; Acknowledgments; Introduction: Why This Book?; 1 The Am I Stuck? Scale; 2 Getting Stuck: Evolutionary and Neurobiological Overview; 3 The Fatal Pauses 3-D Method of Getting Unstuck Through the Power of No and the Power of Go; 4 Stuck in My Job: The Case of Clarke Myerson: When Depression and Anxiety Are Complicated by Dyslexia; 5 Stuck in My Body, Part I (Discover): The Case of Ms. Anita Anthony: When an Eating Disorder Is Complicated by Sexual Abuse 6 Stuck in My Body, Part II (Decide and Discipline): The Case of Ms. Anita Anthony: The Fatal Pauses 3-D Diet 7 Stuck in My Marriage: The Cases of Helen and Blaise Hartman: When Traumatic Brain Injury Is Complicated by Narcissistic Personality Disorder; 8 Stuck in a Bottle, Part I (Discover): The Case of Mrs. Lynda Jensen: When Alcohol Use Disorder Is Complicated by Generalized Anxiety Disorder; 9 Stuck in a Bottle, Part II (Decide and Discipline): The Case of Mrs. Lynda Jensen 10 Stuck in Pleasing Others, Part I (Discover): The Case of Eleanor Lai: When Anorexia Nervosa Is Complicated by Child Physical and Psychological Abuse 11 Stuck in Pleasing Others, Part II (Decide and Discipline): The Case of Eleanor Lai: An Introduction to Supermentalizing; 12 Stuck in Adolescence and Cyberspace, Part I (Discover): The Case of Lester Silber: When Autism Spectrum Disorder Is Complicated by Being Bullied; 13 Stuck in Adolescence and Cyberspace, |

Part II (Decide and Discipline): The Case of Lester Silber; 14 Stuck in Success: The Case of Reverend Maynard Henden
Appendix: Treatment PrinciplesIndex; A; B; C; D; E; F; G; H; I; J; L; M; N; O; P; Q; R; S; T; U; V; W

Sommario/riassunto

This is a fresh and fascinating take on what it means to be "stuck" and how to get "unstuck." Part textbook for mental health professionals and part self-help manual, this book guides readers through the various manifestations of this condition by presenting and analyzing the case studies of patients.
