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Descrizione fisica	1 online resource (343 p.)
Disciplina	613
Soggetti	Attachment behavior Interpersonal relations - Health aspects Health Medical care Object Attachment Interpersonal Relations Libros electronicos.
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Nota di contenuto	Section one. Vexing Health Care. What is Health Care? -- Why Else Do We Get Sick? -- Health Happens between Us. Section two. Attachment and Health. What is Attachment? -- Attachment Sculpts the Brain -- All Grown Up and Still Attached -- Depression -- Attachment is a Response to Stress -- Why Are So Many of Us Fat, Drunk, Stationary Smokers? -- I Don't Know What You Have, but I've Seen It Before and You Have It Bad -- Trouble in the Patient-Provider Relationship. Section three. Relational Health Care. Principles of Adaptation and Change -- How Health Care Providers Can Adapt When Attachment Anxiety Interferes -- How Health Care Providers Can Adapt When Attachment Avoidance Interferes -- How Health Care Providers Can Adapt When Fearful Attachment Interferes -- Changing the System -- Becoming More Secure -- Beyond Health Care Relationships: A Wider attachment Perspective on Health.

Sommario/riassunto

"Can the way in which we relate to others seriously affect our health? Can understanding those attachments help health care providers treat us better? In Love, Fear, and Health, psychiatrists Robert Maunder and Jonathan Hunter draw on evidence from neuroscience, stress physiology, social psychology, and evolutionary biology to explain how understanding attachment--the ways in which people seek security in their close relationships--can transform patient outcomes. Using attachment theory, Maunder and Hunter provide a practical, clinically focused introduction to the influence of attachment styles on an individual's risk of disease and the effectiveness of their interactions with health care providers. Drawing on more than fifty years of combined experience as health care providers, teachers, and researchers, they explain in clear language how health care workers in all disciplines can use this knowledge to meet their patients' needs better and to improve their health."--
