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Applying a Cognitive Behavioural Approach to Clinical Practice; Part II:
The Issues: Some Psychological Problems
How to Use This Part of the Book
Glossary of Everyday Terms;
Adjustment Difficulties; Altered Body Image; Anger; Avoidance; Denial;
Fatigue; Fear of the Future; Inactivity; Indecisiveness;
Intrusive/Distressing Thoughts; Lack of Motivation; Loss of Pleasure or
Ability to Enjoy Things; Low Mood; Low Self-Esteem; Negative Outlook;
Pain; Panic Attacks; Special Note: Safety Behaviours; Physical Tension;
Poor Concentration; Problem Solving Difficulties; Setbacks; Sleep
Difficulties; Unassertiveness; Worrying; Part III: The Toolkit: CBT
Methods in Practice; Section 1: Techniques
Activity Monitoring
Assertiveness Skills; Assessing Psychological
Distress; Attention Strategies; Basic Counselling Skills; Behavioural
Change Methods: A Summary; Behavioural Experiments; Behavioural
Rehearsal; Believable Alternative Thoughts; Breathing Control;
Challenging Unhelpful Thoughts; Cognitive Change Methods: A
Summary; Denial: Strategies for Encouraging Acceptance; Denial:
Strategies for Engaging the Patient; Denial: Strategies for Reducing
Distressing Thoughts; Denial: Suggestions for Questions to Ask;
Effective Communication Skills; Emotional Expression; Expressive
Writing
Graded Activities 270
Listening Skills
Mental Distraction; Mindfulness;
Pacing; Problem Solving; Psycho-education; Purposeful Planning;
Relaxation Exercises; Respectfulness Skills; Socratic Questioning;
Stimulus Control; Weighing the Pros and Cons; Section 2: Information
Sheets; Antidotes to Bad Days; The Assertiveness Model; Assertiveness
Rights; Assertiveness Techniques; Bad Old Habits: Avoiding Relapsing
Into Them; Change: Bringing It About; Change: The Desire for It;
Change: The Transition Curve; Coping with Setbacks 1: Physical Health
Setbacks
Coping with Setbacks 2: Mental Attitude Setbacks

Sommario/riassunto

There is a growing awareness of the need to address the psychological distress associated with physical ill health; however, current resources are limited and difficult to access. The best way to tackle the issue is by enhancing the skills of those professionals who have routine contact with them. CBT provides the evidence-based skills that most readily meet these requirements in a time and cost efficient manner. Based on materials prepared for a Cancer Network sponsored training programme and modified to address the needs of a larger client population of people experiencing psychological dist
