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Descrizione fisica	1 online resource (291 pages) ; : illustrations
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Soggetti	Neuropsychiatry Counseling - Methodology Mental illness - Treatment Psychotherapy
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Formato	Materiale a stampa
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Nota di bibliografia	Includes bibliographical references and indexes. Includes index.
Nota di contenuto	1. Applying neuroscience : Teaching practical neuroscience -- 2. Promoting brain health : First S of planting SEEDS ; First E of SEEDS ; Education ; D of SEEDS ; Second S of planting SEEDS -- 3. Developing memory systems : Memory systems -- 4. Autostress disorders : Top down and bottom up -- 5. When anxiety is generalized : Balancing the autonomic nervous system -- 6. Focalized anxiety : Facing fear and avoidance ; Phobias ; Panic disorder -- 7. Posttraumatic stress disorder : Phase 1, Stabilization ; Phase 2, Memory integration ; Phase 3, Posttraumatic growth -- 8. Obsessive-compulsive disorder : Describing the OCD circuit ; ORDER ; Health obsessions -- 9. Depression : Gender and depression ; Role of inflammation ; Anxiety with depression ; Shifting to action ; Social lift ; Default mode and rumination ; Orchestrating a broad approach.

Sommario/riassunto

Overcome resistance and fully engage clients by bringing neuroscience into treatment Brain2Brain: Enacting Client Change Through the Persuasive Power of Neuroscience applies the popular topic of neuroscience in mental health to everyday practice, showing therapists how to teach their clients brain-based strategies for making changes and improving their lives. Cutting-edge findings in neuroscience are translated into language that clients will understand, and sidebars provide therapists more detailed information relating to particular disorders. With a holistic approach that incorporates mental
