

1. Record Nr.	UNINA9910808577303321
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Titolo	Counselling people on the autism spectrum [[electronic resource]] : a practical manual // Katherine Paxton and Irene A. Estay
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2007
ISBN	1-281-10539-2 9786611105396 1-84642-627-8 1-4356-0302-8
Descrizione fisica	1 online resource (209 p.)
Altri autori (Persone)	EstayIrene A. <1949->
Disciplina	362.196/85882
Soggetti	Autistic people - Counseling of Autistic people - Rehabilitation Autism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Contents; Acknowledgments; Introduction; Why a counselling manual for people on the autism spectrum; Organization of the manual; Part One: Understanding Autism – Autism Spectrum Characteristics and Cognitive Patterns; 1. Autism: An Overview; 2. Autistic Thinking and Autistic Logic; Part Two: Counselling Issues and Approaches; 3. General Strategies and Modifications for Cognitive Behavioural Therapy; 4. Depression and Treatment Approaches; 5. Anxiety, OCD, and Treatment Approaches; 6. Relationships and Social Skills; 7. Stress and Relaxation 8. Emotional Expression, Identification, and Regulation9. Some Final Words and Suggestions; References; Subject Index; Author Index;
Sommario/riassunto	The characteristics of autism spectrum disorders (ASD) present unique challenges, not only to people themselves affected, but also to counselling professionals. This manual provides counselling techniques that work not only for professionals, but also for individuals either coping with being on the spectrum themselves, or living with someone who has an ASD. Regardless of intellectual and linguistic ability, people on the autism spectrum often have significant impairments in

emotional expression,
