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Titolo	New directions in progressive relaxation training : a guidebook for helping professionals // Douglas A. Bernstein, Thomas D. Borkovec, and Holly Hazlett-Stevens
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Altri autori (Persone)	BorkovecThomas D. <1944-> Hazlett-StevensHolly
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preliminaries; Contents; 1 Introduction; 2 Background of Progressive Relaxation Training; 3 Targets for Progressive Relaxation Training; 4 Physical Setting for Progressive Relaxation Training; 5 Session 1 The Rationale; 6 Session 1 Basic Procedures; 7 Variations on the Basic Procedures; 8 Differential Relaxation and Conditioned Relaxation; 9 Possible Problems and Suggested Solutions; 10 Assessing a Client's Progress; 11 Hypnosis Drugs and Progressive Relaxation; 12 Applied Relaxation Training; 13 Evaluation Research on Progressive Relaxation Training Appendix A Content Outline for Rationale Presentation Appendix B Relaxation Patter; Appendix C Client Handout 1; Appendix D Client Handout 2; References; Index
Sommario/riassunto	A description of the therapist behaviours necessary for the effective application of progressive relaxation training. The guide was written to provide therapists in many disciplines, including psychology, nursing and social work, with the tools they need to train their clients in relaxation.