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Descrizione fisica	1 online resource (viii, 209 pages) : digital, PDF file(s)
Disciplina	616.86/506
Soggetti	Smoking cessation Group psychotherapy
Lingua di pubblicazione	Inglese
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Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references (p. 194-203) and index.
Nota di contenuto	Assessment, treatment planning, and evaluation of outcomes -- Starting the change process -- The ins and outs of becoming smoke free -- Kicking the chemical habit -- Staying smoke free I : enhancing motivation for change -- Staying smoke free II : prevention and management of a lapse or relapse -- Staying smoke free III : coping without smoking -- Thoughts : how they affect smoking behaviors -- Lifestyle change : on being a non-smoker.
Sommario/riassunto	Treatment Manual for Smoking Cessation Groups guides the reader through step-by-step instructions on how to implement treatments to help smokers give up their habit in a group environment. The manual describes how to successfully deliver group interventions through an evidence-based, modular approach designed to suit a wide range of

service settings. Each module contains therapist guidelines, client handouts and worksheets, designed with the busy clinician in mind. The treatment modules are structured in two parts: part one contains the therapist guidelines explaining the rationale behind the strategies and how to deliver the treatments effectively; part two contains the client materials supporting the program and providing self-help tools. Appealing to anyone involved in the provision of smoking cessation services; this manual is an essential tool for clinical psychologists, health psychologists, addiction counselors, mental health workers, health promotion officers and smoking cessation nurses and GPs.
