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Titolo	Treatment of stress response syndromes / / Mardi J. Horowitz
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ISBN	1-61537-367-5
Descrizione fisica	1 online resource (110 pages) : illustrations
Disciplina	155.9042
Soggetti	Stress (Psychology) Stress management Post-traumatic stress disorder - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references & index.
Nota di contenuto	Principles of psychological responses to stressor events -- Assessment and treatment planning -- Providing support -- Linking the meanings of stressor events to the self -- Improving coping skills -- Renarration and reschematization -- Terminating -- Assessing change.
Sommario/riassunto	"The second edition of Stress Response Syndromes updates treatment recommendations for DSM-5 trauma- and stressor-related disorders, including PTSD, acute stress disorder, and adjustment disorders. Emphasis is on formulation for determining appropriate therapeutic strategies using an integrative and transtheoretical approach based on repeated assessments and formulations. This approach can be used throughout all phases of treatment and leads to the possibility of enhancing emotional control, advancing attachment models, and consolidating identity"--