

1. Record Nr.	UNINA9910825872503321
Autore	Brodsky Beth S
Titolo	The dialectical behavior therapy primer : how DBT can inform clinical practice // Beth S. Brodsky, Barbara Stanley
Pubbl/distr/stampa	Chichester, West Sussex, : John Wiley & Sons, 2013
ISBN	9781118556610 1118556615 9781118556603 1118556607 9781118556245 1118556240
Edizione	[1st ed.]
Descrizione fisica	1 online resource (266 p.)
Altri autori (Persone)	StanleyBarbara <1949-2023.>
Disciplina	616.85/852
Soggetti	Borderline personality disorder - Treatment Cognitive therapy
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	Introduction -- When DBT is indicated : the patients, the clinicians and the evidence -- BPD : treatable or untreatable? -- BPD : diagnosis, stigma and phenomenology -- Understanding and treating self-harm behaviors in BPD -- The ABC's of DBT : theory -- The ABC's of DBT : overview of the treatment -- Commitment and goal setting -- The DBT tool kit : the essential DBT strategies and what happens in the individual session -- Skills training : the rationale and structure -- Skills training : the four skill modules -- Between session contact and observing limits -- Management of suicidal behavior -- The safety planning intervention -- The three C's of consultation -- DBT case formulation -- Beyond target 1 : therapy and quality of life interfering behaviors -- The end of treatment.
Sommario/riassunto	Dialectical Behavior Therapy (DBT) has quickly become a treatment of choice for individuals with borderline personality disorder and other complicated psychiatric conditions. Becoming proficient in standard DBT requires intensive training and extensive supervised experience. However, there are many DBT principles and procedures that can be

readily adapted for therapists conducting supportive, psychodynamic, and even other forms of cognitive behavioral treatments. Despite this, there is a dearth of easily accessible reading material for the busy clinician or novice. This new book provid

2. Record Nr.	UNIORUON00010893
Titolo	Istorija pervobytnogo obscestva : Obscie voprosy Problemy antroposociogeneza / otv. red. Ju. V. Bromlej
Pubbl/distr/stampa	Moskva, : Izd. Nauka, 1983
Descrizione fisica	431 p. ; 20 cm
Classificazione	IG X A
Soggetti	PREISTORIA
Lingua di pubblicazione	Russo
Formato	Materiale a stampa
Livello bibliografico	Monografia

3. Record Nr.	UNINA9910160844603321
Autore	Yogananda Paramahansa
Titolo	Autobiography of a Yogi
Pubbl/distr/stampa	Munchen : , : Liese, Andreas. OUTSIDE THE BOX, , 2002 ©2002
ISBN	3-95676-150-2
Edizione	[1st ed.]
Descrizione fisica	1 online resource (528 p.)
Collana	Classics to Go Series
Soggetti	Yoga, Kriya Spiritual life
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>"Autobiography of a Yogi" is an autobiography of Paramahansa Yogananda (January 5, 1893-March 7, 1952) first published in 1946. Yogananda was born Mukunda Lal Ghosh in Gorakhpur, India into a Bengali family. "Autobiography of a Yogi" introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the East and West. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935 he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book. The book is an introduction to the methods of attaining God-realization and to the spiritual thought of the East, which had only been available to a few in 1946. The author claims that the writing of the book was prophesied long ago by the nineteenth-century master Lahiri Mahasava.(Excerpt from Wikipedia)</p>