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Collana	Treatments That Work
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Soggetti	Multiple sclerosis - Psychological aspects Stress management Mood (Psychology)
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 1 Introductory Information for Therapists; Chapter 2 Assessment; Part I: Core Treatment Chapters; Chapter 3 Introduction to Stress and Mood Management; Chapter 4 Problem Solving and Goal Setting; Chapter 5 Positive Activities; Chapter 6 Identifying and Evaluating Unhelpful Thoughts; Chapter 7 Challenging Unhelpful Thoughts; Chapter 8 Social Support; Part II: Optional Treatment Modules; Module 1 Communication and Assertiveness; Module 2 Fatigue and Energy Conservation; Module 3 Reducing Anxiety and Worry; Module 4 Relaxation; Module 5 Pain Management Module 6 Planning and Organization Module 7 Self-Injection Anxiety Counseling (SIAC); Module 8 Ending Treatment and Maintaining Gains; References; About the Author
Sommario/riassunto	This therapist guide provides instruction for delivering treatment to individuals with MS who are experiencing stress and depressed mood. The stress and mood management program described has been developed over more than ten years of research and clinical trials. The treatment is based on cognitive-behavioral therapy (CBT) and is divided into two parts. Part I incorporates standard behavioral activation and cognitive restructuring techniques while Part II consists of optional

modules designed to address specific problems that are common among MS patients.

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