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Nota di contenuto	Brief Psychological Interventions in Clinical Practice; Contents; About the Author; Introduction; CHAPTER ONE: GP or therapist - or both?; CHAPTER TWO: Problem- or solution-based?; CHAPTER THREE: How do we 'think'?; CHAPTER FOUR: Building rapport; CHAPTER FIVE: Goal setting; CHAPTER SIX: Identity or behaviour?; CHAPTER SEVEN: Cognitive distortions; CHAPTER EIGHT: Seeding ideas; CHAPTER NINE: Reframing; CHAPTER TEN: Patterns: how? rather than why?; CHAPTER ELEVEN: What if ?; CHAPTER TWELVE: Anchors and anchoring; CHAPTER THIRTEEN: Helping clients deal with anger CHAPTER FOURTEEN: Helping build self-esteem CHAPTER FIFTEEN: Helping with relationship problems; CHAPTER SIXTEEN: Resolving trauma and guilt; CHAPTER SEVENTEEN: Helping with grief; CHAPTER EIGHTEEN: Psychosomatic problems; CHAPTER NINETEEN: Conclusion; APPENDIX I: Client handout; APPENDIX II: Clinical outcome routine evaluation; APPENDIX III: Creative approaches; APPENDIX IV: Anxiety and depression; APPENDIX V: How to apply these ideas in practice - some case studies; APPENDIX VI: Phrases that need challenge or qualification to help your client begin to gain a different perspective

WORKSHEETS: Evaluation of Stressors-Exploring thoughts and feelings-
Exploring and challenging thoughtsReferences; Index

Sommario/riassunto

As the extent of mental illness in the population becomes clear, so the provision of care becomes one of the major tasks facing healthcare teams. As a result, a growing army of people is being trained to offer emotional and psychological support in primary care settings. This practical guide to using brief psychological interventions within a short consultation draws together techniques from a number of approaches including CBT, Solution Focus, Brief Therapy, NLP and hypnosis.
