

1. Record Nr.	UNINA9910877636503321
Autore	Arden John Boghosian
Titolo	Brain-based therapy with adults : evidence-based treatment for everyday practice // by John B. Arden, Lloyd Linford
Pubbl/distr/stampa	Hoboken, N.J., : John Wiley & Sons, c2009
ISBN	1-281-93862-9 9786611938628 1-118-26961-6 0-470-40625-9
Descrizione fisica	1 online resource (339 p.)
Altri autori (Persone)	LinfordLloyd
Disciplina	616.8
Soggetti	Neuropsychiatry Psychotherapy
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 (p. 253-296) and index.
Nota di contenuto	How we change -- Neuroscience : the fantastic voyage -- Psychology and the pax medica -- The therapeutic relationship -- Working with memory and emotion -- Dysregulations -- Brain-based therapy for anxiety disorders -- Posttraumatic stress disorder -- Obsessive-compulsive reactions -- Depression : the dark amid the blaze -- Exercise, sleep, and mindfulness.
Sommario/riassunto	Brain-Based Therapy with Adults: Evidence-Based Treatment for Everyday Practice provides a straightforward, integrated approach that looks at what we currently know about the brain and how it impacts and informs treatment interventions. Authors John Arden and Lloyd Linford, experts in neuroscience and evidence-based practice, reveal how this new kind of therapy takes into account the uniqueness of each client. Presentation of detailed background and evidence-based? interventions for common adult disorders such as anxiety and depression offers you expert advice you can put into practice i