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Altri autori (Persone)	WilliamsGeoffrey <1957-> JoinerThomas E
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Nota di contenuto	Pt. 1. Self-determination: Theory, concepts, and evidence. Self-actualization, society, and scientific psychology -- Self-determination theory and its supporting research base -- Autonomy support and behavioral internalization: promoting ownership of non-enjoyable behaviors -- Pt. 2.: Self-determination: Theory applied to medical practice. Self-determination theory and physical health -- Facilitating health behavior change: the case of tobacco dependence -- Supporting the internalization of chronic disease management : the case of diabetes mellitus -- Pt. 3. Self-determination theory applied to mental health practice. Self-determination theory and mental health -- Facilitating psychological change : the case of substance abuse disorders -- Supporting self-determination in the treatment of anxiety and eating disorders -- Supporting self-determination in the treatment of mood and personality disorders.

Self-determination theory is grounded in the belief that people work best and are happiest when they feel that they are in control of their own lives. This invaluable book explains the ramifications of the theory and provides clinical examples to show that it can be used to motivate patients undergoing treatment for such physical or psychological issues as diabetes management, smoking cessation, post-traumatic stress, obsessive-compulsive disorder, and depression. The first part of the book provides historical background to self-determination theory, showing that it is humanistically oriented and has three decades of empirical research behind it. In the process, the authors discuss why humanistic psychology fell out of favor in academic psychology; why "self-help" and New Age books have such perennial popularity; and why it is so important for authorities to support patients' sense of self. The remainder of the book presents many specific case examples to describe the theory's application.
