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Titolo	Coping with chronic illness : a cognitive-behavioral therapy approach for adherence and depression: therapist guide // Steven A Safren, Jeffrey S. Gonzalez and Nafisseh Soroudi
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Collana	Treatments That Work
Altri autori (Persone)	SoroudiNafisseh GonzalezJeffrey S
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; List of Figures and Worksheets; Chapter 1 Introductory Information for Therapists; Chapter 2 Overview of Adherence Behaviors for Selected Illnesses; Chapter 3 Module 1: Psychoeducation About CBT and Motivational Interviewing; Chapter 4 Module 2: Adherence Training (Life-Steps); Chapter 5 Module 3: Activity Scheduling; Chapter 6 Module 4: Cognitive Restructuring (Adaptive Thinking); Chapter 7 Module 5: Problem Solving; Chapter 8 Module 6: Relaxation Training and Diaphragmatic Breathing; Chapter 9 Module 7: Review, Maintenance, and Relapse Prevention; References; About the Authors
Sommario/riassunto	The treatment outlined is based on standard interventions used in

Cognitive-Behavioural Therapy for depression, but adapted for persons with chronic illness, with the specific emphasis on self-care behaviours and medical adherence. It targets both depression and adherence in individuals living with a chronic illness who are also depressed.

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