

1. Record Nr.	UNINA9910958854703321
Titolo	CBT for chronic illness and palliative care : a workbook and toolkit / / Nigel Sage ... [et al.]
Pubbl/distr/stampa	Chichester, West Sussex, England ; ; Hoboken, NJ, : John Wiley & Sons, c2008
ISBN	9786612460869 9781118687604 1118687604 9781282460867 1282460862 9780470724408 0470724404
Edizione	[1st ed.]
Descrizione fisica	1 online resource (388 p.)
Altri autori (Persone)	SageNigel
Disciplina	616/.044
Soggetti	Chronic diseases - Psychological aspects Palliative treatment - Psychological aspects Chronically ill - Rehabilitation Cognitive therapy
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. [357]-362) and index.
Nota di contenuto	CBT for Chronic Illness and Palliative Care; Contents; About the Authors; Acknowledgements; Introduction; Part I: The Workbook: The Cognitive Behavioural Approach; Chapter 1: What is the Cognitive Behavioural Approach?; Chapter 2: The Relevance of a Cognitive Behavioural Approach for People with a Life-changing Illness; Chapter 3: Does Cognitive Behaviour Therapy Work? The Evidence Base; Chapter 4: Communication Skills in Health Care; Chapter 5: Cognitive Behavioural Communication Style; Chapter 6: Guided Discovery: Using the Socratic Method; Chapter 7: Assessment Chapter 8: FormulationChapter 9: Deciding on a Course of Action: Part 1; Chapter 10: Goal Setting and the Step-by-Step Process; Chapter 11: The Practicalities of Setting Goals; Chapter 12: Bringing About Change; Chapter 13: Methods of Behaviour Change; Chapter 14: Methods of

Cognitive Change; Chapter 15: Challenging Unhelpful Thoughts;
 Chapter 16: Managing Emotions and Unpleasant Physical Sensations;
 Chapter 17: Decision on a Course of Action: Part 2; Chapter 18:
 Applying a Cognitive Behavioural Approach to Clinical Practice; Part II:
 The Issues: Some Psychological Problems
 How to Use This Part of the Book
 Glossary of Everyday Terms;
 Adjustment Difficulties; Altered Body Image; Anger; Avoidance; Denial;
 Fatigue; Fear of the Future; Inactivity; Indecisiveness;
 Intrusive/Distressing Thoughts; Lack of Motivation; Loss of Pleasure or
 Ability to Enjoy Things; Low Mood; Low Self-Esteem; Negative Outlook;
 Pain; Panic Attacks; Special Note: Safety Behaviours; Physical Tension;
 Poor Concentration; Problem Solving Difficulties; Setbacks; Sleep
 Difficulties; Unassertiveness; Worrying; Part III: The Toolkit: CBT
 Methods in Practice; Section 1: Techniques
 Activity Monitoring
 Assertiveness Skills; Assessing Psychological
 Distress; Attention Strategies; Basic Counselling Skills; Behavioural
 Change Methods: A Summary; Behavioural Experiments; Behavioural
 Rehearsal; Believable Alternative Thoughts; Breathing Control;
 Challenging Unhelpful Thoughts; Cognitive Change Methods: A
 Summary; Denial: Strategies for Encouraging Acceptance; Denial:
 Strategies for Engaging the Patient; Denial: Strategies for Reducing
 Distressing Thoughts; Denial: Suggestions for Questions to Ask;
 Effective Communication Skills; Emotional Expression; Expressive
 Writing
 Graded Activities 270
 Listening Skills
 Mental Distraction; Mindfulness;
 Pacing; Problem Solving; Psycho-education; Purposeful Planning;
 Relaxation Exercises; Respectfulness Skills; Socratic Questioning;
 Stimulus Control; Weighing the Pros and Cons; Section 2: Information
 Sheets; Antidotes to Bad Days; The Assertiveness Model; Assertiveness
 Rights; Assertiveness Techniques; Bad Old Habits: Avoiding Relapsing
 Into Them; Change: Bringing It About; Change: The Desire for It;
 Change: The Transition Curve; Coping with Setbacks 1: Physical Health
 Setbacks
 Coping with Setbacks 2: Mental Attitude Setbacks

Sommario/riassunto

There is a growing awareness of the need to address the psychological
 distress associated with physical ill health; however, current resources
 are limited and difficult to access. The best way to tackle the issue is by
 enhancing the skills of those professionals who have routine contact
 with them. CBT provides the evidence-based skills that most readily
 meet these requirements in a time and cost efficient manner. Based on
 materials prepared for a Cancer Network sponsored training
 programme and modified to address the needs of a larger client
 population of people experiencing psychological dist