

1. Record Nr.	UNINA9910970106803321
Autore	Kennedy Paul <1959->
Titolo	Coping effectively with spinal cord injuries : a group program : workbook // Paul Kennedy
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-045081-9 0-19-024169-1 9786611825942 1-281-82594-8 0-19-971302-2
Edizione	[1st ed.]
Descrizione fisica	vii, 87 p. : ill
Collana	Treatments that work
Disciplina	617.4/82044 617.482044
Soggetti	Spinal cord - Wounds and injuries - Psychological aspects Spinal cord - Wounds and injuries - Treatment Group psychotherapy Stress management
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover Page -- Title Page -- Copyright Page -- About Treatments ThatWork™ -- Contents -- Chapter 1 Welcome! -- Chapter 2 Session 1: Introduction to Stress and Coping -- Chapter 3 Session 2: Assessing and Managing Stress -- Chapter 4 Session 3: Problem Solving -- Chapter 5 Session 4: Managing Emotions -- Chapter 6 Session 5: Changing Negative Thinking -- Chapter 7 Session 6: Maladaptive/Adaptive Coping -- Chapter 8 Phobias of Blood, Needles, Doctors, and Dentists -- Appendix of Forms.
Sommario/riassunto	Coping effectiveness treatment(CET) aims to improve skills for assessing stress, teaching a range of coping skills that can be used to tackle stress, and provide an opportunity for interaction with others who have similar experiences of spinal cord injury. CET includes the identification of effective and ineffective responses to stress, especially those that are particularly unhelpful, such as disengagement, general

avoidance, long term denial, and the expression of extreme emotion. The intervention consists of seven, 60-75 minute sessions run two a week in small groups of six to nine people. By working in small groups, participants are able to share experience and build a community, reducing the sense of isolation that often results from severe injury. A corresponding workbook provides monitoring forms, homework exercises, and other user-friendly techniques to continue the work outside of therapy.
