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Titolo	A cognitive-behavioral approach to the beginning of the end of life : minding the body : facilitator guide // Jason M. Satterfield
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (252 p.)
Collana	Treatments that work
Disciplina	616/.029
Soggetti	Chronic diseases - Psychological aspects Terminal care - Psychological aspects 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. [233]-240).
Nota di contenuto	Medical illness and stress -- Stress, thinking, and appraisals -- Coping with stress: problem-focused and emotion-focused strategies -- Illness and mood: depression -- Illness and mood: anxiety -- Illness and mood: anger -- Social support network -- Communication and conflict resolution -- Management of medical symptoms -- Quality of life: setting goals and looking forward -- Resilience, transcendence, and spirituality.
Sommario/riassunto	Individuals with serious and incurable illnesses often require care that goes beyond the body. As they face the challenges of living with and eventually dying from their conditions, they may need to acquire new skills to cope and increase their quality of life. Even those at the beginning of the end of life can take an active role in their treatment. This skill-based program emphasizes flexibility and should be tailored to individual clients. The first module introduces stress management techniques, including cognitive restructuring, relaxation, and problem-focused and emotion-focused coping.

