

1. Record Nr.	UNINA9910973571703321
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Titolo	Counselling and reflexive research in healthcare : working therapeutically with clients with inflammatory bowel disease // Gillian Thomas
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2009
ISBN	9781846428425 1846428424
Edizione	[1st ed.]
Descrizione fisica	1 online resource (179 p.)
Disciplina	362.196/344 616.342
Soggetti	Counseling - Research - Methodology Counselor and client Inflammatory bowel diseases - Patients - Counseling of Inflammatory bowel diseases - Psychological aspects
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. 167-170) and indexes.
Nota di contenuto	FRONT COVER; Counselling and Reflexive Research in Healthcare; Working Therapeutically with Clients with Inflammatory Bowel Disease; Contents; Preface; Foreword; Chapter One: Introduction; Chapter Two: Methodology and methods; Chapter Three: A philosophical framework for researching clients' experiences; Chapter Four: The experience of the counsellor; Chapter Five: Physical, medical and social issues for clients; Chapter Six: Emotional and psychological issues for clients; Chapter Seven: Reflections on reflexive research and ongoing counselling work; Appendices Appendix 1: Example of the 'problem' assessment sheet Appendix 2: Example of the 'aim' assessment sheet; Appendix 3: Example 1 of 'overall' assessment sheet; Appendix 4: Example 2 of 'overall' assessment sheet; References; Subject Index; Author Index; BACK COVER
Sommario/riassunto	Written for counsellors working in healthcare settings, this book explores the range of benefits of undertaking reflexive research. Gillian Thomas demonstrates how this approach can offer therapeutic benefits

by increasing understanding of a condition and the interaction between the physical and emotional aspects of living with a long term disease.
