

1. Record Nr.	UNINA9911091671003321
Autore	Daley Dennis C
Titolo	Overcoming your alcohol or drug problem : effective recovery strategies : workbook / / Dennis C. Daley, G. Alan Marlatt
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2006
ISBN	0-19-988573-7 0-19-024220-5 1-281-37467-9 9786611374679 0-19-804203-5
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (186 p.)
Collana	Treatments that work
Altri autori (Persone)	MarlattG. Alan
Disciplina	616.8606 616.8914
Soggetti	Recovering addicts - Counseling of Substance abuse - Treatment Substance abuse
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. 171-173).
Nota di contenuto	Contents; Overview of Substance Use Problems and Assessment; Chapter 1 Introduction and Plan for Workbook; Chapter 2 Recognizing Your Substance Use Problem; Chapter 3 Recognizing Consequences of Your Substance Use; Change Issues and Strategies; Chapter 4 Treatment Settings for Substance Use Problems; Chapter 5 Stages of Change; Chapter 6 How to Use Therapy or Counseling; Chapter 7 Overview of Goal Planning; Chapter 8 Managing Cravings and Urges to Use Substances; Chapter 9 Managing Thoughts of Using Substances; Chapter 10 Managing Emotions; Chapter 11 Refusing Offers to Use Substances Chapter 12 Dealing With Family and Interpersonal ProblemsChapter 13 Building a Recovery Support System; Chapter 14 Self-Help Programs and Recovery Clubs; Chapter 15 Medications for Substance Use Problems; Relapse Prevention, Progress Measurement, and Co-occurring Psychiatric Disorders; Chapter 16 Relapse Prevention: Reducing the Risk of Relapse; Chapter 17 Relapse Management: What

to Do if You Lapse or Relapse; Chapter 18 Strategies for Balanced Living; Chapter 19 Measuring Your Progress; Chapter 20 Managing a Co-occurring Psychiatric Disorder; Appendix: Helpful Resources References and Suggested ReadingsAbout the Authors

Sommario/riassunto	Provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counselling, this book focuses on issues involved in stopping substance abuse and in changing behaviours or aspects of one's lifestyle that keep the substance use problem active.
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2. Record Nr.

UNINA9911143707803321

Titolo

Ancient Textiles Modern Science II

Pubbl/distr/stampa

Oxford ; ; Philadelphia : , : Oxbow Books, , 2019

ISBN

1-78925-123-0

1-78925-121-4

Edizione

[1st ed.]

Descrizione fisica

1 online resource (140 pages) : illustrations

Collana

Ancient textiles series ; ; 34

Disciplina

677.009

Soggetti

Textile fabrics, Ancient - Analysis

Excavations (Archaeology)

Conference papers and proceedings.

Lingua di pubblicazione

Inglese

Formato

Materiale a stampa

Livello bibliografico

Monografia

Nota di contenuto

Intro; Title; Copyright; Contents; Foreword, Michael Herdick; Introduction, Heather Hopkins and Katrin Kania; 1. On the terminology of non-woven textile structures and techniques, and why it matters; Ruth Gilbert; 2. A new notation system for nalbinding stitches; Harma Piening; 3. Lost weaving tablets: Identifying weaving tablets during excavation; Heather Hopkins; 4. Romans, intimately. New thoughts on reconstruction and purpose of use of Roman Empire and Late Antiquity 'tanga briefs'; Julia B. Krug-Ochmann; 5. Linen sprang from Lengberg Castle; Beatrix Nutz

6. Early Byzantine embroidery techniques and an unusual tunic in the Romisch-Germanisches Zentralmuseum Mainz; Petra Linscheid; 7. Late Antique resist-dyeing technique; Katrin Kania, Sabine Ringenberg, with contributions from Sabine Schrenk; 8. The influence of metal kettle materials on the mordanting and dyeing outcome; Katrin Kania, Heather Hopkins and Sabine Ringenberg; 9. The supply of water to the dyeing workshops of Pompeii; Heather Hopkins

Sommario/riassunto

Ancient Textiles, Modern Science II' follows the success of the first proceedings, published in 2013, that catalogued the Forum's formative years. This proceedings highlights the range of subjects and approaches, from improved forms of notation for nalbinding and terminology for non-woven fabric structures, to presentation and practical interpretation of new and unique discoveries from Lengberg Castle and of Roman leather underpants. The significance of unrealised assumptions and unappreciated historic decisions is shown through the discovery of weaving tablets unrecognised during their excavation and the effects of water supply on the outcome of dyeing in Pompeii. Practical investigations of historic resist dyeing, methods to selectively colour early Byzantine embroidery after its completion, and how the choice of metal in dyeing kettles influences dyeing outcomes make up the rest of this volume. The European Textile Forum provides a place where ideas can be exchanged and aims to give a good practical foundation for further research. The end result is an understanding of each aspect of historic textiles that is greater than the sum of its individual parts. The Forum continues to explore textile artefacts, tools, methods of production, recording notation and the historic and contemporary meaning of textiles.
