

1. Record Nr.	UNINA9910130864903321
Autore	Henden John
Titolo	Beating combat stress [[electronic resource]] : 101 techniques for recovery / / John Henden
Pubbl/distr/stampa	Chichester, West Sussex, UK ; ; Malden, MA, : Wiley-Blackwell, 2011
ISBN	1-119-99611-2 1-283-37394-7 9786613373946 0-470-97859-7 0-470-97858-9
Descrizione fisica	1 online resource (180 p.)
Disciplina	616.85/21 616.8521
Soggetti	Post-traumatic stress disorder Veterans - Mental health Electronic books.
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. [145]-147) and index.
Nota di contenuto	Beating Combat Stress: 101 Techniques for Recovery; Contents; About the Author; Foreword; Preface - The Book's Purpose; Acknowledgements; Introduction; How to Use This Handbook; Section 1: Dealing with "Triggers"; Section 2: How to Deal with Flashbacks; Section 3: How to Deal with Unwelcome Thoughts; Section 4: Dealing with "The Lows"; Section 5: Dealing with Sleep Disturbance; Section 6: Living Life to the Full (or as Full as Possible); Appendix A: The Evidence Base for Solution-focused Therapy; Appendix B: Helpful Questions and Statements from the Worker Appendix C: What Service Users Have Found to be Helpful in This Work Appendix D: How to Avoid Re-traumatisation and Re-victimisation; Appendix E: Blocks to Disclosing; Appendix F: The Three Stages: Victim - Survivor - Thriver (Living Life to the Full, or as Full as Possible); Appendix G: Benefits of Doing This Important Work; Appendix H: Reassuring Things for Servicemen to Know; Appendix I: Two-day Workshops; Bibliography; Index

Sommario/riassunto	Beating Combat Stress is a one-stop handbook of field-tested techniques and strategies to help service personnel, veterans and professionals to deal with the psychological effects of combat. Features 101 field-tested techniques and strategies for managing combat-related stress. Designed to be accessible and useful both to serving personnel and veterans, and to the professionals and volunteers who are engaged in helping them.
2. Record Nr.	UNISA996386888403316
Autore	Burges John <1561?-1635.>
Titolo	A sermon preached before the late King James His Majesty at Greenwich the 19 of Iuly 1604 [[electronic resource]] : together with two letters in way of apology for his sermon : the one to the late King Iames His Majesty : the other to the Lords of His Majesties then Privie Councell / / by John Burges .
Pubbl/distr/stampa	London, : Printed by Thomas Brudenell, 1642
Descrizione fisica	[2], 29 p
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Reproduction of original in Thomason Collection, British Library.
Sommario/riassunto	eebo-0158