

1.	Record Nr.	UNISALENTO991003838629707536
	Autore	Golding, William Gerald
	Titolo	Rites of Passage / William Golding
	Pubbl/distr/stampa	London : Faber and Faber, 1989
	ISBN	0571117880
	Descrizione fisica	278 p. ; 18 cm
	Altri autori (Persone)	Gregor, Ian Kinkead-Weekes, Mark
	Disciplina	823.914
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNISALENTO991000434239707536
	Autore	Constantine, Gregory M
	Titolo	Combinatorial theory and statistical design / Gregory M. Constantine
	Pubbl/distr/stampa	New York [etc.] : Wiley, c1987
	ISBN	0471840971
	Descrizione fisica	472 p. ; 24 cm
	Collana	Wiley series in probability and mathematical statistics
	Disciplina	511.6
	Soggetti	Analisi combinatoria
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia

3. Record Nr.	UNINA9910886088703321
Autore	Matten Sven J
Titolo	Depression, Trauma, and Anxiety : In Management and Public Affairs / / by Sven J. Matten, Markus J. Pausch
Pubbl/distr/stampa	Wiesbaden : , : Springer Fachmedien Wiesbaden : , : Imprint : Springer, , 2024
ISBN	9783658454326 3658454326
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (146 pages)
Altri autori (Persone)	PauschMarkus J
Disciplina	158.7
Soggetti	Psychology, Industrial Clinical psychology Counseling Personal coaching Psychological consultation Work and Organizational Psychology Clinical Psychology Counseling Psychology Coaching Consulting Depressió psíquica Traumes psíquics Ansietat Psicologia clínica Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Objective of this guide for those affected, relatives, and professional helpers -- The role of stress/stress spectrum disorders -- The biology of our psyche -- The psyche: thoughts, feelings, body, behavior -- Learning theory models.-Strategies for better understanding problematic behavior, feelings, thoughts, or bodily reactions.- Mindfulness -- Resilience -- Self-esteem -- Values -- Toxic

masculinity -- Trauma -- Fears -- Depression -- Helpful tools/skills  
-- EMDR (Eye Movement Desensitization and Reprocessing) --  
Prophylaxis and enhancement -- Dealing with stress spectrum  
disorders.

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## Sommario/riassunto

The collective term used by the authors, "stress spectrum disorder", explains the major causal factors that determine and maintain symptoms of physical and psychological overload. Specific recommendations are given for those who suffer from symptoms or have already been diagnosed with a psychological disorder. Special attention is given to people in the public eye, such as managers or executives. The explanatory, conditional, disorder and maintenance model is based on phylogenetic patterns of people in general as well as individual biography-specific patterns. In addition to the explanation of the disorder models, concrete assistance is provided, be it phylogenetic-human or individual-biographical. The authors Dr. Markus J. Pausch is a specialist in psychosomatic medicine, psychiatry, and psychotherapy, serving as a senior physician at the Trauma Therapy Center of the kbo-Isar-Amper-Klinikum in the Munich region and as a lecturer, among others, in the kbo education network and at the Munich University of Applied Sciences. Sven J. Matten, MBA, has held executive positions in companies in the real estate investment, renewable energy and entertainment industries in the EU and Canada and, together with Dr. Markus J. Pausch, coaches personalities in international management as part of the "phocamento" platform at locations in Munich and Toronto. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.

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