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The Anxiety and Phobia Workbook The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness Primary Care - E-Book A Guide to Evidence-based Integrative and Complementary Medicine Standard and Innovative Strategies in Cognitive Behavior Therapy Cognitive Behavior Interventions for Self-Defeating Thoughts New Media and Populism Psychosocial Aspects of Diabetes Unapologetic Eating Comprehensive Pain Management in the Rehabilitation Patient (عينة كتاب تعريفى) يجب ألا نخاف! كتاب تعريفى (عينة) Affektfokussierte psychodynamische Psychotherapie Islamic Psychology The Right Sensory Mix Kognitive Verhaltenstherapie bei Körperdysmorpher Störung Moscheebaukonflikte in Österreich The Disintegrating Self Arbeid en Gezondheid Fatti i piatti tuoi Trouble de la personnalité borderline - Pratiques thérapeutiques Всё о мисофонии. Как жить, когда окружающие звуки сводят с ума Pharmacotherapy: A Pathophysiologic Approach, Eleventh Edition Lehrbuch der Verhaltenstherapie Jaba sukuriputo de manabu kansūgata puroguramingu ...

The Anxiety and Phobia Workbook 2015-03

now in its sixth edition and recommended by therapists worldwide the anxiety and phobia workbook has been the unparalleled essential resource for people struggling with anxiety and phobias for almost thirty years living with anxiety panic disorders or phobias can make you feel like you aren't in control of your life if you're ready to tackle the fears that hold you back this book is your go-to guide packed with the most effective skills for assessing and treating anxiety this evidence-based workbook contains the latest clinical research you'll develop a full arsenal of skills for quieting fears and taking charge of your anxious thoughts including relaxation and breathing techniques ending negative self-talk and mistaken beliefs imagery and real-life desensitization lifestyle nutrition and exercise changes written by a leading expert in cognitive behavioral therapy (CBT) and a classic in its field this fully revised edition offers powerful step-by-step treatment strategies for panic disorders agoraphobia generalized anxiety disorder and obsessive compulsive disorder (OCD) post-traumatic stress disorder (PTSD) worry and fear you will also find updated information compatible with the DSM-V as well as current information on medications and treatment nutrition mindfulness training exposure therapy and the latest research in neurobiology whether you suffer from anxiety and phobias yourself or are a professional working with this population this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full happy life this workbook can be used on its own or as a supplement to therapy

The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness 2013-06-01

shyness is a common problem that comes with a high price if you suffer from shyness or social anxiety you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation rejection and judgment as a shy person you may also experience panic attacks that make it even more likely that you'll avoid social situations with the mindfulness and acceptance workbook for social anxiety and shyness the authors acceptance and commitment therapy (ACT) program for overcoming shyness has become available to the public for the first time this program has been found to be highly effective in research studies for the treatment of social anxiety disorder and related subclinical levels of shyness in the first section you will confront performance fears test anxiety shy bladder and interpersonal fears fundamental symptoms of social anxiety the second part helps you learn psychological flexibility to improve your ability to accept the feelings thoughts and behavior that may arise as you learn to work past your anxiety by keeping your values front and center you will gradually learn to move beyond your fears and toward greater social confidence this book has been awarded the association for behavioral and cognitive therapies self-help seal of merit an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties used alone or in conjunction with therapy our books offer powerful tools readers can use to jumpstart changes in their lives

Primary Care - E-Book 2012-03-01

written by and for nurse practitioners from a unique collaborative perspective primary care a collaborative practice 4th edition prepares you to provide care for all of the major disorders of adults seen in the outpatient setting evidence-based content reflects the latest guidelines for primary care of hundreds of conditions including hypertension diabetes and sexually transmitted infections now in full color the 4th edition includes chapters on emerging topics such as genetics obesity lifestyle management and emergency preparedness combining a special blend of academic and clinical expertise the author team provides a practical text reference that promotes a truly collaborative primary care practice comprehensive evidence-based content incorporates the latest standardized guidelines for primary care in today's fast-paced collaborative environment unique a collaborative perspective reflecting the key roles of nurse practitioners (NPs) medical doctors (MDs) physician assistants (PAs) pharmacists (PharmDs) and others promotes seamless continuity of care a consistent format from chapter to chapters facilitates learning and clinical reference value diagnostics and differential diagnosis boxes provide a quick reference for diagnosing disorders and helping to develop effective management plans physician consultation icons highlight situations or conditions in which consultation is either recommended or necessary emergency referral icons identify signs and symptoms that indicate the need for immediate referral to an emergency facility co-management with specialists discussions help you provide truly collaborative care in the outpatient setting complementary and alternative therapies are addressed where supported by solid research evidence

A Guide to Evidence-based Integrative and Complementary Medicine 2011

a concise guide to integrative and complementary medicine for health practitioners is a comprehensive textbook on the non pharmacological treatments for common medical practice problems with the support of current scientific evidence non pharmacological approaches include advice for lifestyle and behavioural factors mind body medicine stress management dietary changes exercise and sleep advice nutritional and herbal medicine acupuncture complementary medicines and the role of sunshine that may impact on the treatment of the disease s only proven therapies from current research are i

Standard and Innovative Strategies in Cognitive Behavior Therapy 2012-03-14

cognitive behavioral therapy cbt is the fastest growing and the best empirically validated psychotherapeutic approach written by international experts this book intends to bring cbt to as many mental health professionals as possible section 1 introduces basic and conceptual aspects the reader is informed on how to assess and restructure cognitions focusing on automatic thoughts and underlying assumptions as well as the main techniques developed to modify core beliefs section 2 of this book covers the cognitive therapy of some important psychiatric disorders providing reviews of the recent developments of cbt for depression bipolar disorder and obsessive compulsive disorder it also provides the latest advances in the cbt for somatoform disorders as well as a new learning model of body dysmorphic disorder two chapters on addiction close this book providing a thorough review of the recent phenomenon of internet addiction and its treatment concluding with the cbt for substance abuse

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Cognitive Behavior Interventions for Self-Defeating Thoughts 2021-08-05

integrating cognitive behavior therapy cbt with a logic based restructuring of rational emotive behavioral therapy rebt this book provides therapists with a guide for addressing self defeating thoughts and behaviors cohen explores how the tyrannical use of the words i can t creates and sustains many commonplace behavioral and emotional problems it shows how cognition and affect are intimately connected demonstrating how cognitive behavioral interventions help clients to address both their feelings and irrational ideas each chapter explores a specific problem including low frustration tolerance obsessiveness risk avoidance phobias intolerance to criticism dependent personalities and much more the theories developed throughout are integrated with practice sections and session transcripts that focus on the application of these theories for the treatment of clients who have self destructive linguistic habits cohen also provides resource materials including reflection activities bibliotherapy meditation and step by step guidance this book is essential reading for mental health professionals looking for novel techniques of using cbt life coaches positive psychology coaches counselors and academic and clinical researchers who work with cbt

New Media and Populism 2024-05-01

this book aims to address both the historical roots and the conceptual structure of populism to address different aspects of the ongoing deep conceptual debates and to contribute to the literature through original studies while the classical definition of populism that focuses on the distinction between the people and the elites continues its reliance on new media technologies its relationship with changing modes of political representation and identification and its increasing ubiquity need to be explained therefore it is necessary to re discuss populism in the context of the transforming global media in this new media environment it is important to abandon the view that populism exists as a direct or unmediated phenomenon between the leader and the people and to explore and demonstrate the intensely mediated nature of populism this book aims to present a different perspective on populist discourse and action thanks to the ubiquity easy accessibility increasing speed and scope of communication technologies

Psychosocial Aspects of Diabetes 2021-07-28

part of the paediatric psychology series children and young people are increasingly among those being diagnosed with diabetes however in the uk only 1 in 6 children succeed in controlling their diabetes successfully despite support from parents and professionals this enlightening new book is a comprehensive account of diabetes and the complex medical and psychosocial factors that influence metabolic control in children and young people it presents a series of evidence based and accessible educational psychological and social approaches to increase specialist knowledge promote positive attitudes enhance patient care and create appropriate healthcare environments the book offers an easy to comprehend approach to clinical care and includes practical tools for assessment for all healthcare professionals throughout the text featuring contributions from a number of international experts in the field this thorough and wide ranging guide is informative reading for all students academics and professionals with an interest in paediatric psychology and health

Unapologetic Eating 2021-02-16

most women have spent time dieting and trying to change themselves in order to fit into a mold and a body that is deemed socially acceptable yet it is dieting that is the problem it disconnects us from our bodies wisdom and holds us back from living life to the fullest the more time we spend trying to fix ourselves the less time we have for the things that really matter what presents as a problem about food is in reality much deeper and more complex in her new book unapologetic eating make peace with food transform your life registered dietitian and certified intuitive eating counselor alissa rumsey helps you explore your history with food and your body and question societal expectations to get to the bottom of the complexity and find a clear path forward forever free from diets using a relatable four step approach rumsey teaches you how to reconnect with your body using your relationship with food as the entry point she provides actionable tools you can use to confidently nourish yourself physically mentally and emotionally you ll learn how to make peace with food improve your body image trust your intuition and reclaim the space to eat and live unapologetically say goodbye to the constraints of dieting and hello to the freedom and empowerment to live your most fulfilling life

Comprehensive Pain Management in the Rehabilitation Patient 2017-06-14

written in a succinct format this book presents a variety of pain conditions seen in acute or sub acute rehabilitation hospitals and in outpatient clinical settings bio medical and bio psychosocial perspectives as well as theory clinical practice and practical aspects of managing pain are offered throughout this volume chapters are organized by sections beginning with an introduction to pain as well use of the multi disciplinary treatment approach additional sections cover headache management pain diagnostics medication management rehabilitation injections and procedures behavioral management complementary and alternative medicine neuromodulation neuroablation surgical management of pain and novel techniques business and legal perspectives of pain medicine are also addressed comprehensive pain management in the rehabilitation patient is a handy resource for any medical interventional surgical rehabilitative behavioral or allied health provider who treats pain across the rehabilitation continuum

العدوى وعالم الفيروسات إعادة نظر وتفكر: تبديد رهاب العدوى؛ يجب ألا نخاف! كتاب تعريفي (عينة) 27-05-2022

لقد قمنا بإعداد هذه النسخة الإلكترونية للتعريف بكتابتنا العدوى وعالم الفيروسات إعادة نظر وتفكر تبديد رهاب العدوى يجب ألا نخاف والمكون من ثلاثة أجزاء تم نشر الأجزاء الثلاثة ورقياً في الأشهر القليلة الماضية على موقع لولو للنشر للطباعة عند الطلب ويمكن طلب أي من هذه الأجزاء من الموقع تشمل هذه النسخة جميع عناوين الفصول التسعة والعشرين والعناوين الفرعية ومقدمة وخاتمة كل جزء وبعض النصوص والمراجع لبعض الفصول تشمل أيضاً الفصلين الأول والسادس والعشرين كاملياً نظرًا لأهميتهما فالفصل الأول هو مقدمة للكتاب ككل حيث يتحدث عن البحوث الطبية وبعض الخفايا الأخرى الأكثر دهشة أما الفصل السادس والعشرون فهو مخصص للحديث عن واحدة من أشد الإجراءات الاحترازية تعسفًا ألا وهي إلزام الناس بوضع قطعة من القماش أو القطن على وجيهم لتغطي أفواههم وأنوفهم مخافة دخول فيروس زكامي قال إن العلماء الصينيين اكتشفوه كان عام 2020 عام الاستثنائي أعلنت منظمة الصحة العالمية عن جائحة كورونا بدأت وسائل الإعلام تصرخ إنه فيروس خطير وينتشر بسرعة ولكن ما الذي يسببه هذا الفيروس وكيف اكتشفتموه هل تحقق العالم من طريقة اكتشاف الفيروس هل رأيتموه أم أنكم اعتمدتم على ما نشره العلماء الصينيون على الإنترنت قالوا إنه فيروس جديد يشبه فيروس سارس الأول ولكن على ماذا اعتمدوا قال إنهم تعرفوا على تسلسل جيني جديد ولماذا يعلن بشكل شبه دائم عن حصول طفرات وتحورات ما الهدف من إطلاق أسماء رنانة على المتغيرات التي زعموا أنهم تعرفوا عليها مرة أخرى أخبرونا بأمانة ما الذي يسببه الفيروس المتحور عن نفسي لم أهتم على الرغم من الإعلان عن الجائحة بحكم عملي المهني طبيباً بشرياً أعرف جيداً عمياً يتكلمون إنهم يتكلمون عن فيروس يبدو أنه ينتمي لفيروسات كورونا الشائعة وحسب كتب الطب فيروسات كورونا تسبب نزلات البرد بشكل رئيسي ولكن ما أثار اهتمامي حقاً هو الإجراءات التي اتخذتها الدول لمجابهة هذا الفيروس وبالتأكيد كانت إجراءات قاسية في الواقع إنه في كل عام يصاب الناس بما يسمى بـ عدوى الجهاز التنفسي العلوي هذه ظاهرة معروفة

الإنفلونزا وغيرها أيضا تخضع لطفرات فما الذي استجد ومع ذلك عاش الناس بسلام دون أدنى إجراءات لا يكفي أن نناقش فيروس كورونا المستجد ونترك الأساس الذي يرتكز عليه هذا العلم يجب أن نبحث عن الفيروسات بشكل عام بما في ذلك تاريخها وتطور علومها أيضا من المهم أن نناقش مسألة العدوى بشكل مستقل وبعيداً عن أي تحيزات من اللافت للنظر أن نظرية الجراثيم كانت خلافية عند اقتراحها أول مرة ومع ذلك أصبحت الآن ركناً أساسياً لا يقبل الجدل تستند الادعاءات حول وجود فيروسات وأمراض فيروسية إلى تفسيرات تاريخية خاطئة وإلى اختبارات رديئة ببساطة علماء المؤسسة الطبية قابعون في المختبرات وجميع استنتاجاتهم تقريباً لا علاقة لها بالعالم الواقعي ولكن لهم دور كبير في نشر الخوف والهلع يناقش الكتاب عدة قضايا مهمة في العلوم الطبية مرتبطة بشكل مباشر بصحتنا بل بحريتنا البيئية الطبية أصبحت متاهة من الشركات المتشابكة والمستشفيات ومجالس الإدارة الحكومية التي اخترقتها شركات الأدوية يتكون هذا الكتاب ككل من 28 فصلًا يناقش فيه مواضيع عن العدوى ونظرية الجراثيم والفيروسات والميكروبيوم البشري بشكل غير تقليدي نحاول قدر الإمكان أن نعيد النظر والتفكير في هذه المسائل وفحص المعلومات والبيانات من أساسها بشكل آخر إننا نحاول قراءة الأوراق العلمية المنشورة والنظريات الناشئة حول هذه المواضيع بشكل نقدي وأن ننظر في جميع الآراء والأفكار المخالفة للعقيدة الطبية الحالية مع النظر في بدايات المواضيع ذات الصلة وإلى قراءة التاريخ حولها مثل تاريخ نشوء نظرية الجراثيم حتى تتمكن من فهم الموضوع بشكل أفضل أي أننا نحاول أن ننظر من زاوية واسعة قدر الإمكان الفصول التسعة الأخيرة ستكون مخصصة للحديث عن جائحة كورونا المثيرة للجدل الحقيقة ليست كما ي قال لنا لكن

Affektfokussierte psychodynamische Psychotherapie 2019-04-10

die affektfokussierte psychotherapie ist ein evidenzbasiertes verfahren in dessen zentrum die behandlung von affektphobien bzw konflikthaften emotionen steht das manual zeigt wie durch die konfrontation mit abgewehrten gefühlen affektexposition auch chronische störungen erfolgreich behandelt werden können dargestellt werden die theoretischen grundlagen diagnostik und formulierung der psychodynamik sowie die umstrukturierung der abwehr der affekte und der selbst und objektvorstellungen jedes kapitel ermöglicht die Überprüfung der lernfortschritte durch konkrete Übungen und tests

Islamic Psychology 2021-03-31

islamic psychology or ilm an nafs science of the soul is an important introductory textbook drawing on the latest evidence in the sub disciplines of psychology to provide a balanced and comprehensive view of human nature behaviour and experience its foundation to develop theories about human nature is based upon the writings of the qur an sunna muslim scholars and contemporary research findings synthesising contemporary empirical psychology and islamic psychology this book is holistic in both nature and process and includes the physical psychological social and spiritual dimensions of human behaviour and experience through a broad and comprehensive scope the book addresses three main areas context perspectives and the clinical applications of applied psychology from an islamic approach this book is a core text on islamic psychology for undergraduate and postgraduate students and those undertaking continuing professional development in islamic psychology psychotherapy and counselling beyond this it is also a good supporting resource for teachers and lecturers in this field

The Right Sensory Mix 2022-04-08

many companies fail to acknowledge and analyze disparities observed among customers and simply put them down to culture or emotion new neuroendocrinological research proves that people are rational they just have a different biological perception of the same stimulus their preferences behavior and decisions are strongly influenced by the hundreds of millions of sensors monitoring their body and brain people with more taste buds are for example sensitive to bitterness and are more likely to drink their coffee with sugar or milk or to drink tea this book helps product managers marketers and corporate decision makers understand and predict customers behavior and preferences it provides the tools to design the right sensory mix color shape depth taste smell texture and sound for each product and fine tune their positioning and range for every local market using cases from different sectors the author shows that this approach delivers planet and people friendly innovations which have a higher chance of success in the market

Kognitive Verhaltenstherapie bei Körperdysmorpher Störung 2019-01-21

neben den bekannten essstörungen ist die körperdysmorphie störung kds eine weitere pathologische form der auseinandersetzung mit dem eigenen körper allein in deutschland schätzt man die anzahl der betroffenen auf über eine million die störung verläuft oft chronisch und schwerwiegend und wird vielfach immer noch übersehen in der folge werden betroffene falsch oder gar nicht behandelt der meist ich synton geprägte symptomkomplex und die wahnhafte Überzeugung der patienten körperlich missgestaltet zu sein stellt therapeuten vor große herausforderungen dieses manual bietet eine

gute grundlage das störungsbild besser zu verstehen und patienten zu helfen sich von ihrer fixierung auf ihr Äußeres zu lösen neben einer einföhrung zur vielseitigkeit des störungsbildes sowie differenzialdiagnostik werden aktuelle erklärungsmodelle und behandlungsansätze diskutiert der schwerpunkt liegt auf den behandlungsstrategien die für die 2 auflage überarbeitet und durch zahlreiche praxisnahe beispieldialoge Übungen sowie erfahrungen aus der praxis ergänzt wurden aufbauend auf den grundlagen motivationsaufbau psychoedukation etc wird das therapeutische vorgehen nun auf sieben behandlungssäulen aufgeteilt 1 bearbeitung der funktionalität 2 korrigierende erfahrungen in bezug auf das aussehen 3 reduktion der behavioralen beschäftigung mit dem aussehen körper 4 reduktion der gedanklichen beschäftigung mit dem aussehen 5 aufbau von identitäten die vom aussehen unabhängig sind 6 veränderung der selbstwahrnehmung 7 modifikation bzw aufbau von bewältigungskompetenzen

Moscheebaukonflikte in Österreich 2013

hauptbeschreibung das buch bietet eine systematische darstellung der konflikte rund um moscheebauten in Österreich aus religionswissenschaftlicher sicht exemplarisch werden mehrere konflikte in verschiedenen bundesländern primär in den jahren zwischen 2003 und 2008 ausführlich vorgestellt und analysiert im zentrum steht der fall des moscheebaus in bad vöslau nahe wien der in einem forschungsprojekt 2009 2012 im bereich der empirischen religionsforschung untersucht wurde die falldarstellungen werden durch einen aufriss der geschichte der arbeitsmigration nach westeuropa sowie der gesc

The Disintegrating Self 2018-04-17

many psychotherapy clients have undiagnosed traits within the adhd and autistic spectrums two constellations of the mistuned brain that often overlap the essence of adhd is emotional dysregulation and the sufferer displays enhanced needs for egosupportive responses from others as he or she struggles with storms of affect especially rage and anxiety impulsivity deficits in executive functioning and attentional problems it is often a hidden core within what is otherwise perceived as borderline or emotionally unstable personality disorder autistic spectrum traits which often coexist with adhd are similarly brain based associated with intense but unintegrated experience inflexibility and a range of efforts to cope with potentially overwhelming emotions and anxieties the author a psychoanalyst and psychotherapist with forty years clinical experience presents a wide ranging discussion of these disorders exploring psychoanalytic neurobiological and psycho energetic perspectives he describes how the classical freudian model combined with kohut s self psychology provides a sound basis for effective therapy with clients whose self is under continual threat of disintegration

Arbeid en Gezondheid 2011-06-20

het bevorderen van duurzame arbeidsparticipatie is een kerntaak voor paramedici en arboprofessionals in sociaal opzicht is arbeidsparticipatie belangrijk omdat het bijdraagt aan zelfstandigheid en zelfrespect maar niet iedereen kan een baan vinden of houden bovendien zullen door de stijgende pensioenleeftijd meer werknemers te kampen krijgen met arbeidsbeperkingen hoe kunt u als paramedicus of arboprofessional uw cliënten ondersteunen in het arbeidsparticipatieproces het antwoord op deze vraag vindt u in de tweede editie van arbeid gezondheid de geactualiseerde denkmodellen en onderwerpen in dit handboek dienen als handvatten voor professionals om de arbeidsparticipatie van hun cliënten te optimaliseren daarbij is kennis vanuit verschillende disciplines noodzakelijk in de eerste editie lag de nadruk op interventie preventie behandeling en reïntegratie deze uitgebreide herziening bespreekt de rol van professionals in drie praktische contexten meer aan het werk aan het werk blijven en weer aan het werk daarvoor wordt in deel 1 het theoretische kader aangeboden deel 2 gaat vervolgens in op de praktische kant en geeft onder andere talloze tips voorbeelden en nuttige adressen

Fatti i piatti tuoi 2022-09-27

se hai acquistato questo libro perché mi conosci è probabile che tu lo sappia già non ti servirà per dimagrire anche se è scritto da un medico dietologo se invece non mi conosci è giusto che tu sappia fin da subito che cosa hai tra le mani meglio una delusione adesso che una recensione negativa del tipo non mi ha aiutato a dimagrire 1uno 1 sarò anche un medico e un ricercatore ma sono pur sempre cancro ascendente ariete in queste pagine parlo di scienza e di medicina di stereotipi da abbattere di assiomi duri a morire leggi per dimagrire basta non mangiare di grandi inganni le diete di false

credenze un corpo grasso è un corpo malato e ci troverete delle ricette perché penso che il contatto con il piacere di cucinare e mangiare faccia bene a tutti in un libro che si intitola fatti i piatti tuoi vorrei dare una mano vera anche a farseli questi piatti non sono preparazioni complesse anzi semplici e quotidiane ideali per tornare con serenità davanti ai fornelli le ho divise per stagione sono tutte per una persona e per ognuna ho pensato a una versione vegetale fatti i piatti tuoi non è solo un titolo è il principio fondante della mia pratica professionale il mio modo per affermare che l'alimentazione è una questione delicata nella vita delle persone non può essere un tabù ma non deve nemmeno essere un discorso da fare mentre si aspetta il caffè si potrebbe dire che questo libro è allo stesso tempo il mio tentativo di essere un buon medico e un buon alleato per tante persone con corpi grassi o che soffrono o hanno sofferto di disturbi del comportamento alimentare o entrambe le cose mi direte voi se ci sarò riuscito ma sempre con gentilezza vi prego ricordatevi cancro ascendente ariete edoardo

Trouble de la personnalité borderline - Pratiques thérapeutiques 2019-09-03

ce livre est le premier en langue française à synthétiser les bonnes pratiques de traitement des troubles de la personnalité borderline et à s'intéresser aux interventions thérapeutiques les plus récentes structuré en 12 chapitres il aborde tous les aspects de la prise en charge du patient depuis la prise en charge en urgence jusqu'à la mise en place d'une thérapie adaptée sans négliger l'approche pharmacologique il s'agit du premier livre qui propose clairement en langue française un résumé des résultats des principales études scientifiques à visée thérapeutique conduites dans cette pathologie depuis une cinquantaine d'années il apporte la preuve que la pathologie borderline est accessible à des thérapeutiques efficaces de nature principalement psychothérapique julien daniel guelfi il était temps enfin un livre en français de grande qualité sur le trouble de la personnalité borderline stéphane kolly patrick charbon et ueli kramer ont réuni les meilleurs experts internationaux du domaine et nous offrent un panorama actualisé des connaissances indispensables au clinicien pour développer des interventions pertinentes mario speranza

Всё о мисофонии. Как жить, когда окружающие звуки сводят с ума 2023-10-28

Почему обычные звуки когда например кто то ест кашляет или сопит могут вызывать у некоторых людей сильнейшие эмоции гнев раздражение сдавленность в груди желание заплакать и немедленно покинуть триггерную ситуацию В этой книге всё что известно науке о мисофонии или мизофонии что это за расстройство почему оно появляется какие бывают триггеры мисофонии как она связана с тревогой и депрессией как её диагностировать и самое главное как в мире пытаются лечить мисофонию Здесь собраны последние исследования Амстердамского медицинского центра Оксфордского и Калифорнийского университетов Гарвардской медицинской школы и многих других Книга будет полезна для людей с мисофонией и их близких а также психологов психотерапевтов и аудиологов Информация в книге носит информационно просветительский характер Администрация сайта Литрес не несет ответственности за представленную информацию Могут иметься медицинские противопоказания необходима консультация специалиста

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