

Back To Life, Back To Normality

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Self-help guide for understanding and applying the basic concepts of cognitive therapy to psychosis. Written specifically with sufferers and carers in mind, to help them understand and apply the basic concepts of cognitive therapy for psychosis. Illustrates what it is like to have common psychosis and how people's lives can be restored using therapy. Increases understanding of how the psychosis started, and the factors that worsen symptoms or increase the likelihood of relapse. Helps the sufferer learn how to control symptoms and delay or prevent relapse. Includes features and exercises to help sufferers explore their own beliefs and feelings to reflect on the way they cope. Helps carers know what to say and what to do. Provides a resource for mental health professionals working with patients, to introduce the approach, support ongoing therapy and make the most efficient use of appointment time. EAN/ISBN : 9780511501364 Publisher(s): Cambridge University Press Format: ePub/PDF Author(s): Turkington, Douglas - Kingdon, David - Rathod, Shanaya

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