

Problem-solving Therapy: A Treatment Manual - , Christine Maguth Nezu

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Problem-solving therapy (PST) has been increasingly used to treat a great variety of health and mental health problems due to its flexibility and proven effectiveness. This text, written by the co-developers of PST, is a comprehensive and detailed manual of how to apply PST for a variety of populations and situations. The book reflects the most current research and applications of PST and provides specific treatment guidelines, sample client-therapist dialogues, clinical exercises and activities, homework assignments, client handouts, clinical case examples, and worksheets. These are based on a "stepped-care" model of PST which takes into account the nature of a client's problems, the intensity of these problems, the setting and treatment structure, and treatment goals, in order to determine the best way to conduct PST. The manual is structured to offer clients three major "toolkits" which include multitasking guides to help overcome "cognitive overload" when under stress, guides to overcome barriers to effective problem solving regarding a negative problem orientation, and guides to overcome barriers to effective problem solving regarding ineffective problem-solving strategies. Digital accompaniments include patient handouts, worksheets, and toolkits. Author: Nezu, Arthur M. Author: Nezu, Christine Maguth Publisher: Springer Publishing Company Illustration: N Language: ENG Title: Problem-Solving Therapy: A Treatment Manual Pages: 00336 (Encrypted EPUB) On Sale: 2012-12-11 SKU-13/ISBN: 9780826109408 Category: Psychology : Psychotherapy - Counseling

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