

Ossessioni Compulsioni Manie Capirle E Sconfiggerle In Tempi Brevi

The Wiley Handbook of Obsessive Compulsive Disorders, 2 volume set, provides a comprehensive reference on the phenomenology, epidemiology, assessment, and treatment of OCD and OCD-related conditions throughout the lifespan and across cultures. Provides the most complete and up-to-date information on the highly diverse spectrum of OCD-related issues experienced by individuals through the lifespan and cross-culturally Covers OCD-related conditions including Tourette's syndrome, excoriation disorder, trichotillomania, hoarding disorder, body dysmorphic disorder and many others OCD and related conditions present formidable challenges for both research and practice, with few studies having moved beyond the most typical contexts and presentations Includes important material on OCD and related conditions in young people and older adults, and across a range of cultures with diverse social and religious norms

A very important part of getting over OCD is exposing yourself to feared situations. In my opinion, without exposures, it is impossible to overcome OCD. However, doing exposures is difficult and often gives a lot of confusion to the sufferer. During exposures many questions come up. It is extremely important that the exposures are done correctly. If done incorrectly, an exposure exercise can make OCD worse instead of better.

Brief Therapy Conversations features stimulating discussions between two international experts about essential topics, including the importance of the therapeutic relationship, the role of diagnosis, the therapist's mindset, specific techniques and guiding logics, therapist development, and likely future trends. It explores a wide range of literature and ideas on brief therapy and single-session therapy. For those interested in time-sensitive treatment, several expanded journal articles are included that provide additional insights into ways to improve therapeutic efficiency. Reader friendly and conversational in format, this book is essential reading for professionals involved in brief therapy research, teaching, and practice. .

"The most empowering OCD book I have ever read." —Reid Wilson, PhD, author of *Stopping the Noise in Your Head* Don't just survive—thrive. In *Everyday Mindfulness for OCD*, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you stop dwelling on what's wrong and start enhancing what's right—leading to a more joyful life. If you've been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life. Maybe you've already undergone therapy or are in the midst of working with a therapist. It's important for you to know that life doesn't end with an OCD diagnosis. In fact, it's possible to not only live with the disorder, but also live joyfully. This practical and accessible guide will show you how. In *Everyday Mindfulness for OCD*, you'll discover how you can stay one step ahead of your OCD. You'll learn about the world of mindfulness, and how living in the present moment non-judgmentally is so important when you have OCD. You'll also explore the concept of self-compassion—what it is, what it isn't, how to use it, and why people with OCD benefit from it. Finally, you'll discover daily games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Living with OCD is challenging—but it doesn't have to define you. If you're tired of focusing on how "hard" living with OCD is and are looking for fun ways to make the most of your unique self, this book will be a breath of fresh air.

Rendering the Diagnostic Interview a Real Therapeutic Intervention

Clinical Psychology and Heart Disease

La comunicación entre médico y paciente

Obsessive Compulsive Disorder

El contacto, el remedio, la palabra

The Boy Who Couldn't Stop Washing

Pillole di carta e celluloidi. Libri e film per curare la propria mente

The Strategic Dialogue is a fine strategy by which one can achieve maximum results with minimum effort. It was developed through a natural evolutionary process from previous treatments for particular pathologies, and composed of therapeutic stratagems and specific sequences of ad hoc manoeuvres constructed for different types of problems. This book represents both the starting and finishing line of all of the research, clinical practice, and managerial consulting performed by the authors over a fifteen year period at the

Centro Terapia Strategica of Arezzo (Strategic Therapy Center). This work can be referred to as the finishing line because the Strategic Dialogue, an advanced therapeutic method of conducting a therapy session and inducing radical changes rapidly in the patient, represents the culmination of all that has been achieved so far in the field.

Describes brief strategic therapy, looking at its theory, applications, and techniques.

239.341

Obsessive-compulsive disorder has been called the "hidden epidemic": only a very few of the many people who have it reveal their condition. Ian Osborn is one of those who suffers from OCD, and his personal experience imbues this book with an exceptional clarity and understanding. Dr. Osborn discusses the various forms OCD takes and--using the most common focuses of obsession--presents detailed and dramatic cases whose objects are filth, harm, lust, and blasphemy. He explains how the disorder is currently diagnosed, and how it differs from addiction, worrying, and preoccupation. He summarizes the recent findings in the areas of brain biology, neuroimaging, and genetics that show OCD to be a distinct chemical disorder of the brain. He contrasts OCD with other "OCD spectrum disorders" such as anorexia nervosa and hairpulling, and he provides a historical overview that traces the development over the centuries of both behavior therapy and medications.

Brief Strategic Solution-oriented Therapy of Phobic and Obsessive Disorders

The Opposite of Worry

ERP (Exposure Response Prevention Therapy) For OCD Recovery

Une clinique de la relation pour soigner les maux au travail

Everyday Mindfulness for OCD

Project to Develop a Model Anti-stalking Code for States

¿Qué consecuencias tiene el uso de las nuevas tecnologías y de las redes sociales en la vida íntima de las personas? Las nuevas herramientas digitales han facilitado el uso del cibersexo, práctica en la que cada vez más personas se sienten atraídas. Sin embargo, la pornografía online o los chats de encuentros virtuales pocas veces hacen nacer relaciones verdaderamente satisfactorias, tanto desde el punto de vista sexual como afectivo-emocional. En efecto, una mala práctica de este tipo de recursos puede acabar condicionando o amenazando la sexualidad y/o la vida de la pareja. Los autores de este libro examinan en detalle todos los aspectos de este fenómeno presentando una serie de casos concretos de vida sexual disfuncional. Gracias a la terapia breve estratégica, es posible desactivar los mecanismos corporales o mentales causantes de ansia, sentimientos de inadaptación e incluso miedo, que inhiben el placer y dificultan su plena expresión. De esta manera, estas páginas demuestran cómo la aplicación de la terapia breve puede devolver a aquellos que lo necesitan no solo la seguridad que habían perdido o que jamás habían tenido, sino también la plenitud para una sexualidad feliz.

The author uses sketches, vignettes, lists, and diaries to describe his life as a single gay man in New York, from his childhood to his many messy relationships.

The Obsessive Mind offers a well-defined and comprehensive understanding of obsessive-compulsive disorder and its treatment model. Based on the results of current research, the book offers a psychological perspective on the disorder, a complete presentation of useful strategies and techniques that can be implemented in therapy, and work that can be done with family members of OCD patients, all proposed coherently with the theoretical model of the disorder. It also illustrates the pivotal role of moral goals as proximal psychological determinants of the obsessive symptomatology. The Obsessive Mind can be used by new clinicians to become acquainted with the theory and treatment of OCD, as well as more advanced clinicians to improve their OCD treatment skills and learn new interventions and ways to get out of deadlock in treatment and thereby increase efficacy.

Ossessioni e compulsioni – quelle che comunemente chiamiamo anche fissazioni o manie – affliggono un numero crescente di persone. Talvolta rendono la vita impossibile sia a chi ne soffre che a chi gli sta accanto. Il disturbo ossessivo-compulsivo è una delle trappole psicologiche dalle quali è più difficile liberarsi. Questo volume, giunto ormai alla sua quarta edizione, ne illustra dettagliatamente le caratteristiche e le possibilità di cura e propone un programma di auto-aiuto semplice da mettere in atto e basato sui principi della terapia cognitivo-comportamentale. Pensato per chi è affetto da questo problema e per i suoi familiari o amici, è anche un ottimo strumento per i professionisti, che possono adottarlo come sussidio nel corso di una psicoterapia.

Entenderlas y superarlas en tiempo breve

The Obsessive Mind

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Ossessioni compulsioni manie

Treatment of Obsessive Compulsive Disorder

Intimacy Idiot

Anxiety

"Todos sabemos complicar las cosas, solo unos pocos son capaces de simplificarlas". El trastorno obsesivo-compulsivo (TOC) es una de las psicopatologías más graves e invalidantes, caracterizada por pensamientos obsesivos y rituales repetitivos. El TOC se estructura sobre la base de presupuestos lógicos y se autoalimenta de mecanismos racionales que, llevados al extremo, se convierten en algo absurdo e ilógico. El modelo evolucionado de la terapia breve estratégica propuesto por Giorgio Nardone, se propone como un instrumento extraordinariamente eficaz para combatir el TOC, precisamente porque es capaz de autodestruir la lógica que aprisiona la mente y reconducir el absurdo a la racionalidad. El autor dedica buena parte de la obra a la práctica clínica, exponiendo numerosos casos de pacientes que supieron romper las barreras del miedo y de la obsesión confiando en estrategias terapéuticas minuciosamente planificadas.

"The Twelve Healers And Other Remedies" is a book of herbal remedies and ingredients that may be used to treat a variety of ailments. The author claims that it is because of our fears, cares, and worries that we get ill; and, by treating these problems, we will be happier and healthier. To that end, he presents simple herbal remedies for a variety of problems ranging from indecision and apathy to hay fever and beyond. Contents include: "For Fear", "For Uncertainty", "For Insufficient Interest in Present Circumstances", "For Loneliness", "For Those Over-Sensitive to Influences and Ideas", "For despondency or Despair", "For Over-Care for Welfare of Others", etc. Many vintage books such as this are increasingly scarce and expensive. It is with this in mind that we are republishing this volume now in an affordable, modern, high-quality edition complete with the original text and artwork.

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Rappresentare con verità storica, anche scomoda ai potenti di turno, la realtà contemporanea, rapportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perché la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italiani. Perché non abbiamo orgoglio e dignità per migliorarci e perché non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!

The Art of Change

Panico, ansia & paura

Addiction Medicine

Practical, Tried-and-tested Strategies to Overcome OCD

Capire e affrontare il Disturbo Ossessivo-Compulsivo

The Playful Parenting Approach to Childhood Anxieties and Fears

ABC of Mental Health

Fra le patologie del comportamento, il disturbo ossessivo-compulsivo, DOC, è fra le più gravi e invalidanti. La vita del paziente perde progressivamente il proprio ritmo naturale e viene scandita dai rituali indotti dalla compulsione. Resistente alle terapie farmacologiche e alle psicoterapie tradizionali, il disturbo ossessivo-compulsivo è una trappola micidiale che si serve proprio dei comuni meccanismi razionali per imbrigliare la mente: comportamenti e pensieri di per sé «sani», come l'attenzione per l'igiene personale o il controllo della realtà, vengono portati all'eccesso e trasformati in compulsioni irrefrenabili a mettere in atto rituali ossessivi e ripetitivi, di natura propiziatoria oppure a scopo di rassicurazione o prevenzione. La prigione in cui finisce per rinchiudersi la mente non ha nulla di assurdo, anzi: il doc si struttura e si autoalimenta sulla base di presupposti logici stringenti che, condotti all'estremo, si convertono nell'assurdo e nell'illogico. Il modello evoluto della terapia breve strategica proposto da Giorgio Nardone, forte ormai di venticinque anni di ricerca-intervento sul campo, si propone come uno strumento estremamente efficace nel combattere il doc, proprio perché in grado di bypassare i normali percorsi razionali e, per così dire, colpire alle spalle la logica che imprigiona la mente. Fedele a questa linea, l'autore dedica ampio spazio alla concretezza della pratica clinica riportando numerosi casi di pazienti che hanno saputo spezzare le sbarre della paura e dell'ossessione affidandosi a strategie terapeutiche meticolosamente pianificate e perfezionate nel corso del tempo: «A fare le cose complicate siamo bravi tutti, a renderle semplici sono capaci solo pochi».

Provides a comprehensive overview of epidemiologic, experimental, and clinical data evidencing the emergence of cardiac psychology as a specialty. It offers a thorough and up-to-date review of the scientific research supporting the relationship between cardiac disease and psychological condition, practical suggestions for developing a clinical practice and directions for future research in this new field of "cardiac psychology". The first part provides an overview of the psychological risk factors for cardiac disease. Emphasis is placed on physiological basis of mind-heart link, depression and anxiety, personality and relational aspects, and on advanced statistical tools for the study of personalities at risk. The second part offers a systematic overview of literature on psychological treatments in cardiac rehabilitation.

This book is about psychological disorders based on irrational fears - those apparently unmotivated, paralyzing, panic-filled, gutwrenching fears whose multiplicity and diversity are barely contained in the diagnoses phobias and obsessional disorders. The author, worldrenowned therapist Giorgio Nardone, offers a brief (usually less than 20 session) treatment method that leads to a change in the interpersonal, cognitive, and emotional organizations underlying these painful and all too-common problems. Therapists using a strategic framework focus on reframing patients' representations of self and other, and on changing the relational patterns that sustain fearful perceptions. Based on extensive research and illustrated with in-depth clinical examples, this book offers hope to those whose lives have been unnecessarily limited by their phobias and obsessions. Strategic brief therapy, as developed by John H. Weakland, Paul Watzlawick, and Richard Fisch, is based on a very simple idea problems are accidentally maintained by our repeated, failed attempts at solving them. In this book, Giorgio Nardone uses the strategic brief therapy lens to focus on how particular troubles are accidentally maintained and how therapist and client can overcome

Mindfulness Strategies to Cope with Stress and End Emotional Eating

Pathological Gambling

Knowing Through Changing

ANNO 2020 LA CULTURA ED I MEDIA SECONDA PARTE

Bad Doctor

The Evolution of Brief Strategic Therapy

The Art of Change provides practitioners with in-depth information on the theory and practice of strategic therapy, presenting an innovative approach to conceptualizing and solving human problems. This book, the English translation of the highly regarded Italian book, L'Arte del cambiamento, provides clinical examples and practical guidelines revealing how to apply specific, goal-directed, and time-saving therapeutic techniques in practice. Giorgio Nardone and Paul Watzlawick offer an overview of the historical development of strategic therapy approaches, and they look at the conceptual differences of the most important authors and scholars on strategic therapy. The authors show how, as opposed to traditional therapeutic approaches, the strategic therapy intervention can be a swift, well-planned process whose initiation, direction, objectives, and duration can be fairly clear from the beginning. And they demonstrate how, to be truly effective in obtaining solutions to specific clinical problems, the therapist needs to combine a knowledge of systemic techniques with inventiveness and versatility. This book gives a detailed account of techniques and specific interventions for working with clients suffering from anxiety, phobia, and obsessive-compulsive problems. Demonstrating the efficacy and the speed of this approach, Nardone presents a systematic, thorough evaluation of the results he obtained by applying these techniques to a large and varied group of subjects over two years.

Мы представляем вашему вниманию первую в России книгу по обсессивно-компульсивному расстройству (ОКР), написанную российскими специалистами. Эта работа не только представляет ОКР во всём его многообразии, но также имеет некоторые новаторские взгляды на природу и механизм ОКР. Авторы делятся с читателем своим опытом в решении многих проблем обсессивно-компульсивного спектра. Большая глава посвящена навязчивым проблемам у детей и подростков. В книге очень много примеров из практики авторов. Книга предназначена для людей страдающих ОКР, для специалистов-психологов, психотерапевтов, психиатров и студентов вышеперечисленных специальностей. В формате PDF A4 сохранен издательский макет.

Substance use and related addictive disorders rate amongst the top four risk factors contributing to the global burden of disease and form an increasingly important part of medical and healthcare practice. Substance use disorders can cause, mimic, underlie or complicate a large number of common medical and psychiatric disorders. Making a correct diagnosis of the substance use disorder can facilitate clinical diagnosis, avoid unnecessary tests, shorten the hospital stay and make the clinician's and patient's life easier and safer. Part of the successful Oxford Specialist Handbooks series, the second edition of Addiction Medicine is a concise and practical guide for students, practitioners of medicine and other health professions who come into contact with people with substance use disorders. Providing up-to-date practical assessment, diagnosis, treatment and management options, this edition expands on the first edition through updated content and global coverage of addiction medicine. Edited by a global team of addiction specialists from multiple disciplines, Addiction Medicine, Second edition contains everything you need to know to assist in the assessment, diagnosis and clinical management of patients with substance use and related addictive disorders.

With an understanding of these fundamental methods, readers will be equipped to organize and evaluate psychiatric information and to develop a confident approach to practice and research.

The Perspectives of Psychiatry

Libri e film per curare la propria mente

The Strategic Dialogue

Obsesiones, compulsiones, manías

A Clinical Guide to Treatment

La ristrutturazione strategica

Brain Lock

Anxiety is a complex phenomenon and a central feature of many psychological problems. This thoroughly revised edition of Anxiety has been updated to include ast the in the clinical implementation of knowledge about anxiety. In particular, this edition updates the reader with: A new chapter on health anxiety A fully updated compulsive disorders, including the concept of mental contamination and the causes of obsessions An account of advances in therapeutic techniques. Unique in co the subject with comprehensive coverage of the latest developments in research and practice, this book provides excellent breadth and depth of coverage which a clinical psychologists, and students of clinical psychology, will find extremely informative.

"The most helpful book on childhood anxiety I have ever read."—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents i about how to help. Now Lawrence J. Cohen, Ph.D., the author of Playful Parenting, provides a special set of tools to handle childhood anxiety. Offering simple, effe

connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of system”: alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and “white-k find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm wh bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful reso implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for T Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practicalsu Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen’s main advice is not to treat it with words b Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this boo anti-anxiety games.”—Publishers Weekly “Here’s the help parents of anxious children have been looking for! Dr. Cohen’s genius is in the warm and generous spirit o outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plen develop their children’s confidence. While reading, I found myself thinking, ‘I’d like to try that for myself!’”—Patty Wipfler, founder and program director, Hand in Ha want to understand your child’s anxiety—and your own parental worries—you must read Larry Cohen’s brilliant book, The Opposite of Worry. Dr. Cohen is one of th thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help th terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play

Mental health services have changed completely in the UK, and the new edition of ABC of Mental Health has been thoroughly updated and revised to reflect this. F advice on how to recognise, diagnose and manage mental disorders successfully and safely, with sections on selecting drugs and psychological treatments, and im Mental Health also contains information on the major categories of mental health disorders, the mental health needs of vulnerable groups (such as the elderly, chi minorities) and the psychological treatments. Fully up to date with recent mental health legislation, this new edition is as comprehensive as it is invaluable. By cov needs of special groups, this ABC equips GPs, hospital doctors, nurses, counsellors and social workers with all the information they need for the day to day manag mental health problems.

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Vincere le ossessioni

Free Yourself from Obsessive-Compulsive Behavior

Brief Strategic Therapy

Understanding and Treating Obsessive-Compulsive Disorder

The Twelve Healers and Other Remedies

Five Lectures on Psycho-Analysis

The Hidden Epidemic of Obsessive-Compulsive Disorder

This early work by Sigmund Freud was originally published in 1910 and we are now republishing it with a brand new introductory biography. 'Five Lectures on Psycho-Analysis' is a collection of lectures delivered by the father of psychoanalysis. Sigismund Schlomo Freud was born on 6th May 1856, in the Moravian town of Příbor, now part of the Czech Republic. He studied a variety of subjects, including philosophy, physiology, and zoology, graduating with an MD in 1881. Freud made a huge and lasting contribution to the field of psychology with many of his methods still being used in modern psychoanalysis. He inspired much discussion on the wealth of theories he produced and the reactions to his works began a century of great psychological investigation.

In this much-anticipated follow-up to 50 Ways to Soothe Yourself Without Food, renowned nutrition expert and New York Times best-selling author of Eat Q, Susan Albers delivers fifty more highly effective ways to help you soothe yourself without eating—leading to a healthier, happier life! If you’re an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But, over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In 50 More Ways to Soothe Yourself Without Food, you’ll find fifty more mindful and healthy activities to help you replace your need to overeat. Based in popular mindfulness practices, this book will show you how to slow down and be present during mealtime so that you end up making healthier choices. In addition, the activities in the book—such as yoga, aromatherapy, and breathing exercises—will help you gain a greater overall sense of well-being and appreciation for your body. If you’re ready to stop using food as an emotional crutch, and start feeling healthy, happy, and truly fulfilled, this book offers fifty more ways!

Ossessioni compulsioni manieCapirle e sconfiggerle in tempi breviPonte alle Grazie

¿Por qué personas precarizadas optan, una y otra vez, por visiones políticas que agudizan su marginación? ¿Por qué terminan culpabilizando de sus circunstancias a sujetos vulnerables como ellos, en lugar de reconocer las condiciones sociales que los afectan? Llevando a cabo una interpretación original del pensamiento de Jacques Rancière, Política de los cuerpos construye otro horizonte de reflexión: la falta de agencia crítica hoy tiene que ver, más que con el engaño y la manipulación, con una pérdida del deseo de transformación, propiciada por algunas dinámicas del consensualismo contemporáneo. Este libro ofrece un análisis de ciertas condiciones estético-políticas y socio-económicas del presente histórico, deteniéndose en sus dimensiones corporales y afectivas. tiende, así, a las transformaciones corporales que las prácticas emancipatorias producen, a la manera en que afectan configuraciones de poder, y a cómo pueden irradiarse en y alterar el mundo.

El placer frustrado

Tips, Tricks, and Skills for Living Joyfully

Tormenting Thoughts and Secret Rituals

The Troubled Life and Times of Dr Iwan James

The Wiley Handbook of Obsessive Compulsive Disorders

Exploring Efficient Intervention in Psychotherapy

Guida strategica per aspiranti coraggiosi

Ce livre propose une méthodologie d'intervention précise et détaillée pour aborder et résoudre des situations de souffrance au travail, tant individuelles que collectives, selon l'approche interactionnelle et stratégique de l'école de Palo Alto. Il propose un panorama des cas réels les plus fréquemment rencontrés dans les organisations de travail (burnout, harcèlement, dépression, etc.), éclairés sous le prisme des processus relationnels qui les animent et complétés d'outils concrets et structurés pour aider chaque acteur mobilisé à contribuer à mettre en oeuvre et/ou à trouver des solutions efficaces aux impasses psychologiques et relationnelles qu'ils rencontrent au travail.

A complete, hands-on resource, this volume provides everything the mental health professional needs for working with clients who suffer from obsessions and compulsions. The initial chapters supply the background by describing in detail the most up-to-date, clinically relevant information available on obsessive compulsive disorder (OCD). The latter chapters comprise a step-by-step guide for conducting behavioral treatment. The book also features unusually practical appendices that include checklists, an inventory, rating scales, and suggested readings.

The past five years have witnessed dramatic advances in research on pathological gambling -- a diagnosis often overlooked by clinicians who are unaware not only of the personal and social consequences of pathological gambling, but also of the possible treatment options. Today, clinicians can choose from an array of treatment options to substantially improve the lives of patients with this disabling illness. Eloquently attesting to this extraordinary progress, this remarkable clinician's guide comprises the most extensive coverage on public health, clinical characteristics and treatment, psychotherapy and psychopharmacology, and interventions for adolescents, adults, and older adults. Written by the world's leading researchers on psychiatric aspects of gambling, this truly comprehensive volume discusses how to diagnose pathological gambling and provides the tools to do so. Here, 32 experts detail the clinical phenomenology, etiology, and treatment of pathological gambling, highlighting the current clinical approaches most likely to lead to early identification, symptom remission, and improvement maintenance. Useful appendixes provide specific tests, scales, and diagnostic criteria following four major sections of the book: Public Health and Epidemiology discusses prevalence and definitions of recreational, problem, and pathological gambling; the relationship between the different levels of gambling severity; and gambling's effects on societal, familial, and individual health and well-being. Clinical Characteristics covers the symptoms and sequelae of pathological gambling and the differences among adolescents, older adults, and men and women, and shows that pathological gambling -- rather than being categorized as a single disorder -- shares important features with many disorders, among them obsessive-compulsive spectrum disorders, affective spectrum disorders, addiction, and impulse-control disorder. Etiology details the realms of both psychology (behavioral, cognitive, and dispositional theories) and neurobiology (noradrenergic, serotonergic, dopaminergic, and opioidergic systems as well as familial and inherited factors) to explain the behavior of pathological gambling -- knowledge that may prove useful in understanding a range of addictive and impulsive disorders. Prevention and Treatment emphasizes the vital role of the clinician in prevention efforts, including a prevention strategy tailored specifically for adolescents and young adults; discusses a variety of behavioral and pharmacological interventions for patients including self-help and professional-based interventions for family members; and concludes with assessments useful in diagnosing pathological gambling and monitoring symptom change. Psychiatrists, psychiatric researchers, and other mental health care professionals will welcome this book as their most up-to-date source for invaluable knowledge about and research from the world's recognized experts on pathological gambling.

Quand le travail fait mal

Come parla un terapeuta. La ristrutturazione strategica