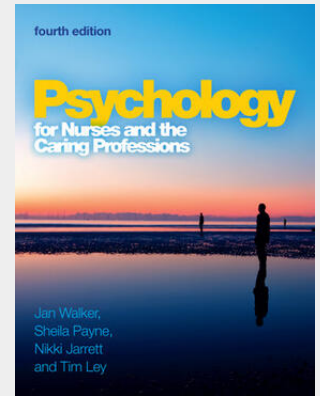


Psychology for Nurses and the Caring Professions

"This beautifully written book clearly explains the application of psychological concepts and theories to health and succinctly summarises key issues. Each chapter also provides a series of vignettes capturing the kind of real-life situations health and social care professionals will encounter in their own practice and a set of thought-provoking exercises. These will be invaluable in developing critical thinking skills and growing the capacity to provide the kind of empathic care which is the heart of person-centred practice" Dr Wendy Cousins, Course Director, University of Ulster School of Nursing, UK "I have recommended earlier editions of this book and now am delighted to say that this latest edition is even better. The authors continue to clearly explain the relevance of psychological theories, models and approaches to nursing care but now, through the use of frequent reflective activities, vignettes and a 'psychosoap' family, students are also highly encouraged to identify how the theory will help them to become the high quality holistic practitioners they desire to be." Anthony Duffy, Nurse Tutor, College of Human and Health Sciences, Swansea University, UK "This new edition embraces innovation in student learning. The use of the 'psychosoap' provides a structure which is meaningful and insightful. The chapter exercises have 'realworld' application and can be used to understand your own and others motivations, beliefs and values. Unlike many psychology texts, this book offers real 'food for thought' and provides the building blocks which link theory to practice. It will also be a valuable resource for those who like to 'dip in' to a book." Philip Larkin, Professor of Clinical Nursing (Palliative Care), and Joint Chair, University College Dublin and Our Lady's Hospice & Care Services, Ireland "This new edition continues to improve the reader's experience, providing comprehensive insight into the complex subject of psychology. It is user friendly, underpinned by research findings and will enable the reader to apply its concepts personally and professionally. It is a text which is well designed for student use and application and it has employed a number of innovative features. An excellent resource, which I would highly recommend." Siobhan McCullough, Lecturer, School of Nursing and Midwifery, Queen's University Belfast, UK This bestselling book enables those working in health and social care to learn and apply sound psychological principles in the delivery of excellent, evidence-based, patient-centred care. The emphasis throughout is on the promotion and maintenance of personal well-being and quality of life -for care professionals and those they care for. The new edition features a more engaging and user-friendly format and has been comprehensively revised and updated to reflect the latest psychological knowledge. Psychological principles are also clearly set out and summarised in ways that are easy to read and understand. The fourth edition includes: - A unique focus on transferable knowledge and skills applicable in a variety of situations - Exercises integrated throughout the text to consolidate learning - Examples presented in the form of 'psychosoap' characters drawn from the authors' experiences in research and practice - An emphasis on positive psychology and promotion of resilience in the management of stress and negative emotions - Reviews of recent advances in cognitive science and issues related to communication Psychology for Nurses and the Caring Professions is a succinct, readable and relevant introductory text ideal for students and practitioners in health or social care.



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