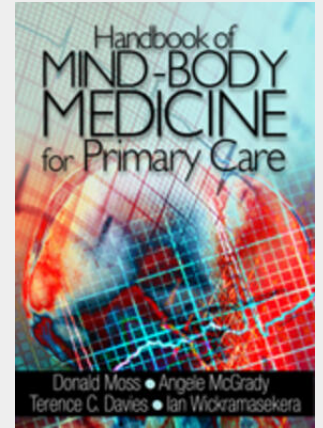


Handbook of Mind-Body Medicine for Primary Care

"It is a very thorough and up-to-date clinical handbook and reference for the primary care Doc or nurse. if you have a favorite Family Doc or Internist or Nurse Practitioner--or administrator--and you want them to have a nice gift, buy them this book. But read it before you give it away." --JOURNAL OF NEUROTHErapy The Handbook of Mind-Body Medicine for Primary Care introduces an evidence-based mind-body approach to the medical and behavioral problems of primary care patients. Evidence-based mind-body practice draws on the best available scientific research, advocating the integration of well-documented mind-body therapies into primary health care. The handbook summarizes current mind-body practice and provides an overview of the basic techniques, including biofeedback, neurofeedback, relaxation therapies, hypnotherapy, cognitive-behavioral therapies, acupuncture, and spiritual therapies. The editors also thoroughly demonstrate the application of these techniques to common disorders such as headache, chronic pain, and essential hypertension, as well as anxiety, depression, chronic fatigue syndrome, fibromyalgia, and sleep disorders. The Handbook includes educational models with guidelines for physicians, nurses, physicians' assistants, and behavioral health practitioners. The book closes with a look at the existential and spiritual side of the human encounter with sickness and disease. This handbook will benefit a wide variety of health providers in primary care. The Handbook is divided into four parts: - Part I introduces the conceptual models from the psychophysiological perspective for understanding functional medical problems. - Part II describes specific clinical tools and interventions. - Part III overviews the best documented cognitive-behavioral approaches and alternative therapies to common disorders. - Part IV provides educational models for practitioners in each of the mind-body disciplines. About the Editors Donald Moss, Ph.D., is Director of Chronic Pain Services at West Michigan Behavioral Health Services. Angele V. McGrady, Ph.D., is a Professor of Psychiatry and Adjunct Professor of Physiology and Molecular Medicine at Medical College of Ohio. Terence C. Davies, MD, is Chairman of Family and Community Medicine at Eastern Virginia Medical School. Ian Wickramasekera, Ph.D., is a Professor of psychology at Saybrook Graduate School, Clinical Professor of Psychiatry at Stanford Medical School, and Professor of Family Medicine at Eastern Virginia Medical School.



194,20 €

181,50 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780761923237

Medium: Buch

ISBN: 978-0-7619-2323-7

Verlag: Sage Publications, Inc

Erscheinungstermin: 19.09.2002

Sprache(n): Englisch

Auflage: 1. Auflage 2002

Produktform: Gebunden

Gewicht: 1248 g

Seiten: 576

Format (B x H): 183 x 260 mm

