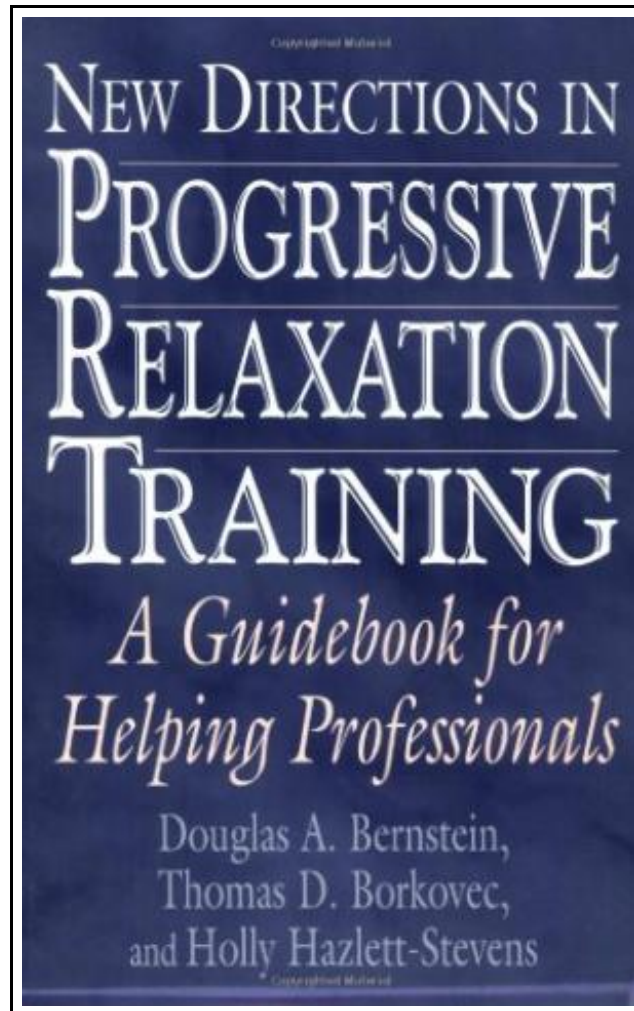


New Directions in Progressive Relaxation Training: A Guidebook for Helping Professionals



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Reviews

This pdf is fantastic. Sure, it can be engage in, nevertheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly merely after i finished reading through this publication where in fact transformed me, change the way in my opinion.
(Mr. Lee Simonis PhD)

NEW DIRECTIONS IN PROGRESSIVE RELAXATION TRAINING: A GUIDEBOOK FOR HELPING PROFESSIONALS



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Praeger. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 9.0in. x 6.4in. x 0.5in. Psychotherapy continues to progress at a remarkable rate as researchers become more creative in the development and application of a wide variety of empirically tested techniques. Older techniques have been refined and newer ones have emerged. Both old and new techniques are being quantified, assessed, and compared in group design research, and, for the first time since modern therapy's beginnings in the writings of Sigmund Freud, remarkable strides have been made in asking and answering vital questions about the effectiveness of various treatment strategies. One such strategy, Progressive Relaxation Training, grew out of a set of methods originating in the 1930s in the writings of Edmund Jacobson. The primary purpose of this guide is to set forth in detail the therapist behaviors and skills necessary for the effective application of progressive relaxation training. The guide was designed to provide therapists in many disciplines including psychology, psychiatry, social work, pastoral counseling, nursing, and rehabilitation services, for example with the tools they need to train their clients in relaxation. The guide was also designed to be used in research on stress and stress management, psychotherapy outcome, and related topics. This purpose is particularly important because there are few manuals available which describe in detail the actual procedures used in relaxation training. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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