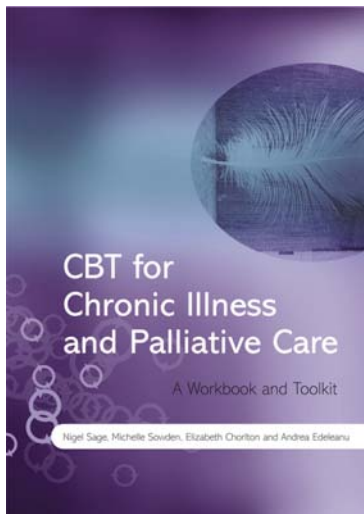


NEW RELEASE



CBT for Chronic Illness and Palliative Care A Workbook and Toolkit



**Edited by Nigel Sage, Michelle Sowden,
Elizabeth Chorlton & Andrea Edeleanu**

March 2008

Pages: 392

Binding: Paperback

ISBN-13: 9780470517079

ISBN-10: 0470517077

Overview

There is a growing awareness of the need to address the psychological distress associated with physical ill health; however, current resources are limited and difficult to access. The best way to tackle the issue is by enhancing the skills of those professionals who have routine contact with them. CBT provides the evidence-based skills that most readily meet these requirements in a time and cost efficient manner. Based on materials prepared for a Cancer Network sponsored training programme and modified to address the needs of a larger client population of people experiencing psychological distress due to physical ill-health, this innovative workbook offers a basic introduction and guide to enable healthcare professionals to build an understanding of the relevance and application of CBT methods in everyday clinical practice.

ORDER ONLINE NOW
www.psychassessments.com.au

Table of Contents

Introduction.

PART 1. THE WORKBOOK: THE COGNITIVE BEHAVIOURAL APPROACH

Chapter 1: What is the Cognitive Behavioural Approach?
Chapter 2: The Relevance of the CBT Model in Cancer and Palliative Care.
Chapter 3: Does Cognitive Behaviour Therapy Work? The Evidence Base.
Chapter 4: Communication Skills in Health Care.
Chapter 5: Cognitive Behavioural Communication Skills.
Chapter 6: Guided Discovery: The Socratic Method.
Chapter 7: Assessment.
Chapter 8: Formulation.
Chapter 9: Deciding on a Course of Action: Part 1.
Chapter 10: Goal Setting and the Step-by-Step Process.
Chapter 11: The Practicalities of Setting Goals.
Chapter 12: Bringing About Change.
Chapter 13: Methods of Behaviour Change.
Chapter 14: Methods of Cognitive Change.
Chapter 15: Challenging Unhelpful Thoughts.
Chapter 16: Managing Emotions and Unpleasant Physical Sensations.
Chapter 17: Deciding on a Course of Action: Part 2.
Chapter 18: Applying a Cognitive Behavioural Approach to Clinical Practice.

PART 2. THE ISSUES: SOME PSYCHOLOGICAL PROBLEMS

How to Use This Part of the Book.
Altered Body Image.
Anger.
Avoidance.
Denial.
Fatigue.
Fear of the Future.
Inactivity.
Indecisiveness.
Intrusive/Distressing Thoughts.
Lack of Motivation.
Loss of Pleasure or Ability to Enjoy Things.
Low Mood.
Low Self Esteem.
Negative Outlook.
Pain.
Panic Attacks.
Special Note: Safety Behaviours.
Physical Tension.
Poor Concentration.
Problem Solving Difficulties.
Setbacks.
Sleep Difficulties.
Unassertiveness.
Worrying.

PART 3. THE TOOLKIT: CBT METHODS IN PRACTICE

Section 1: Techniques

Activity Monitoring.
Assertiveness Skills.
Attention Strategies.
Basic Counselling Skills.
Behavioural Rehearsal.
Breathing Control.
Challenging Unhelpful Thoughts.
Denial: Strategies For Encouraging Acceptance.
Denial: Strategies For Engaging The Patient.
Denial: Strategies For Reducing Distressing Thoughts.
Denial: Suggestions For Questions To Ask.
Effective Communication Skills.
Emotional Expression.
Fifteen Ways To Get Out Of Mental Traps.
Graded Activities.
Listening Skills.
Mental Distraction.
Mindfulness.
Pacing.
Psycho-Education.
Purposeful Planning.
Relaxation Exercises.
Respectfulness Skills.
Socratic Questioning.
Stimulus Control.
Weighing the Pros and Cons.

Section 2: Information Sheets

Altered Body Image: Factors Affecting it.
Antidotes to Bad Days.
Assertiveness Model.
Assertiveness Rights.
Assertiveness Techniques.
Avoiding Relapsing into Bad Old Habits.
Change: Bringing it About.
Change: The Desire for it.
Coping with Setbacks 1: Physical Health Setbacks.
Coping with Setbacks 2: Mental Attitude Setbacks.
Denial: Advantages and Disadvantages.
Denial Differentiated.
Expressive Writing.
Goal Setting and the Step-by-Step Approach.
Goal Setting: Examples.
Goal Setting Questions.
Mental Traps.
Mental Traps: Examining the Evidence.
Mental Traps: Examples Of How To Get Out Of Them.
Mindfulness Attitudes.
Mindfulness Exercises.

Mindfulness Ideas.
Pacing.
Pacing Examples.
Reactions of Other People.
Relaxation: Mental Exercise.
Relaxation: Muscle Exercise.
Relaxed Breathing Exercise.
Serenity Prayer.
Sharing and Mixing with Other People.
SMART Guidelines.
Socratic Questioning Examples.
Stress: Its effects.
Stress Response.
Vicious Cycle Model of Anxious Avoidance.
Vicious Cycle Model of Anxious Preoccupation.
Vicious Cycle Model of Hopelessness-Helplessness.

Section 3: Record Forms

Achievements and Pleasures Record Form.
Action Plan for Denial.
Activity Schedule.
Assertiveness Record Form.
CBT Diary.
Daily Record of Mood.
Denial: Assessing its Costs and Benefits.
Denial: Example of Pros and Cons Assessment.
Event-Action-Outcome Record Form.
Event-Emotion-Thought Analysis Form.
Example of Event-Emotion-Thought Analysis Form.
Goal Planning: Step-By-Step Record.
Pacing Record Form.
Thought Record.
Your Ideas For Goals.
Reflective Diary Forms.
Problem.
Technique.
Information Sheet/Record Form.
References.
Index.



PO Box 27, Jannali NSW 2226
Tel (02) 9589 0011 Fax (02) 9589 0063
Email: infopaa@psychassessments.com.au
www.psychassessments.com.au