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THE 60- SECOND SHRINK

101 Strategies
For Staying Sane in a Crazy World

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Author, Courage Don't Go Away

The 60 Second Shrink Over 100 Strategies For Staying Sane In A Crazy World

Siang-Yang Tan



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Butman,Barrett W. McRay,2016-09-23 Mark A Yarhouse Richard E Butman and Barrett W McRay offer this revised companion volume to Modern Psychotherapies addressing students and mental health professionals who want to sort through contemporary secular understandings of psychopathology in relationship to a Christian worldview Rest

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expressed in this publication go directly to the challenges we will collectively face as we enter the 21st century from the Foreword by Patrick H DeLeon PhD JD ABPP Past President American Psychological Association This volume through a series of diverse approaches and considerations has dispelled for all time the monolithic notion that dual relationships are always harmful and should be avoided remarkable and refreshing Nicholas A Cummings PhD ScD Former President American Psychological Association This book the first of its kind covers the clinical ethical and legal aspects of non sexual dual relationships It provides detailed guidelines on how to navigate the complexities of intended and unintended crossings of the boundaries of the therapeutic relationship Contributors representing various therapeutic approaches and work settings challenge the prevailing interpretations of ethical standards as presented by the American Psychological and the American Counseling Associations Code of Ethics Through case examples they demonstrate how non sexual dual relationships may result in increased trust familiarity and therapeutic effectiveness Discussions include concerns of rural military church hearing impaired and other small communities behavioral cognitive humanistic and feminist views on DR and more This is a book for all practicing therapists Appendices contain guidelines to nonsexual dual relationships in psychotherapy

The Complete Guide to Self-Management of Depression Harpreet S. Duggal MD FAPA, 2016-06-09 Depression is a complex illness that presents in a myriad of ways and affects more than 350 million people worldwide While medications and conventional cognitive behavioral approaches to the treatment of depression have success for many people these kinds of one size fits all treatments are not enough to alleviate the symptoms of depression or help them find a long term path toward wellness In The Complete Guide to Self Management of Depression Practical and Proven Methods Dr Harpreet S Duggal offers several evidence based treatments for depression and presents them in a practical easy to use format that can be incorporated into day to day self management of depression Self management is increasingly becoming the standard of care in people with long standing medical conditions and it broadens the narrow perspective of self help beyond the traditional treatment of symptoms to include behavioral methods positive psychology interventions mindfulness and complementary and alternative medicine approaches for treating depression Finally besides a focus on treating symptoms it also addresses lifestyle changes social relationships communication problem solving and elements of wellness and recovery In contrast to the traditional one size fits all approach of self help books on depression The Complete Guide to Self Management of Depression offers a menu of options for self management of depression and provides guidance on when and when not to use or combine particular strategies Placing those who suffer from depression in the drivers seat of self management can help them build confidence and prepare for the journey of managing depression

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