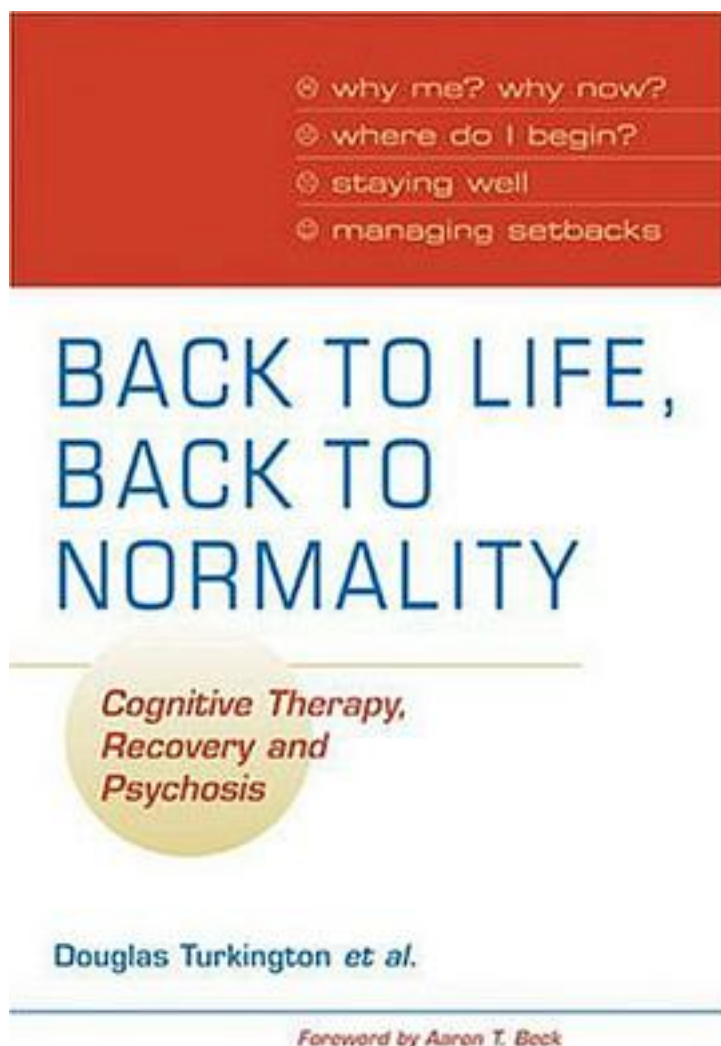


Back to Life, Back to Normality



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著者:Douglas Turkington

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* Written specifically with sufferers and carers in mind, to help them understand and apply the basic concepts of cognitive therapy for psychosis. * Illustrates what it is like to have common psychosis and how people's lives can be restored using therapy. * Increases understanding of how the psychosis started, and the factors that worsen symptoms or increase the likelihood of relapse. * Helps the sufferer learn how to control symptoms and delay or prevent relapse. * Includes features and exercises to help sufferers explore their own beliefs and feelings to reflect on the way they cope. * Helps carers know what to say and what to do. * Provides a resource for mental health professionals working with patients, to introduce the approach, support ongoing therapy and make the most efficient use of appointment time.

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