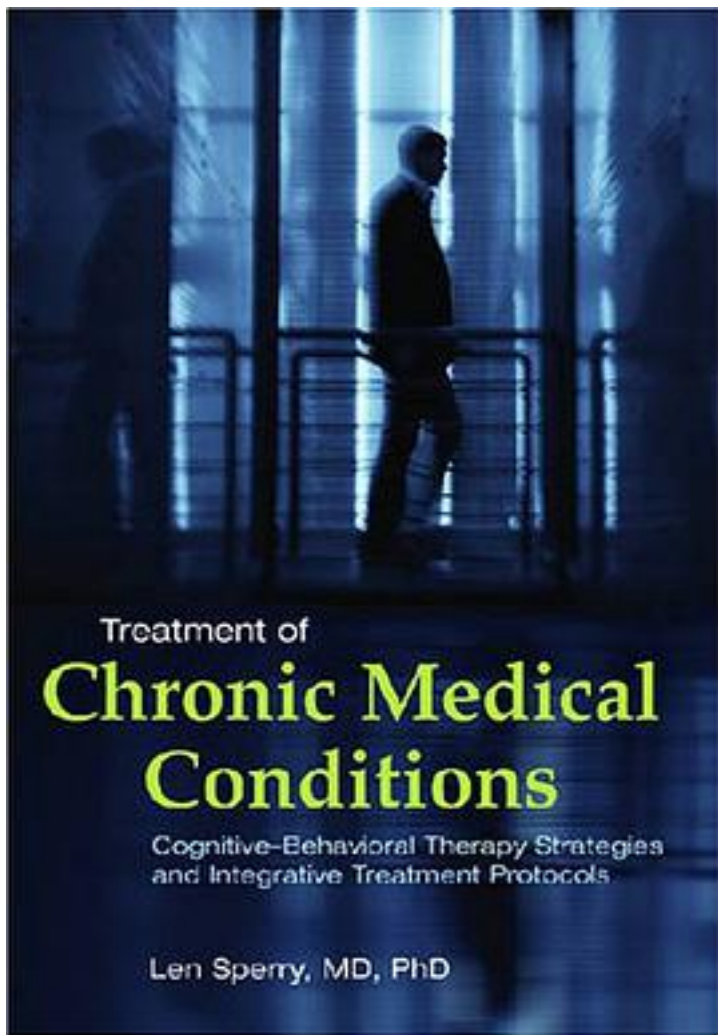


Treatment of Chronic Medical Conditions



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Treatment of Chronic Medical Conditions provides clinicians with focused

cognitive-behavioral strategies and integrative treatment protocols for 10 of the most common chronic medical conditions that the psychotherapist is likely to encounter. These include arthritis, asthma, cancer, cardiac disease, chronic pain, diabetes, epilepsy, hypertension, irritable bowel syndrome, and lupus. The strategies and protocols tailored for these conditions are illustrated with extensive case studies and session transcriptions that make the treatment process tangible and results oriented. In addition, the book offers guidelines for dealing with such issues as illness denial, noncompliance, symptom reduction, and challenges to life meaning that often stand in the way of patients leading full lives, despite their chronic illnesses.

作者介绍:

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