

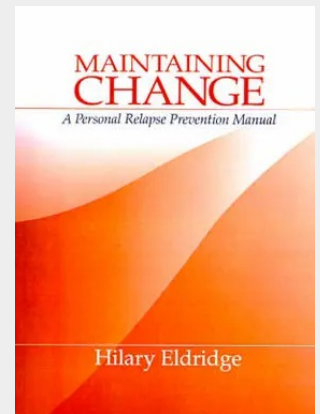
Maintaining Change

A Personal Relapse Prevention Manual

Clearly written, A Personal Manual for Maintaining Change presents a cognitive-behavioral approach to relapse prevention developed by Hilary Eldridge and pilot tested in community-based secure hospital and prison sex offender programs. Step-by-step, the system focuses on the notion of control and taking responsibility for one's actions rather than a "cure." It requires participants to become active in the change process toward the ultimate goal of being able to self-manage. Manual sections address the thinking, feeling, and behavior patterns of the perpetrator in relation to cycles of offending, cognitive distortions, cognitive and affective empathy, sexuality, social relationships, and self. It is assumed that this program will be managed by a professionally qualified and experienced therapist who has good supervision, support, and the opportunity to evaluate client progress. A Personal Manual for Maintaining Change may be used to link individuals with group work, as well as prisons with community-based programs. It is well integrated with existing programs and user-friendly for all who work in a professional capacity with adult male sex offenders. This is a professional book for client-oriented self-management or therapy to be supervised by social workers, mental health agencies, prison staff, hospital staff, probation officers, psychologists, and other health care professionals. It also makes an excellent training resource or textbook for therapists, counselors, social workers, nurses, and other mental health professionals.

This user-friendly, step-by-step personal relapse prevention manual - designed to be used in conjunction with the Therapist Guide for Maintaining Change, also by Hilary Eldridge - focuses on the notion of control and taking responsibility for one's actions rather than on 'cure'. The programme requires participants to be active in the change process, with the ultimate goal of being able to self-manage.

- Purchasers of Maintaining Change: A Personal Relapse Prevention Manual may photocopy individual exercises and handouts for use with their own clients or patients.
- Customers purchasing the two-volume set (Therapist Guide for Maintaining Change and Maintaining Change: A Personal Relapse Prevention Manual) may purchase additional copies of Maintaining Change: A Personal Relapse Prevention Manual. Please write to Joyce Lynch at SAGE Publications Ltd for further details.



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