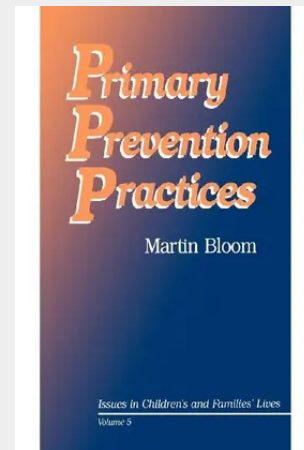


Primary Prevention Practices

What are the most effective ways to prevent predictable behavioral problems, protect current states of health, and promote desired behaviors? Intended for use by students in the helping professions and by practitioners and researchers in the field, Primary Prevention Practices offers step-by-step procedures on how to conduct over 50 techniques of prevention practice. Through the use of an organizational framework, the configural equation, author Martin Bloom identifies the classes of factors that are to be considered in any thorough analysis of a given situation and provides a check list for accessing the full range of forces acting on events so the reader can better select which preventive action to apply. In addition, the book covers a wide range of prevention practices, including problem-solving methods, anticipatory instructions, social skills training, life-long exercises, perceived self-efficacy, assertiveness training, cognitive reframing, and peer tutoring. By using a technique that is friendly to practitioners and students, Primary Prevention Practices is a perfect resource for those in the fields of psychology, clinical psychology, social work, and public health.

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