

Insomnia

PSYCHOLOGICAL ASSESSMENT
AND MANAGEMENT

Charles M. Morin

Insomnia Psychological Assessment And Management Treatment Manuals For Practitioners

Jane E. Fisher, William O'Donohue



Insomnia Psychological Assessment And Management Treatment Manuals For Practitioners:

Insomnia Charles M. Morin, 1993 Insomnia is one of the most frequently reported health problems yet until the publication of this book the literature lacked a structured and practical approach for clinical management This volume addresses the need by offering a complete multifaceted cognitive behavioral treatment program for chronic insomnia Using a conceptual model that emphasizes the interplay between maladaptive behavior patterns and dysfunctional sleep cognitions the book covers all aspects of assessment and treatment In addition it is the first to present a systematic approach to withdrawing drug dependent insomniacs from hypnotic medications The book also features particularly useful support materials including detailed outlines of the structured clinical interview for insomnia sequential therapy sessions sleep diaries questionnaires and other handouts This book will be of interest to a wide array of professionals from psychologists psychiatrists social workers and nurses to family practitioners and internists Written in an accessible style it is also useful for students in these fields

Cognitive Hypnotherapy Assen Alladin, 2008-04-30 Cognitive Behavioural Therapy CBT is now in use worldwide while hypnosis as a technique continues to attract serious interest from the professional community Integrating the two the field of cognitive hypnotherapy uses the natural trance states of clients to unlock unconscious thoughts and memory patterns that can generate and sustain problems Cognitive hypnotherapists work within the client's model of the world so that changes are more likely to be subconsciously accepted and become permanent This practical guide shows how cognitive hypnotherapy can be used to treat a range of emotional disorders including depression sleep disorders anxiety eating disorders and PTSD

Insomnia and Fatigue after Traumatic Brain Injury Marie-Christine Ouellet, Simon Beaulieu-Bonneau, Josee Savard, Charles M. Morin, 2019-10-22 Insomnia and fatigue are two of the most frequent consequences after traumatic brain injury TBI About 30% of individuals suffer from chronic insomnia an additional 20% have symptoms of insomnia and up to 75% have significant and persistent fatigue There is a strong empirical basis for the effectiveness of cognitive behavioral interventions for the management of insomnia and fatigue in the general population and in other patient populations and emerging research shows that these interventions seem applicable with similar benefits to people with TBI Insomnia and Fatigue After Traumatic Brain Injury A CBT Approach to Assessment and Treatment is written by a team of four scientist practitioners in psychology who are experts in sleep medicine cognitive behavioral therapy for insomnia and traumatic brain injury TBI Together they have authored this assessment and intervention manual for insomnia and fatigue intended for clinicians working with the TBI population Based on cognitive behavioral principles the manual integrates evidence based interventions and techniques used by expert clinicians working with these populations Throughout the development process there has been an ongoing integration of the best available research specialized clinical expertise and knowledge transfer expertise all of these perspectives were used to choose revise and format the content of the manual as to ensure that it would be most useful for the target audience Authored by specialists in sleep medicine CBT and

TBI Covers both assessment and treatment for TBI insomnia and fatigue Contains treatment plans in detail Suitable for inpatient and outpatient settings Appropriate for mild to severe TBI Includes extensive patient handouts **Sleep** Teofilo L. Lee-Chiong,2005-12-23 A unique resource on sleep medicine Written by contemporary experts from around the world Sleep A Comprehensive Handbook covers the entire field of sleep medicine Taking a novel approach the text features both syndrome and patient oriented coverage making it ideally suited for both clinical use and academic study Sleep A Comprehensive Handbook begins with a brief introduction to the basic science of sleep from neurobiology to physiologic processes This leads into sections offering comprehensive coverage of insomnia sleep apnea narcolepsy parasomnias movement disorders and much more Sleep and related disorders are also discussed followed by chapters on considerations for special patient groups Special materials for practitioners include a sample interview and questionnaire as well as a chapter on operating and managing a sleep center The text concludes with discussions of sleep assessment methods such as polysomnography actigraphy and video EEG monitoring With full coverage of over 100 key topics in sleep medicine Sleep A Comprehensive Handbook offers the most practical thorough yet handy resource available on adult and pediatric sleep medicine Praise from the reviews no other publication in the field can begin to compare with the breadth or depth of the Handbook I cannot imagine a functioning sleep disorders clinic without at least one copy on standby as a ready reference PscyCRITIQUES Sleep A Comprehensive Handbook is a first rate textbook with concise up to date information covering a wide range of subjects pertinent to the practice of sleep medicine DOODY S HEALTH SERVICES Current Catalog National Library of Medicine (U.S.),1993 First multi year cumulation covers six years 1965 70 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1993 *Therapy Manuals for Drug Addiction* Alan J. Budney,1998 Presents clear helpful information to aid drug treatment practitioners in providing the best possible care that science has to offer Therapy Manuals for Drug Addiction ,1998 **What Works with Children, Adolescents, and Adults?** Alan Carr,2008-08-18 This book provides an up to date review of research on the effectiveness of psychotherapy and psychological interventions with children adolescents adults people in later life and people with intellectual and pervasive developmental disabilities **Practitioner's Guide to Evidence-Based Psychotherapy** Jane E. Fisher,William O'Donohue,2006-11-24 This book is to help clinical psychologists clinical social workers psychiatrists and counselors achieve the maximum in service to their clients Designed to bring ready answers from scientific data to real life practice The guide is an accessible authoritative reference for today s clinician There are solid guidelines for what to rule out what works what doesn t work and what can be improved for a wide range of mental health problems It is organized alphabetically for quick reference and distills vast amounts of proven knowledge and strategies into a user friendly hands on reference Treating the Trauma of Rape Edna B. Foa,Barbara Olasov Rothbaum,2001-10-24 After reviewing the relevant treatment literature the authors detail how to assess and treat PTSD using a cognitive behavioral approach Co mplete instructions are given for

planning treatment as well as for introducing the patient to the various interventions. Nine exposure and stress management techniques are then detailed including imaginal exposure, trauma reliving, in vivo exposure, relaxation training, thought stopping, cognitive restructuring, covert modeling, and role playing. Enhancing the book's clinical utility are numerous case examples illustrating how to implement the techniques as well as explanations of how to cope with common problems and complications in treatment. The final chapter presents detailed outlines of three suggested treatment programs.

The Management of Stress and Anxiety in Medical Disorders David I. Mostofsky, David H. Barlow, 2000. In integrating the concepts of stress and anxiety with primary care diagnosis and treatment, this book offers unique insights on previously unexplained physical symptoms as well as ways in which anxiety can co-exist with bona fide medical illness and alter its presentation course and treatment response. This is a critical resource for clinicians in interpreting somatic symptoms and co-occurring medical disorders. With its unifying theme of stress and anxiety and broad range of topics, the compilation of writings provides clinicians with a unique comprehensive understanding of mental health concepts and intervention strategies within the context of non-medical health disorders. Such an understanding will contribute to better interdisciplinary research and professional practice as well as to improved patient care and cost-effective medical management.

Insomnia Martin P. Szuba, Jacqueline D. Kloss, David F. Dinges, 2003-06-19. Despite its prevalence, insomnia remains poorly understood mainly because of the lack of clear scientific data supporting the many approaches used. Millions of sufferers turn to alcohol, melatonin, or over-the-counter sleep aids despite the risks and lack of empirical evidence supporting the efficacy or safety of these agents. This book is the first of its kind to collate the up-to-date scientific data in order to identify the gaps in our knowledge and improve clinical management. A highly distinguished team of contributors examines the most recent findings and points where research should be heading. They cover the nature and prevalence of insomnia throughout the lifespan, the molecular, neuropharmacological, and neuroanatomical systems of relevance to insomnia, and the impact of related problems such as shift work, industrial accidents, mood disorders, and other sleep disorders. This is essential reading for all health care professionals engaged in the management of insomnia.

A Community Reinforcement Plus Vouchers Approach Alan J. Budney, 1998. *The Behavior Therapist*, 1993. *Behavior and Cognitive Therapy Today: Essays in Honor of Hans J. Eysenck*. E. Sanavio, 1998-12-24. This book carries the Proceedings of the European Association for Behavioural and Cognitive Therapy conference held in Venice in September 1997 and is dedicated to the memory of Hans Eysenck. The EACBT conference provides a rare opportunity for a wide range of clinicians and researchers from all over Europe and the USSR to come together, resulting in a highly topical and valuable range of scientific presentations. The Proceedings comprises over twenty papers addressing key subjects in terms of behavioural and cognitive therapy, including panic, affective disorders, paraphilia, schizophrenia, PTSD, obsession, and other psychological disorders. Of particular interest are chapters on the use of cognitive behaviour therapy versus supportive therapy in social phobia. Cottraux

the psychological treatment of paraphilias De Silva the theory and treatment of PTSD Foa the use of Diagnostic Profiling System in treatment planning Freeman and a cognitive theory of obsession Rachman

The Handbook of Adult Clinical Psychology Alan Carr, Muireann McNulty, 2014-03-05 The Handbook of Adult Clinical Psychology provides a reliable source of guidance on the full range of issues associated with conducting evidence based practice in adult mental health Topics covered include general frameworks for practice classification and epidemiology CBT psychodynamic systemic and bio medical models general assessment procedures mood problems depression bipolar disorder and managing suicide risk anxiety problems generalized anxiety disorder panic disorder obsessive compulsive disorder PTSD and social phobia physical health problems somatoform disorders chronic pain adjustment to cancer eating disorders and substance abuse other psychological difficulties schizophrenia borderline personality disorder psychological problems in older adults anger management and depersonalization disorder Each chapter includes useful skill building exercises summaries of the issues covered suggested further reading lists for both psychologists and patients and case material This practical Handbook will prove invaluable to clinical psychologists in training helping them to build the necessary skills to complete a clinical placement in the field of adult mental health The Handbook of Adult Clinical Psychology is one of a set of three handbooks published by Routledge which includes The Handbook of Child and Adolescent Clinical Psychology by Alan Carr and The Handbook of Intellectual Disability and Clinical Psychology Practice Edited by Alan Carr Gary O Reilly Patricia Noonan Walsh and John McEvoy

Handbook of Clinical Interviewing With Adults Michel Hersen, Jay C. Thomas, 2007-08-08 Clinical interviewing with adults is both an art and a science This handbook will appeal to a wide range of clinical researchers therapists interns and graduate students new to the complexities of the clinical interview and diagnostic process The comprehensive range of topics and coverage that includes case illustrations with dialogue and differential diagnosis and co morbidity will be highly attractive features to researchers professional therapists and graduate students The Hersen and Thomas team is highly qualified to succeed in this ambitious set of three projects Carolyn Brodbeck Chapman University The Handbook of Clinical Interviewing with Adults is one of three interrelated handbooks on the topic of interviewing for specific populations It presents a combination of theory and practice plus concern with diagnostic entities for readers who work or one day will work with adults in clinical settings The volume begins with general issues structured versus unstructured interview strategies mental status examinations selection of treatment targets and referrals writing up the intake interview etc moves to a section on major disorders most relevant to adult clients depression bipolar disorder agoraphobia posttraumatic stress disorder eating disorders alcohol and drug abuse sexual dysfunction etc and concludes with a chapter on special populations and issues neurologically impaired patients older adults behavioral health consultation etc

[Subject Guide to Books in Print](#), 1996

Case Studies in Insomnia P.J. Hauri, 1991-08-31 Sleep disorder experts discuss specific behavioral techniques psychotherapeutic techniques and pharmacotherapy comprehensive and integrated approaches

disorders of the sleep wake schedule and specific populations the chronically ill and older adults The field has seen rapid advances in recent years and has attained growing respectability insomnia is now seen as something more than a manifestation of depression or simply an annoying nuisance to be extinguished with hyponotics Annotation copyrighted by Book News Inc Portland OR

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