

Hndbok I Kognitiv Terapi

Psykiatri Din hjerne snyder dig Drømmenes dimensioner ABC i kognitiv terapi Psykiatrisk ergoterapi Hjælp din tonåring att hantera livet : även i motgång Volume 19, Tome I: Kierkegaard Bibliography Depression Self-Understanding and Other-Understanding in Personality Pathology Supervision i sundhedsprofessioner La kartidningen Vægt i balance Cognitive Psychotherapy of Psychotic and Personality Disorders Tinnitus Who's who in Science in Europe Psychology of Fear Kognitiv Terapi Allvarligt psykiskt störda människors vardagliga tillvaro Kognitiv terapi Norske tidsskriftartikler Jakob Linnet Ole Vedfelt Jennifer Creek Pia Callesen Peter Šajda Per Kragh-Sørensen Majse Lind Inge Vinding Carlo Perris Soly I. Erlandsson Longman Publishing Group Paul L. Gower Henrik Tingleff Maria Nyström Henrik Tingleff

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afhængighed kan antage mange former bogen din hjerne snyder dig tager dig med ind i afhængighedens maskinrum hvor du får at se hvad der udløser så kraftig en trang til at spille om penge overspise drikke game og meget andet at du kan blive afhængig psykolog jakob linnet præsenterer dig for ny forskning der viser hvordan din hjerne snyder dig til afhængighed bogen afslører at det er forventningen om f eks at drikke spille eller spise der gør dig afhængig forventningen om et stykke kage fra bageren udløser dopamin i hjernen og driver tvangsoverspiseren til at spise endnu mere på trods af de negative konsekvenser det er altså ikke kagen hos bageren men kagen i hjernen der fastholder

overspiseren i afhængighed i din hjerne snyder dig gør jakob linnet dig klogere på afhængighedens basale mekanismer derudover viser bogen hvordan du slipper ud af afhængigheden ved at benytte dig af en række simple psykologiske redskaber

boken är briljant pedagogiskt upplagd och fyller väl sitt syfte den vänder sig till föräldrar som har tonåringar som lider av oro och grubblerier men förhållningssätt och strategier fungerar även för något yngre barn och den äldre generationen betyg 5 5 briljant bibliotekstjänst en ny bok från psykologen och bästsäljande författaren pia callesen med inspiration råd och vägledning till hur föräldrar kan stötta sina tonåringar hjälp din tonåring att hantera livet bygger på teorierna i metakognitiv terapi och författarens egna erfarenheter av att hjälpa unga och deras föräldrar i boken lyfts flera konkreta orsaker till att unga mår dåligt som stress sömnsvårigheter ångest mobbning ensamhet nedstämdhet tvångstankar eller ett osunt förhållande till mat många unga kämpar med mörka tankar oro och en negativ självbild det är smärtsamt att se sin tonåring lida och ha det svårt och som förälder vill vi göra allt för att minska oron när vi i vår välmening försöker hjälpa genom att prata med beskydda och skona barnen riskerar vi motsatt effekt i stället bör vi visa att negativa tankar och känslor som att vara ledsen känna vrede ångest sorg och rädsla är lika normala som glädje stolthet och lycka på så sätt kan de lära sig att hantera och omfamna livet även i motgång

the long tradition of kierkegaard studies has made it impossible for individual scholars to have a complete overview of the vast field of kierkegaard research the large and ever increasing number of publications on kierkegaard in the languages of the world can be simply bewildering even for experienced scholars the present work constitutes a systematic bibliography which aims to help students and researchers navigate the seemingly endless mass of publications the volume is divided into two large sections part i which covers tomes i v is dedicated to individual bibliographies organized according to specific language this includes extensive bibliographies of works on kierkegaard in some 41 different languages part ii which covers tomes vi vii is dedicated to shorter individual bibliographies organized according to specific figures who are in some way relevant for kierkegaard the goal has been to create the most exhaustive bibliography of kierkegaard literature possible and thus the bibliography is not limited to any specific time period but instead spans the entire history of kierkegaard studies

få inspiration og viden uden løftede pegefingre og undgå at forfalde til gastronomisk selvhøjtidelighed eller at skulle have en lommeregner med i supermarkedet for at få sund nem og lækker mad

this book reviews the development of cognitive behavior therapy cbt and its use with patients suffering from schizophrenia or other severe personality disorders the effectiveness of cbt is highlighted through case studies of dissociative disorders borderline personality disorders and narcissistic personality disorders a special section on dealing with uncommunicative patients with personality disorders completes the overview

fear is a normal human emotional reaction it is a built in survival mechanism with which we are all equipped fear is a reaction to danger that involves both the mind and body it serves a protective purpose signalling us of danger and preparing us to deal with it the major components of fear are sensations feelings cognitions and behaviours fear can be individual or collective such as expressed in the national fear in the united states related to terrorism the washington dc sniper attacks caused widespread fear in a large geographic region far out of proportion to the real danger individuals must cope with fear on a daily basis in a myriad of forms financial fears health fears relationship conflict fears dental appointments fears about the future etc this new book collects important research which helps shed light on important issues in this field which touches all of us each day

2 bind i serien om den kognitive terapies konkrete metoder til at evaluere tanker og mindske ubehag alle metoder er rigt eksemplificeret med cases fra hverdagen bogen henvender sig til psykologistuderende rådgivningspersonale terapeuter og alle personer der ønsker at udvikle sig

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