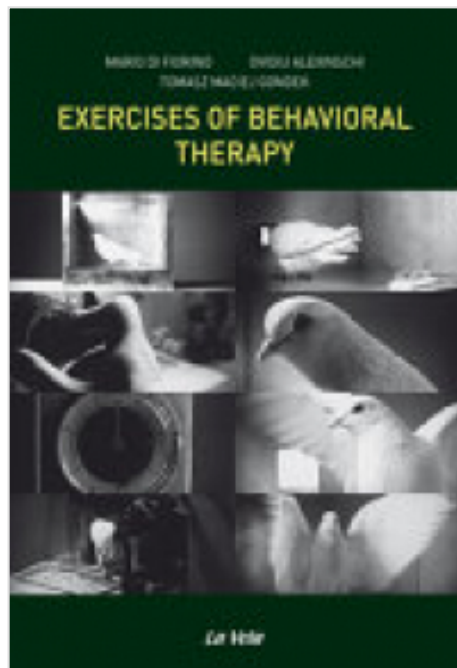


**SAGGISTICA****EXERCISES OF BEHAVIORAL THERAPY**

di Mario Di Fiorino, Ovidiu Alexinschi, Tomasz Maciej Gondek



This book mainly concerns the basic elements of behavioral therapy, emphasizing the pragmatic aspect, with less interest in the theory. The reader may find some examples of the clinical cases described and discussed during the courses held in Viareggio (Italy) and in Iași (Romania) in the last twenty years. There are exercises, clinical discussions, for the spreading of the techniques of behavioral therapy. It is a work in progress, used in the behavioral training programs for residents, in order to allow the greatest number of patients using these treatments. Through the proposed methodology, sometimes involving a relative or a friend as co-therapists, we ask the patient to write down everything that happens during the day on a daily diary, bringing the activities they have done as homework assigned by the therapist. Then the patient will bring the diary every session, we will discuss on the progress achieved, the difficulties encountered, and that in most cases manage to overcome. So it will interest us above all to see what we should do!

**GLI AUTORI**

Mario Di Fiorino, MD, Chief of the Psychiatric Department of Versilia General Hospital, Viareggio (Italy), Co-President with Maria Luisa Figueira of "Bridging Eastern and Western Psychiatry", President of the Italian Association of Behavioural Therapy. Ovidiu Alexinschi, MD, PhD Senior Psychiatrist, Institute of Psychiatry Socola, Iași, Romania. Coordinator for Romania of Bridging Eastern and Western Psychiatry. Tomasz Maciej Gondek, MD, Psychiatry trainee at the Lower Silesian Centre of Mental Health in Wrocław (Poland), PhD candidate at the Department of Psychiatry, Wrocław Medical University, is Coordinator of the Polish Association for Bridging Eastern and Western Psychiatry.

Editore: **LA VELA (VIAREGGIO)**Pagine: **104**Formato: **14×20.5**Prezzo: **10.00 €**Pubblicazione: **10/03/2017**ISBN: **9788899661052**