

Take Charge

A PERSONAL GUIDE
TO BEHAVIOR
MODIFICATION*

*The controversial branch of psychology that has helped many people

- Lose weight and stop smoking
- Bring up children more effectively
- Reduce migraines and sexual problems
- Feel better about themselves

William H. Redd, Ph.D., and
William Sleator

Take Charge A Personal Guide To Behavior Modification

Sigmund Koch



Take Charge A Personal Guide To Behavior Modification:

Take Charge William H. Redd, William Sleator, 1978 New Developments in Behavior Therapy Cyril M. Franks, 1984
Leading experts in the field of behavior therapy review developments in the field and highlight implications for clinical practice Following a comprehensive overview of behavior therapy by Editor Cyril Franks each chapter provides an in depth review of the pertinent literature and a translation of the findings into ramifications for clinical practice and concludes with an overview of the major indicators and contra indicators for direct application The practicing clinician will find practical relevant chapters on obesity smoking alcohol abuse anxiety depression insomnia and sexual dysfunction Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1978 Subject Catalog, 1977 Library of Congress, 1977 **Library of Congress Catalogs** Library of Congress, 1979 **Psychology in Human Context** Sigmund Koch, 1999-07 Sigmund Koch 1917 1996 was one of the twentieth century s most penetrating and wide ranging critics of the scientific ambitions of psychology Writing in a style sometimes scathing sometimes witty always lucid he decried any psychology that attempted to eradicate the human dimension from the study scientific and otherwise of human experience and action A philosopher and humanist by nature Koch also sought to change the multifaceted field of psychology by moving it closer to the humanities and arts The broad scope of essays in *Psychology in Human Context* which began as the basis for the eagerly anticipated postscript to Koch s seminal *Psychology A Study of a Science* reveals his writings to be as fresh and relevant today as ever Carefully edited by two of Koch s close associates this collection places psychological and philosophical issues in the context of twentieth century thought and provides intellectual and moral signposts for future travelers in what Koch regarded as the irreducibly rich and human realm of the psychological studies Sigmund Koch was University Professor of Psychology and Philosophy at Boston University the editor of the landmark six volume series *Psychology A Study of a Science* 1959 1963 and coeditor of *A Century of Psychology as Science* He served as the president of three divisions of the American Psychological Association and was director of the Ford Foundation program in the Humanities and the Arts 1964 1967 **Subject Guide to Books in Print** ,1984 **Subject Catalog** Library of Congress, **Journal of Applied Behavior Analysis** ,1977 Advances in Behavioral Research in Dentistry ,1978 *Presenting William Sleator* James E. Davis, Hazel K. Davis, 1992 A critical introduction to the life and work of author William Sleator who has written for both children and young adults and specializes in the field of science fiction Medical Books and Serials in Print ,1983 **American Book Publishing Record Cumulative 1998** R R Bowker Publishing, 1999-03 **The Cumulative Book Index** ,1978 A world list of books in the English language *Resources in Education* ,1997
Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access Brian Luke Seaward, 2023-12-22 *Managing Stress* provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and

professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

Encyclopedia of Behavior Modification and Cognitive Behavior Therapy Michel Hersen, 2005-01-25 The three volume Encyclopedia of Behavior Modification and Cognitive Behavior Therapy provides a thorough examination of the components of behavior modification behavior therapy cognitive behavior therapy and applied behavior analysis for both child and adult populations in a variety of settings Although the focus is on technical applications entries also provide the historical context in which behavior therapists have worked including research issues and strategies Entries on assessment ethical concerns theoretical differences and the unique contributions of key figures in the movement including B F Skinner Joseph Wolpe Aaron T Beck and many others are also included No other reference source provides such comprehensive treatment of behavior modification history biography theory and application

Thematic Coverage The first of the thematic volumes covers **Adult Clinical Applications** Adults are the most common population encountered by researchers clinicians and students and therefore more than 150 entries were needed to cover all necessary methods The second volume covers **Child Clinical Applications** in 140 entries One especially useful aspect of this volume will be the complications sections addressing what can go wrong in working with children This is an area often overlooked in journal articles on the subject Volume III **Educational Applications** addresses a range of strategies and principles of applied behavior analysis positive behavior support and behavior modification and therapy These entries focus on classroom and school contexts in which the instructional and behavioral interactions between teachers and their learners are emphasized

Unique Easy to Follow Format Each of the volumes entries address a full range of mental health conditions and their respective treatments with the aim of providing systematic and scientific evaluation of clinical interventions in a fashion which will lend itself to the particular style of treatment common to behavior modification Major entries for specific strategies follow a similar format

- 1 Description of the Strategy
- 2 Research Basis
- 3 Relevant Target Populations and Exceptions
- 4 Complications
- 5 Case Illustration
- 6 Suggested Readings
- 7 Key Words

Biographical sketches include the following

- 1 Birthplace and Date
- 2 Early Influences
- 3 Education History
- 4 Professional Models
- 5 Major Contributions to the Field
- 6 Current Work and Views
- 7 Future Plans

Readership This encyclopedia was designed to enhance the resources available to students scholars practitioners and other interested social science readers The use of in text citations jargon and descriptions of research designs and statistics has been minimized making this an accessible comprehensive resource for students and scholars alike Academic and research librarians in the social sciences health and medicine will all find this an invaluable addition to their collections

Key Features Three thematic volumes and over 430 total entries Five anchor articles in each volume provide context on major issues within the field Key words and lists of suggested readings follow each entry Contributions by internationally renowned authors from England

Germany Canada Australia New Zealand and the United States Volume Editors Volume I Adult Clinical Applications Michel Hersen Johan Rosqvist Pacific University Volume II Child Clinical Applications Alan M Gross Ronald S Drabman University of Mississippi Volume III Educational Applications George Sugai Robert Horner University of Oregon Advisory Board Thomas M Achenbach Ph D Department of Psychiatry University of Vermont Stewart W Agras M D Department of Psychiatry Behavioral Science Stanford University School of Medicine David H Barlow Ph D ABPP Center of Anxiety and Related Disorders Boston University Alan S Bellack Ph D ABPP Department of Psychiatry University of Maryland School of Medicine Edward B Blanchard Ph D Department of Psychology University of Albany SUNY James E Carr Ph D Department of Psychology Western Michigan University Anthony J Cuvo Ph D Rehabilitation Institute Southern Illinois University Gerald C Davison Ph D Department of Psychology University of Southern California Eric F Dubow Ph D Psychology Department Bowling Green State University Rex L Forehand Ph D Psychology Department University of Vermont Arnold A Lazarus Ph D ABPP Center for Multimodal Psychological Services Robert P Liberman M D Department of Psychiatry West Louisiana VA Medical Center Scott O Lilienfeld Ph D Department of Psychology Emory University Marsha M Linehan Ph D ABPP Department of Psychology University of Washington Nathaniel McConaghy DSc M D School of Psychiatry University of N S W Australia Rosemary O Nelson Gray Ph D Department of Psychology University of North Carolina Greensboro Lars G ran st Ph D Department of Psychology Stockholms Universitet Sweden Alan D Poling Ph D Department of Psychology Western Michigan University Wendy K Silverman Ph D Department of Psychology Florida International University Gail Steketee Ph D School of Social Work Boston University Douglas W Woods Ph D Department of Psychology University of Wisconsin Milwaukee

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The Publishers' Trade List Annual ,1983

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Take Charge A Personal Guide To Behavior Modification Introduction

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