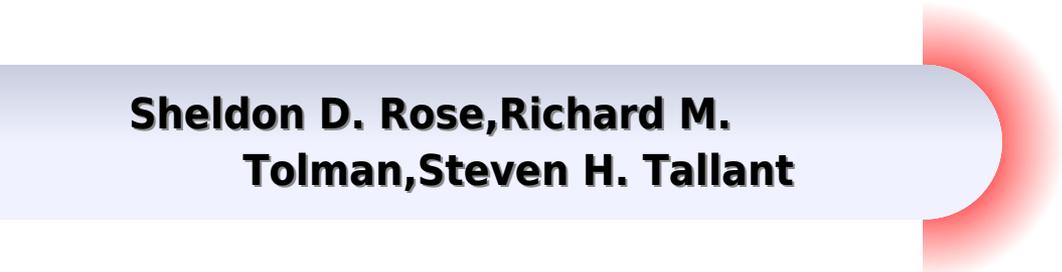




# Stress Management Workshop

# Stress Management Workshop Guide

**Sheldon D. Rose, Richard M.  
Tolman, Steven H. Tallant**



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A welcome addition to the series The co authors have endeavoured to give a thorough and practical guide to this vast subject and they have managed to do this within the confines of an easy to read cheap and relatively short paperback a very useful practical volume for the general counsellor to have on their book shelf *Counselling The Journal of the British Association for Counselling and Psychotherapy* This comprehensive guide views stress counselling and management from a multimodal perspective Clear guidelines show practitioners how they can give their clients the most effective help for their stress problems using a technically eclectic and systematic approach The authors discuss the symptoms and causes of stress and outline a framework in which stress problems can be understood They emphasize the importance of assessment as a guide to the selection of multimodal interventions and of tailoring the counselling approach for each client Chapters discuss the range of interventions that can be used cognitive imagery behavioural sensory interpersonal and health lifestyle and the most useful techniques that can be employed within these models such as disputing irrational beliefs coping imagery psychodrama relaxation training and assertion training Case examples illustrate commonly used techniques **Understanding and Managing Stress** John D. Adams, 1989 **A Group Leaders Guide to Stress Management Training** Sheldon D. Rose, Richard M. Tolman, Steven H. Tallant, 1985 [Stress Management Training for Women on Public Assistance](#) Deborah Marciniak, 1981 *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* American College of Sports Medicine, J. Larry Durstine, 1993 Provides certification candidates with appropriate information relative to the behavioral objectives found in the Guidelines for Exercise Testing and Prescription 4th ed Lea and

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