using a process based approach to personalize cbt for better success presents a unique dynamic approach to cbt shows how to implement this approach provides downloadable tools the process based approach to cognitive behavioral therapy cbt is a unique method for understanding psychological problems as complex networks of interacting processes it allows therapists to grasp the individuality complexity and dynamics of psychological disorders things that often get missed in diagnosis oriented approaches the authors both experienced researchers and practitioners of this method explore how understanding these complex networks enables therapists using cbt to focus on

the core processes responsible for a person s suffering first the reader is shown how emotional cognitive behavioral and somatic processes interact in maintaining maladaptive states and how this approach identifies the points at which therapeutic interventions can be applied to achieve maximum leverage this is followed by guidance on implementing the approach in practice including addressing diagnostic issues to create an individual process based model network for selecting the right evidence based interventions the process based approach forms a connecting foundation that combines classical cbt with third wave approaches acceptance commitment therapy schema therapy and integrates helpful recent developments in psychotherapy research such as evolutionary theories practitioners will find the downloadable tools in the appendix invaluable for their clinical practice this book is of interest to clinical psychologists psychiatrists psychotherapists mental health practitioners students and trainees

living in transit being in motion is an actual condition movement is real moreover it is essential because it concerns kinetic events we can insistently perceive that everything changes and moves all living beings undergo experiences revealing flows adaptations and becomings quotidian experiences testify to that directly or indirectly we face reality s movements all the time atoms move planets move animals move rivers move trees move technology moves economy moves the state moves and people move the ontological assertion that reality is all about beings in motion has an anthropological side that must be considered we indeed live in times highly defined by movement and change as we have said everything moves it is inevitable to perceive and face movement and change for that reason it is essential to ethically assess our human role in changing living scenarios and dynamic beings

in the realm of universities the future is directly linked to the ability to connect local realities with the knowledge generated by researchers from other parts of the world the experiences developed by the lasallian laboratory for colombian habitat construction lab lahc and teams of faculty and students from the technische hochschule ostwestfalen lippe in germany are presented as precedents these experiences have allowed this research to analyse diagnose and propose alternatives for rural habitat and nature tourism the goal is to create solutions promoting well being and enjoying environments that protect biodiversity through exercises and dialogues we have recognized our realities and those of other contexts expanded discussions set new challenges and strengthened bonds of friendship these findings are presented reflectively and expositorily in this book

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comprehensive surgical techniques and insights to inform management of cervical spine disorders cervical spine surgery requires a deep understanding of the region s bony ligamentous vascular and neural anatomy and biomechanics combined with the artistry and precision of a master craftsman cervical spine surgery principles and techniques edited by ali a baaj khoi d than alan h daniels ganesh m shankar and saleh s baeesa serves as a leading source of knowledge in this ever evolving and challenging subspeciality throughout the book an impressive group of pioneering surgeons share their invaluable experience innovative techniques and cutting edge research providing readers with an unparalleled resource to help improve patient outcomes the book features 40 chapters organized into four sections starting with anatomy biomechanics anesthetics and neuromonitoring in the second section 15 chapters cover traumatic degenerative congenital malignant vascular and infectious diseases throughout the third section contributors provide step by step guidance on how to perform diverse cervical spine surgeries the final section summarizes minimally invasive approaches endoscopy navigation and robotics and emerging technologies such as ai key highlights a wealth of information carefully curated by the world's leading experts enhances knowledge meticulous descriptions of surgical approaches techniques and postoperative management strategies provide indispensable insights high quality illustrations intraoperative photographs videos and detailed case studies bring the intricacies of cervical spine surgery to life this textbook is an invaluable companion for neurosurgical and orthopaedic residents embarking on their surgical journey seasoned surgeons seeking to refine their skills and allied health personnel involved in the care of cervical spine patients this print book includes a scratch off code to access a complimentary digital copy on medone publisher s note products purchased from third party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product

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the most comprehensive text available on the use of evidence based medication therapies for optimal patient outcomes updated with the latest breakthroughs and guidelines a doody s core title for 2019 pharmacotherapy a pathophysiologic approach is written to help you advance the quality of patient care through evidence based medication therapy derived from sound pharmacotherapeutic principles the scope of this trusted classic goes beyond drug indications and dosages to include the initial selection proper administration and monitoring of drugs you will find everything you need to provide safe effective drug therapy across the full range of therapeutic categories presented in full color the tenth edition is enriched by more than 300 expert contributors and every chapter has been updated to reflect the latest in evidence based information and recommendations this sweeping updates include tables charts algorithms and practice guidelines this edition is also enhanced by a timely all new chapter on travel health here s why this is the perfect learning tool for students patient focused pharmacists and other health care providers all chapters have been updated to provide the most current reliable and relevant information possible key concepts at the beginning of each chapter clinical presentation tables summarize disease signs and symptoms clinical controversies boxes examine the complicated issues faced by students and clinicians in providing drug therapy color coded diagnostic flow diagram treatment algorithms dosing recommendations and monitoring approaches clearly distinguish treatment pathways most disease oriented chapters include updated evidence based treatment guidelines that often include ratings of the level of evidence to support the key therapeutic approaches edition after trusted edition pharmacotherapy a pathophysiologic approach has been unmatched in its ability to clearly and impartially impart core pathophysiological and therapeutic elements that students and practitioners must be familiar with

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available to optimize patient outcomes as well as a chapter on rehabilitation quality of life issues and symptom management

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a complete guide to making a successful ob gyn hospital medicine program a reality this authoritative text delivers a complete evidence based blueprint clarifying every aspect of ob gyn hospital medicine encompassing clinical practice as well as program development and business models the book takes physicians nurses administrators and staff through the necessary steps to start and successfully run ob gyn hospitalist programs readers will also benefit from an efficient approach to managing ob gyn emergencies which includes valuable guidance for physicians and physician extenders working in labor and delivery and ers icus utilizing a cohesive 3 part organization the book begins with an insightful overview of the ob gyn hospital medicine specialty then explores related healthcare system issues and the full range of obstetric clinical conditions from asthma in pregnancy to preterm labor finally an essential review of fundamental gynecologic topics such as pelvic pain is provided along with in depth coverage of modern ob gyn hospital medicine procedures taken together this innovative text represents the definitive introduction to the ob gyn hospitalist speciality one that no hospital should be without features a focus on accessible high yield medical education illuminates the burgeoning field of ob gyn hospital medicine practical turnkey coverage of ob gyn hospital medicine and its successful implementation is designed to optimize ob gyn practice and enhance patient care outstanding chapter pedagogy includes learning objectives clinical case presentations key patient hand off points and abundant clinical images and illustrations

gain a thorough understanding of the key principles of patient safety with the subject s pioneer text now in full color this highly readable yet comprehensive book will appeal to every member of the healthcare team it is a must for every physician s bookshelf abraham verghese md professor stanford university and author of the bestselling cutting for stone bob wachter s quest to improve the safety of american healthcare represents the very essence of a physician s duty to put the patient first his unflinching candor about the nature and magnitude of our current safety problems is matched only by his passion for improvement mark r chassin md mpp mph president the joint commission amazingly readable for such a wealth of important information this book should be required reading for every health professional and every healthcare executive christine cassel md president and ceo american board of internal medicine in a single volume wachter accomplishes the seemingly impossible furnishing the novice with a highly accessible easy to read introduction to patient safety while providing a comprehensive fully annotated reference for the experienced patient safety practitioner all of the important issues are addressed in individual chapters each with a lively and relevant clinical example and a key points summary at the end bracketing full balanced and lucid descriptions a true gem destined to be a close companion for all of us who strive to make healthcare safe lucian leape md professor harvard school of public health and chair lucian leape institute of the national patient safety foundation there s no more prominent authority on patient safety than bob wachter and there s no more effective primer on patient safety than this one atul gawande md mph

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