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Gestion du stress et de l'anxiété (French Edition)

Dominique Servant

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La gestion du stress et de l’anxiété est en plein essor dans le monde de la santé et de la psychologie, mais intéresse aussi le monde de l’entreprise et de l’éducation.

Cet ouvrage, **centré sur l’approche TCC** particulièrement bien indiquée pour le stress et l’anxiété, rend compte des **avancées importantes** effectuées dans leur prise en charge (médicaments et psychothérapies).

Cette troisième édition propose de nombreux nouveaux cas cliniques et outils pratiques de TCC pour prendre en charge les attaques de panique, le trouble panique et l’agoraphobie, les phobies spécifiques, les phobies sociales, l’anxiété généralisée et le trouble de l’adaptation avec anxiété.

La gestion du stress est présentée de façon originale proposant de **nouvelles méthodes d’évaluation et des techniques visant à mieux contrôler les émotions et agir sur les ruminations et les comportements**. Un **module de thérapie de groupe** est détaillé en huit séances et s’avère très utile pour guider le patient et l’aider dans sa pratique personnelle.

Un **ouvrage indispensable** pour tous les thérapeutes confrontés aux patients stressés et anxieux mais aussi pour tous les intervenants de la prévention et de l’accompagnement psychologique.

Cette deuxième édition de *Gestion du stress et de l’anxiété* propose deux nouveaux exercices de relaxation (contrôle respiratoire, relaxation musculaire progressive) et un module de thérapie de groupe. Un des motifs de consultation les plus fréquents, le stress, fait désormais l’objet d’une partie plus détaillée. Cette nouvelle édition intègre également la prise en charge des phobies sociales dont l’agoraphobie, traitée auparavant dans un autre volume.

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