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difficulty with the fact that many female (and some male) smokers do not even try to quit because they are afraid of the resulting weight gain, and it seems a near impossibility for smokers to quit alone. Any amount of counseling, from even one ten-minute session, drastically improves a person's chances for cessation success. Many therapists have clients who smoke, yet they do not encourage them to quit because they feel under-equipped to help them. There are very few books for mental health workers that teach smoking cessation techniques; almost all of the books on the market are self-help based. Of those that are for the clinician, most are not user-friendly at all, and none discuss the secondary concerns of weight gain. This guide teaches therapists, in easy to follow session modules, proven methods for their clients to stop smoking, and to avoid the resulting weight gain. Structured as a 16-week group program, this treatment teaches clients to break their smoking habit first, then to avoid replacing that habit with unhealthy eating. Using cognitive-behavioral therapy (CBT), this treatment emphasizes skill-building and the use of self-monitoring forms (found in the accompanying workbook) to help clients take control of their health. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) Chemistry (Teacher Guide) Oxford University Press, USA

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Matter and Chemistry Bushra Arshad

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Managing Social Anxiety Bushra Arshad

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Anxiety disorders and OCD are the most common mental health problems of childhood and adolescence. This book provides a complete, step-by-step program for parents looking to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms.

100 Ideas for Teaching Science Thomas Nelson Incorporated

Trichotillomania (TTM) is a complex disorder that has long been considered difficult to treat as few effective therapeutic options exist. The empirically-supported treatment approach described in this innovative guide blends traditional behavior therapy elements of habit reversal training and stimulus control techniques with the more contemporary behavioral elements of Acceptance and Commitment Therapy (ACT). With this breakthrough approach, clients learn to be aware of their pulling and warning signals, use self-management strategies for stopping and preventing pulling, stop fighting against their pulling-related urges and thoughts, and work toward increasing their quality of life.

Workbook for Radiologic Science for Technologists - E-Book Oxford University Press

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