

La Coppia Strategica Guida Pratica Per Un Sano Ra

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This practical guide provides strategic insights for couples aiming to build and maintain a healthy, resilient relationship. Learn actionable techniques to improve communication, foster mutual understanding, and create a lasting partnership that thrives through challenges.

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La coppia strategica

Perché due partner, improvvisamente, si sentono due sconosciuti? Cosa fare per superare il senso di solitudine che una coppia può sperimentare? Cosa si intende e come far fronte alle “incompatibilità caratteriali”? Quali sono gli effetti della critica continua, nell’equilibrio di una coppia? Esiste un modo per imparare a comunicare senza dover passare necessariamente da aspri conflitti? Il mondo, la società cambiano e si muovono alla velocità della luce e di conseguenza anche il modo di vivere le relazioni è in costante evoluzione. Numerose sono le “sfide” che una coppia si trova ad affrontare per vivere, e reggersi in piedi; talvolta, a causa di incomprensioni, pressioni sociali, ritmi di vita incalzanti, però, la coppia finisce col “sopravvivere”. Trovare il giusto punto di equilibrio, spesso, è difficile ma non impossibile. È a partire da queste premesse che gli autori Davide Algeri, Valentina Guarasci e Simona Lauri, hanno deciso di proporre una nuova e più approfondita edizione del libro *La coppia strategica* che passa in rassegna le situazioni più difficili che una coppia può incontrare lungo il suo cammino: momenti di crisi, incompatibilità caratteriali ma anche temi quali il tradimento e la fine della storia d’amore. Attraverso il linguaggio semplice che lo caratterizza, l’obiettivo del libro, ancora una volta, è quello di offrire al lettore una conoscenza delle dinamiche della vita a due e semplici ma incisive strategie per provare a costruire “un sano rapporto di coppia”.

The Therapeutic Alliance

This state-of-the-art book presents research-based practice guidelines that clinicians of any orientation can use to optimize the therapeutic alliance. Leading proponents of the major psychotherapeutic approaches explain just what a good alliance is, how to create it, and how to recognize and repair alliance ruptures. Applications in individual, group, couple, and family therapy are explored; case examples vividly illustrate the concepts and techniques. Links between the quality of the alliance and client outcomes are elucidated. A section on training fills a major gap in the field, reviewing proven strategies for helping therapists to develop key relationship-building skills.

Changeology

An internationally recognized expert on behavior change presents a revolutionary approach to personal improvement that converts scientifically proven techniques into a 90-day plan with five simple steps. 35,000 first printing.

Handbook of Perinatal Clinical Psychology

The book examines the major issues in perinatal clinical psychology with the presence of theoretical information and operational indications, through a biopsychosocial approach. The multiplicity of scientific information reported makes this book both a comprehensive overview on the major perinatal mental health disorders and illnesses, and a clinical guide. It covers perinatal clinical psychology through a journey of 15 chapters, putting the arguments on a solid theoretical basis and reporting multiple operational indications of great utility for daily clinical practice. It has well documented new evidence bases in the field of clinical psychology that have underpinned the conspicuous current global and national developments in perinatal mental health. As such, it is an excellent resource for researchers, policy makers, and practitioners – in fact, anyone and everyone who wishes to understand and rediscover, in a single opera, the current scientific and application scenario related to psychological health during pregnancy and after childbirth.

Digital Breast Tomosynthesis

This book provides a comprehensive description of the screening and clinical applications of digital breast tomosynthesis (DBT) and offers straightforward, clear guidance on use of the technique. Informative clinical cases are presented to illustrate how to take advantage of DBT in clinical practice. The importance of DBT as a diagnostic tool for both screening and diagnosis is increasing rapidly. DBT improves upon mammography by depicting breast tissue on a video clip made of cross sectional images reconstructed in correspondence with their mammographic planes of acquisition. DBT results in markedly reduced summation of overlapping breast tissue and offers the potential to improve mammographic breast cancer surveillance and diagnosis. This book will be an excellent practical teaching guide for beginners and a useful reference for more experienced radiologists.

Compasito

Living among other people, in their families and communities, children become aware from a very early age of questions related to justice, and they search for the meaning of the world. By fostering an understanding of human rights, shaping opinion and developing attitudes, human rights education strongly supports this natural interest and learning process. This is what human rights education is about and this is what 'Compasito manual on human rights education for children' is for. 'Compasito' is a starting point for educators, teachers and trainers who are ready to deal with human rights education with children of 7-13 years. The book covers the key concepts of human rights and children's rights, and provides substantial theoretical background to 13 key human rights issues, such as democracy, citizenship, gender equality, environment, media, poverty, and violence. The 42 practical activities serve to engage and motivate children to recognise human rights issues in their own environment. They help children to develop critical thinking, responsibility and a sense of justice, and help them learn how to take action to contribute to the betterment of their school or community. The manual also gives practical tips on how it can be used in various formal and non-formal educational settings.

Index for Inclusion

Dialogue has long been used in primary classrooms to stimulate thinking, but it is not always easy to unite the creative thinking of good dialogue with the need for children to understand the core concepts behind knowledge-rich subjects. A sound understanding of key concepts is essential to progress through the national curriculum, and assessment of this understanding along with effective feedback is central to good practice. Dialogic Education builds upon decades of practical classroom research to offer a method of teaching that applies the power of dialogue to achieving conceptual mastery. Easy-to-follow template lesson plans and activity ideas are provided, each of which has been tried and tested in classrooms and is known to succeed. Providing a structure for engaging children and creating an environment in which dialogue can flourish, this book is separated into three parts: Establishing a classroom culture of learning; Core concepts across the curriculum; Wider dialogues: Educational adventures in the conversation of mankind. Written to support all those in the field of primary education,

this book will be an essential resource for student, trainee and qualified primary teachers interested in the educational importance of dialogue.

Dialogic Education

How can I supercharge the therapy I currently use? This volume distills the core principles, methods, and vision of the approach. Each Functional Analytic Psychotherapy (FAP) principle is presented in terms of its intended purpose and is clearly linked to the underlying theory, thus providing clinicians with a straightforward guide for when and how to apply each technique. FAP embraces awareness, courage, and love as integral to the treatment process. Part I of this volume reviews the history of FAP and the basic behavioral principles on which it is based. Part II provides an easy to use step-by-step guide to the application of FAP techniques. FAP is an approach undergoing a renaissance, and this volume uniquely summarizes the full history, theory, and techniques of FAP, resulting in a handbook perfect for clinicians and graduate students with or without a behavioural background.

Functional Analytic Psychotherapy

This book is the result of the WHO European Working Group on Health Promotion Evaluation which examined the current range of qualitative and quantitative evaluation methods to provide guidance to policy-makers and practitioners. It includes an extensive c

Evaluation in Health Promotion

This book is the definitive resource for those who are dedicated to helping mothers breastfeed. Highlights include new approaches to positioning and latch-on, information on the use of prescription and herbal medications to increase milk supply, new illustrations of breast structure and how the breast functions as reflected in the research of Dr Peter Hartmann, and information on breastfeeding in emergency situations. This guidebook can be used to help mothers establish and enjoy a satisfying breastfeeding relationship with their babies. Available in hard cover, on CD-ROM, or as a set of both. To order, contact La Leche League International, 1400 N. Meacham Rd., Schaumburg IL 60173; by phone at 847-519-9585; or online at www.lalecheleague.org. Mention code BPA04.

The Breastfeeding Answer Book

Essentials of Marketing Communications 3rd edition gives students a concise overview of the strategic and tactical decision-making processes involved in marketing communications. It also links the current theories of marketing communications to consumer behaviour issues as well as explaining how marketing communications works in the real world. The text is ideal for those studying marketing communications for the first time.

Essentials of Marketing Communications

A combination of social and economic factors have led to the current surge of interest in brief psychotherapy. But how do the time limitations affect the central relationship between therapist and client? How do therapist and client determine the focus of their work together? How does the therapist deal with ruptures in the working alliance and the pressure of termination issues?

The Therapeutic Alliance in Brief Psychotherapy

[This book is intended] for clinicians, theoreticians, and researchers. (PsycINFO Database Record (c) 2004 APA, all rights reserved).

Empathy Reconsidered

I am. We are. That is enough. Now we have to start. These are the opening words of Ernst Bloch's first major work, *The Spirit of Utopia*, written mostly in 1915-16, published in its first version just after the First World War, republished five years later, 1923, in the version here presented for the first time in English translation. *The Spirit of Utopia* is one of the great historic books from the beginning of the century, but it is not an obsolete one. In its style of thinking, a peculiar amalgam of biblical, Marxist, and Expressionist turns, in its analytical skills deeply informed by Simmel, taking its information from both Hegel and Schopenhauer for the groundwork of its metaphysics of music but consistently interpreting the cultural legacy in the light of a certain Marxism, Bloch's *Spirit of Utopia* is a unique attempt to rethink

the history of Western civilizations as a process of revolutionary disruptions and to reread the artworks, religions, and philosophies of this tradition as incentives to continue disrupting. The alliance between messianism and Marxism, which was proclaimed in this book for the first time with epic breadth, has met with more critique than acclaim. The expressive and baroque diction of the book was considered as offensive as its stubborn disregard for the limits of "disciplines." Yet there is hardly a "discipline" that didn't adopt, however unknowingly, some of Bloch's insights, and his provocative associations often proved more productive than the statistical account of social shifts. The first part of this philosophical meditation--which is also a narrative, an analysis, a rhapsody, and a manifesto--concerns a mode of "self-encounter" that presents itself in the history of music from Mozart through Mahler as an encounter with the problem of a community to come. This "we-problem" is worked out by Bloch in terms of a philosophy of the history of music. The "self-encounter," however, has to be conceived as "self-invention," as the active, affirmative fight for freedom and social justice, under the sign of Marx. The second part of the book is entitled "Karl Marx, Death and the Apocalypse." I am. We are. That's hardly anything. But enough to start.

The Spirit of Utopia

Can the Protomental System provide a new foundation for psychoanalytic theory? Constructing a Mind draws on psychoanalytic theories of mind and recent developments in cognitive science to present the Protomental System, a new and original explanatory theory of the development of the human mind. This book aims to move psychoanalytic theory away from its origins in Freud's theory, towards a model which gives priority to cognition and memory. This, Antonio Imbasciati argues, will make possible a successful and productive integration of psychoanalysis with other areas of psychology. Subjects covered include: The mind as an information-processing system Constructing the system: from fetus to baby, child, and finally adult The caregiver relationship as a decoding system for information processing The paranoid-schizoid metabolism of information Memory of functions and memory traces of affects Internal information generated by the system The depressive position and learning to know Reparation and thought. This thoughtful and thorough account of cognitive development provides a conceptual framework that succeeds in making some of the more complex areas of psychoanalytic theory more intelligible. Constructing a Mind will be of great interest to psychoanalysts, psychotherapists and cognitive psychologists, especially those with an interest in neuropsychology and neonatal development.

Constructing a Mind

The aim of this book is to illustrate a variant of the standard cognitive treatment for eating disorders. This therapy is based on the principle that assessing and treating the patient's process of worry and sense of control fosters greater understanding of the psychopathology of the eating disorder and increases the efficacy of cognitive treatment. The book is an edited collection of chapters that discuss the psychopathological roles played by control and worry in eating disorders, and provide a detailed description of the therapeutic protocol, which primarily focuses on the treatment of the cognitive factors of control and worry as core factor of a psychotherapy of eating disorders. In addition, the book shows contributions from other theorists in the field who have investigated the role of worry, preoccupation, and control, or who explore the connections between worry, control, and other emotional factors underlying eating disorders, such as perfectionism, self-esteem, and impulsivity.

Cognitive Therapy of Eating Disorders on Control and Worry

Music therapy is recognised as being applicable to a wide range of healthcare and social contexts. Since the first edition of *Music Therapy: An art beyond words*, it has extended into areas of general medicine, mainstream education and community practice. This new edition revises the historical and theoretical perspectives and recognises the growing evidence and research base in contemporary music therapy. Leslie Bunt and Brynjulf Stige document the historical evolution of music therapy and place the practice within seven current perspectives: medical, behavioural, psychoanalytical, humanistic, transpersonal, culture-centred and music-centred. No single perspective, individual or group approach is privileged, although the focus on the use of sounds and music within therapeutic relationships remains central. Four chapters relate to areas of contemporary practice across different stages of the lifespan: child health, adolescent health, adult health and older adult health. All include case narratives and detailed examples underpinned by selected theoretical and research perspectives. The final two chapters of the book reflect on the evolution of the profession as a community resource and the emergence of music therapy as an academic discipline in its own right. A concise introduction to the current practice

of music therapy around the world, Music Therapy: An art beyond words is an invaluable resource for professionals in music therapy and music education, those working in the psychological therapies, social work and other caring professions, and students at all levels.

Music Therapy

Stress at work is a priority issue of the European Agency of Safety and Health at Work. The report addresses the following issues and questions: the nature of stress at work; stress management strategies; does work stress affect health and well-being and, if so, how?; the implications of existing research for the management of work-related stress. This report examines the difficulties involved in placing work stress in the context of other life stress factors. It is stated that work stress is a current and future health and safety issue, and, as such, should be dealt with in the same logical and systematic way as other health and safety issues.

Veterinary Pharmacology and Therapeutics

In the spirit of Daniel Stern's landmark "Interpersonal World of the Infant," this is the first book to extend the model of mother-infant dialogue to the larger family system."

Research on Work-related Stress

The goal of this book is to analyze the processes by which cybertherapy applications will contribute to the delivery of state-of-the-art health services. Particular attention is given to the clinical use of virtual reality technology.

The Primary Triangle

In 1537 Francesco Guicciardini, adviser and confidant to three popes, governor of several central Italian states, ambassador, administrator, military captain--and persona non grata with the ruling Medici after the siege of Florence--retired to his villa to write a history of his times. His *Storia d'Italia* became the classic history of Italy--both a brilliant portrayal of the Renaissance and a penetrating vision into the tragedy and comedy of human history in general. Sidney Alexander's readable translation and abridgment of Guicciardini's four-volume work earned the prestigious 1970 P.E.N. Club translation award. His perceptive introduction and notes add much to the understanding of Guicciardini's masterpiece.

Cybertherapy

This inspiring and practical guide to people-centred health promotion focuses on: Putting a people perspective at the centre of health promotion concerns Improvement of health-related quality of life, rather than just prevention of disease Empowering communities to develop and maintain their own self-determined action in health promotion Taking a developmental approach to intervention and evaluation within communities People-Centred Health Promotion will be essential reading for all students, researchers and practitioners in health promotion, community development and public health. ?[This] book engages the reader in an intellectually challenging and socially compelling enterprise.? Lawrence W. Green Institute of Health Promotion Research, University of British Columbia, Canada

The History of Italy

Since 1970, all the states adopted no-fault divorce statutes, which have had the unexpected effect of producing dire financial conditions for many divorced women and their children. In this important study, economist and lawyer Allen Parkman shows how no-fault divorce has systematically operated against the interests of these women and children. With rare economic and legal insight, Parkman argues that by changing the grounds for divorce without changing the laws that define and allocate property at divorce, the legal system created substantial injustices. The key mistake, he suggests, was in accepting a definition of property that did not include the income-earning capacity--human capital--of the individuals involved. Using human capital theory, Parkman criticizes current divorce law and presents a framework for reform that would reduce the injustices introduced by no-fault divorce. He concludes that a thorough reform, however, may require the changing of the grounds for divorce to mutual consent. This book is essential reading for scholars, professionals, and, indeed, for anyone interested in the health and future of the family and the well-being of women in contemporary U.S. society.

People-Centred Health Promotion

This volume, first published in 2006, presents findings on climate change from leading international scientists, for researchers, policy-makers and engineers.

No-fault Divorce

This volume will challenge those involved with health promotion to think more broadly about what 'doing the right thing' and 'doing things right' mean, and to use this thinking to inform their practice. It is, therefore, essential reading for those who are involved in health promotion as part of their practice, health-promotion specialists, managers responsible for purchasing or providing services, and students.

Avoiding Dangerous Climate Change

The recent development of ideas on biodiversity conservation was already being considered almost three-quarters of a century ago for crop plants and the wild species related to them, by the Russian geneticist N.I. Vavilov. He was undoubtedly the first scientist to understand the importance for humankind of conserving for utilization the genetic diversity of our ancient crop plants and their wild relatives from their centres of diversity. His collections showed various traits of adaptation to environmental extremes and biotypes of crop diseases and pests which were unknown to most plant breeders in the first quarter of the twentieth century. Later, in the 1940s-1960s scientists began to realize that the pool of genetic diversity known to Vavilov and his colleagues was beginning to disappear. Through the replacement of the old, primitive and highly diverse land races by uniform modern varieties created by plant breeders, the crop gene pool was being eroded. The genetic diversity of wild species was equally being threatened by human activities: over-exploitation, habitat destruction or fragmentation, competition resulting from the introduction of alien species or varieties, changes and intensification of land use, environmental pollution and possible climate change.

Evidence-based Health Promotion

Widely adopted, this valued course text and practitioner guide has expanded the understanding of family normality and healthy functioning in our increasingly diverse society. The editor and contributors are at the forefront of research and clinical training. They describe the challenges facing contemporary families and ways in which clinicians can promote resilience. With consideration of sociocultural and developmental influences, chapters identify key family processes that nurture and sustain strong bonds in couples; dual-earner, divorced, single-parent, remarried, adoptive, and kinship care families; gay and lesbian families; culturally diverse families; and those coping with adversity, such as trauma, poverty, and chronic illness. New to This Edition*Reflects important research advances and the changing contexts of family life.*Additional chapter topics: kinship care, family rituals, evidence-based assessment, and neurobiology.*All chapters have been fully updated.

Plant Genetic Conservation

The report "Dementia: a public health priority" has been jointly developed by WHO and Alzheimer's Disease International. The purpose of this report is to raise awareness of dementia as a public health priority, to articulate a public health approach and to advocate for action at international and national levels.

Normal Family Processes

Based on an extensive Canadian survey of support services for adults with developmental disabilities, and 141 interviews with such adults, their families, and support staff, this book discusses the empowerment through community which developmentally disabled people can experience in today's post-deinstitutionalized society. The Canadian origins of the work do not prevent it from being relevant to professionals working with these populations in the United States and elsewhere. Annotation copyrighted by Book News, Inc., Portland, OR

Dementia

When civil war erupts in Somalia, cousins Domenica Axad and Barni are separated and forced to flee the country. Barni manages to eke out a living in Rome, where she works as an obstetrician. Domenica wanders Europe in a painful attempt to reunite her broken family and come to terms with her past. After

ten years, the two women reunite. When Domenica gives birth to a son, Barni, also known as Little Mother, is at her side. Together with the new baby, Domenica and Barni find their Somali roots and start to heal the pain they have suffered in war and exile. This powerful yet tender novel underscores the strength of women, family, and community, and draws on the tenacious yearning for a homeland that has been denied.

A Textured Life

Documentation of the project of the same title which was part of the exhibition dAPERTutto at the 48th Venice Biennale, 1999.

Little Mother

The loss of a loved one is one of the most painful experiences that most of us will ever have to face in our lives. This book recognises that there is no single solution to the problems of bereavement but that an understanding of grief can help the bereaved to realise that they are not alone in their experience. Long recognised as the most authoritative work of its kind, this new edition has been revised and extended to take into account recent research findings on both sides of the Atlantic. Parkes and Prigerson include additional information about the different circumstances of bereavement including traumatic losses, disasters, and complicated grief, as well as providing details on how social, religious, and cultural influences determine how we grieve. Bereavement provides guidance on preparing for the loss of a loved one, and coping after they have gone. It also discusses how to identify the minority in whom bereavement may lead to impairment of physical and/or mental health and how to ensure they get the help they need. This classic text will continue to be of value to the bereaved themselves, as well as the professionals and friends who seek to help and understand them.

Oreste Alla Biennale

A total institution is defined by Goffman as a place of residence and work where a large number of like-situated, individuals, cut off from the wider society for an appreciable period of time, together lead an enclosed, formally administered round of life. Prisons serve as a clear example, providing we appreciate that what is prison-like about prisons is found in institutions whose members have broken no laws. This volume deals with total institutions in general and, mental hospitals, in particular. The main focus is, on the world of the inmate, not the world of the staff. A chief concern is to develop a sociological version of the structure of the self. Each of the essays in this book were intended to focus on the same issue--the inmate's situation in an institutional context. Each chapter approaches the central issue from a different vantage point, each introduction drawing upon a different source in sociology and having little direct relation to the other chapters. This method of presenting material may be irksome, but it allows the reader to pursue the main theme of each paper analytically and comparatively past the point that would be allowable in chapters of an integrated book. If sociological concepts are to be treated with affection, each must be traced back to where it best applies, followed from there wherever it seems to lead, and pressed to disclose the rest of its family.

Bereavement

An introduction to marketing concepts, strategies and practices with a balance of depth of coverage and ease of learning. Principles of Marketing keeps pace with a rapidly changing field, focussing on the ways brands create and capture consumer value. Practical content and linkage are at the heart of this edition. Real local and international examples bring ideas to life and new feature 'linking the concepts' helps students test and consolidate understanding as they go. The latest edition enhances understanding with a unique learning design including revised, integrative concept maps at the start of each chapter, end-of-chapter features summarising ideas and themes, a mix of mini and major case studies to illuminate concepts, and critical thinking exercises for applying skills.

Asylums

Helping troubled parents to raise their children adequately is of crucial importance for parents, their children and society at large. Distressed parents have themselves often been endangered and, as a consequence, sometimes endanger their children either through maltreatment or through the effects of parental psychiatric disorder. Raising Parents explains how that happens and clusters parents in terms of the psychological processes that result in maladaptive childrearing. The book then delineates DMM

Integrative Treatment in terms of assessment, formulation, and treatment. New formulations are offered for problems that have resisted treatment and cases demonstrate how the ideas can be applied in real treatment settings. The book closes with 10 suggestions for improving professionals' responses to troubled families and endangered children. This edition of Raising Parents introduces DMM Integrative Treatment and demonstrates how to use it with vulnerable families. DMM Integrative Treatment is an interpersonal process and this book will be essential reading for clinicians from all disciplines, including psychiatry and psychology, social work, nursing and all types of psychotherapy.

UNICEF Annual Report 2018

International guidelines and standards for the design, implementation and assessment of livestock interventions to assist people affected by humanitarian crises, LEGS expands the commitment in the Sphere handbook towards supporting livelihood assets, presenting clear and practical options for supporting livestock during and following disasters.

Breast Cancer

Principles of Marketing