

Psicosoluzioni Risolvere Rapidamente Complicati Problemi Umani

Le Tattiche del Cambiamento - Manuale di Psicoterapia Strategica Terapie delle soluzioni brevi Стратегическое изменение. Как вызвать изменения в чувствах и поведении других людей La estupidez estratégica Pragmática de la comunicación digital Archivio di ostetricia e ginecologia Paura, panico, fobie Rivista internazionale di sanità pubblica Scrittori in cattedra Quaderni di criminologia clinica Biblioteca dell' "Archivum Romanicum." I valori umani Bibliografia nazionale italiana Civiltà letteraria del Novecento Conversazioni Critiche Le Ragioni narrative Saggi sulla letteratura triestina del Novecento Dal 1861 ai giorni nostri Scrittori triestini del Novecento Journal Enrico Maria Secci Edoardo Giusti Джорджии Хардонэ Giorgio Nardone Giorgio Nardone Salvatore Comes Salvatore Comes Francesco Orestano Benedetto Croce Bruno Maier Francesco Carrozza Oliviero Honoré Bianchi Royal University of Malta. Faculty of Arts

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le tattiche del cambiamento è un manuale di psicoterapia strategica completo che illustra storia modelli e tecniche delle terapie brevi strategiche e si concentra sulle tattiche del cambiamento messe a punto e diffuse da grandi maestri della terapia come paul watzlawick giorgio nardone jay haley e milton erickson contiene casi clinici commentati e suggerimenti utili per la pratica in psicoterapia pubblicato per la prima volta nel 2005 le tattiche del cambiamento è stato accreditato come corso di formazione

continua in medicina e valutato positivamente da centinaia di professionisti della salute per qualità rilevanza e utilità secondo i criteri agenas eboocecm it enrico maria secci psicologo e psicoterapeuta è specializzato in psicoterapia strategica integrata da quindici anni si occupa di disturbi ansiosi e depressivi dipendenze affettive e disturbi relazionali nell età adulta e autore di blog therapy blog di psicologia e psicoterapia di tiscali con milioni di visite tra i suoi libri i narcisisti perversi e le unioni impossibili gli uomini amano poco amore coppia dipendenza la comunicazione strategica nelle professioni sanitarie scritto con carlo duò

Нет ничего более постоянного чем изменения Они затрагивают все сферы жизни человека и общества Занимаясь решением человеческих проблем и лечением психических расстройств авторы задаются вопросом о том как изменения могут быть достигнуты стратегически то есть в соответствии с поставленными целями терапии или коучинга Даже если изменение желательно ему противостоит сопротивление любой устоявшейся системы отношений система имеет тенденцию к сохранению равновесия даже когда оно является патологическим Ключевое понятие на базе которого достигаются изменения эмоциональный корректирующий опыт он может быть достигнут как в ходе терапевтической беседы в виде стратегического диалога так и в виде терапевтических предписаний которые необходимы для выполнения между консультациями Читателя проведут по пути терапевтического процесса изменений на примере реальных клинических случаев Книга предназначена для специалистов психотерапевтов психологов медиков студентов означенных специальностей и других читателей интересующихся современной психологией и решением человеческих проблем В формате pdf a4 сохранён издательский дизайн

giorgio nardone uno de los psicólogos y psicoterapeutas más respetados de italia nos conduce al descubrimiento de los mecanismos de la estupidez y nos sugiere antídotos eficaces para protegernos de sus trampas y convivir con ella de la manera más funcional posible porque nada es del todo malo y todo puede ser útil incluso la estupidez todos hemos tropezado alguna vez con la estupidez y hemos adoptado comportamientos que a posteriori no parecen nada sensatos a veces es incluso un exceso de razón lo que nos vuelve estúpidos cuando por ejemplo nos obstinamos en defender nuestras ideas incluso si fracasan confundiendo determinación con terquedad y tenacidad con cerrazón y así cegados por éxitos efímeros en vez de corregir estas actitudes las repetimos con total convencimiento y acabamos convirtiendo manifestaciones ocasionales de imbecilidad en un rasgo permanente del carácter la estupidez no existe en la naturaleza no es un defecto biológico es un producto enteramente humano pero representa el mayor peligro para la humanidad un virus taimado al que nadie es inmune cuál es el origen de esta

actitud qué consecuencias tiene en la vida diaria

durante el confinamiento ha resultado imprescindible trasladar la comunicación a las vías inmateriales de la web zoom skype y mil plataformas más nos han permitido seguir conociéndonos hablando mirándonos las caras enseñando aprendiendo haciendo música y muchas cosas más sin embargo es innegable que algo ha cambiado las herramientas a nuestra disposición no son las mismas el contacto visual ya no existe la voz con sus inflexiones cobra mucha más importancia la imagen en la pantalla se convierte en un icono el contacto físico es imposible cómo adaptar nuestra comunicación al contexto digital en este ensayo giorgio nardone stefano bartoli y simona milanese analizan desde todos los ángulos las nuevas formas de comunicación online este libro constituye un manual de instrucciones imprescindible para el buen uso de una comunicación cada vez más extendida

questo testo di giorgio nardone è il frutto della più recente e innovativa evoluzione della psicoterapia breve strategica un modello di intervento sui problemi personali e interpersonali che si è rivelato un efficace alternativa alle tradizionali terapie psicoanalitiche o farmacologiche i risultati ottenuti con interventi strategici ben costruiti hanno infatti ormai ampiamente dimostrato come sia possibile risolvere in maniera effettiva e in tempi brevi un gran numero di problemi di ordine psicologico l'approccio strategico alla terapia già esposto nel precedente volume l'arte del cambiamento può essere definito come l'arte di risolvere problemi complicati mediante soluzioni apparentemente semplici ed è il frutto della sintesi degli studi della scuola di palo alto di cui watzlawick è l'esponente di maggior spicco nardone sulla scia del suo lavoro con watzlawick e attraverso l'esperienza raccolta in veste di terapeuta e ricercatore ha messo a punto un innovativo modello terapeutico di trattamento delle forme gravi di paura che si è dimostrato sul campo il più efficace tra quelli finora elaborati si tratta di un modello risultato da una ricerca intervento su oltre 150 casi durata sei anni che ha condotto alla formulazione di una teoria completamente innovativa sulla formazione e persistenza dei disturbi fobico ossessivi in cui si fa ricorso a raffinate tecniche di suggestione ipnotica trabocchetti comportamentali e benefici imbrogli che aggirano la resistenza al cambiamento del paziente questo testo di grande utilità per il terapeuta che vi potrà trovare un contributo notevole al suo aggiornamento professionale è accessibile anche al lettore non specialista che vi troverà gli strumenti per capire meglio l'affascinante funzionamento della psiche umana

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