



# Relaxation Techniques: A Practical Handbook for the Health Care Professional, 3e

*Rosemary A. Payne BSc(Hons)Psychology MCSP*

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The 3rd edition of Relaxation Techniques provides the health care professional with a practical introduction to a variety of approaches to relaxation, both somatic and cognitive, that may contribute to patient care. Each technique is easy to teach and use, and has been demonstrated effective in the clinical situation. The background theory to each method is also described and its rationale spelled out, thus helping the clinician to select the appropriate technique. All the methods included are suitable for use with both small groups and individuals.

- Focuses on the practical aspects of relaxation techniques.
- Aimed at clinicians for use with patients/clients.
- Gives the background theory to each technique.
- Includes cognitive approaches (e.g. self -awareness, imagery, autogenics, meditation, and positive self-talk).
- Includes somatic approaches (e.g. progressive relaxation, stretchings, and the Mitchell method).
- Discusses the advantages and pitfalls of each method.
- Evidence based and fully referenced.
- Two new chapters on cognitive behavioral approaches and other techniques - including yoga, Eastern methods, body awareness therapy, massage, aromatherapy, and reflex therapy.
- 2-color design throughout.
- Most line drawings are redrawn in 2-color.
- Now includes guidelines for selecting the appropriate therapy for use with each individual.
- Psychological theory sections in Chapters 1 and 3 are completely rewritten and expanded.
- Includes references and short explanations of relevant recent research.

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