

50 Exercices De Tcc

Juliette Marty-Groleas

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Le grand livre des thérapies cognitives et comportementales Dennis Greenberger, Christine Padesky, David O'Hare, Florence Ludi, 2021-03-11 Voici un livre phénomène : il a déjà aidé plus d'un million de lecteurs à surmonter leur souffrance émotionnelle. Il les a rendus plus heureux, plus sereins, plus confiants. Il est d'ailleurs recommandé par le ministère de la Santé britannique. Basé sur les thérapies cognitives et comportementales (TCC), il propose une autothérapie extrêmement efficace pour vaincre dépression, anxiété, attaques de panique, colère, culpabilité, honte, faible estime de soi, mais aussi troubles du comportement alimentaire, addictions et problèmes relationnels. Si ces troubles vous empoisonnent la vie, vous devez lire ce livre qui intègre les dernières recherches scientifiques mais surtout l'expérience des auteurs. - Un principe simple : en apprenant à penser différemment, on brise le cercle vicieux du mal-être. - Un programme pas à pas avec des exercices progressifs et personnalisés, à faire chez soi, à son rythme, pour : 1. analyser son problème, 2. mieux se connaître, 3. modifier ses pensées et ses comportements, 4. en finir avec la souffrance. - Des outils pour se fixer des objectifs, enregistrer ses progrès et renforcer ses acquis. - De nombreux cas cliniques qui aident à comprendre la démarche et la rendent plus efficace. - Un accès en ligne illimité à tous les exercices du livre pour mener sa thérapie en totale autonomie. Ce livre est une réédition de l'ouvrage *Changez vos émotions, changez votre vie* publié en 2017 chez Thierry Souccar Éditions. « Le livre le plus important dans le domaine des thérapies cognitives et comportementales. » - Association britannique des TCC

Le TDAH comment bien vivre avec ? Caroline Chiron, Céline Bailleux, Alice Rampazzo, Emeline Chauchard, Lucia Romo, 2025-10-02 Trouvez des solutions pour mieux vivre avec votre TDAH ! Souvent diagnostiqué tardivement, le TDAH impacte plus ou moins fortement votre quotidien. Difficultés de concentration, impulsivité, agitation, procrastination, troubles du sommeil ou de l'humeur... Autant de problématiques auxquelles vous pouvez faire face grâce à des outils très concrets. Élaboré par une équipe de psychologues et chercheuses spécialistes du sujet, ce guide propose une approche claire et accessible en trois étapes : COMPRENDRE le fonctionnement du TDAH à l'âge adulte, les symptômes et les troubles associés. AGIR sur vos émotions, vos pensées et votre organisation. TRAITER : quels sont les accompagnements efficaces ? Faut-il un traitement ? Quelles aides pour mieux vivre au quotidien ? Découvrez : ? 50 conseils de pysys et + de 130

témoignages ? + de 50 exercices pratiques et compléments numériques (audios, vidéos, PDF...) ? Un cahier téléchargeable avec de nombreux exercices complémentaires Caroline Chiron est psychologue formée aux TCC, à l'ACT et à la TCD. Elle exerce en libéral, assure des formations et accompagne des professionnelles en tant que superviseuse. Alice Rampazzo est psychologue spécialisée en neuropsychologie et TCC. Elle exerce en libéral auprès d'enfants, d'ados et d'adultes avec TND, et forme des équipes sur le TDAH. Emeline Chauchard est maîtresse de conférences en psychologie clinique à l'Université de Poitiers, chercheuse au CNRS (CERCA) et formée aux TCC. Ses travaux portent sur le TDAH et les addictions. Lucia Romo est professeure de psychologie clinique à Paris Nanterre, clinicienne à l'AP-HP (Garches) et chercheuse à l'INSERM. Elle travaille sur les addictions, le TDAH et la prévention. Céline Bailleux est autrice et illustratrice de BD.

50 exercices pour se libérer des addictions Juliette Marty-Groleas, 2024-05-16

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Livres de France ,2009-10

Canadian Journal of Psychiatry ,2001

Livres hebdo ,2009-10

Médecine de la douleur Pierrick Poisbeau, Meggane Melchior, 2025-10-22 Ouvrage de référence pour la formation initiale et continue de tous les professionnels de la santé et du soin, ce manuel propose un parcours progressif leur donnant la possibilité d'approfondir leur compréhension des aspects mécanistiques les plus avancés de la douleur et de l'analgésie, tels que les étudient les neurosciences. Au-delà, le manuel propose des approches sociologique, anthropologique et psychologique nécessaires à la prise en compte globale des personnes. S'appuyant sur la dimension de santé intégrative propre à cette médecine dédiée à des pathologies complexes, l'ouvrage intègre les thérapies complémentaires. Il réaffirme les bases scientifiques (souvent méconnues ou rejetées par les médecins) de ces approches antalgiques anciennes (musique, hypnose, thérapies manuelles, TCC, etc.) et émergentes (réalité virtuelle, e-santé).

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