



Stress Management Intervention for Women With Breast Cancer

Michael H. Antoni, Roselyn Smith

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Included with this title is a free copy of the "Stress Management and Relaxation Training: Therapist's Manual". Together, these two books provide a complete clinical framework for health professionals who wish to offer group psychosocial support to breast cancer patients. This package of resources focuses on training therapists to help group members cope with the diagnosis of breast cancer and its treatment through considering its impact on their lives, while also providing empirical validation for the programme's techniques and providing a session-by-session set of guidelines for each module of the programme. A companion workbook is also available for group participants presenting valuable psycho-educational and psychotherapeutic components that teach women coping with breast cancer how to use empirically supported skills such as meditation and relaxation exercises to overcome otherwise overwhelming stressors. Together, this stress management package presents a clearly articulated, empirically supported programme for doctors, therapists, psychologists, nurses and other healthcare providers.

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