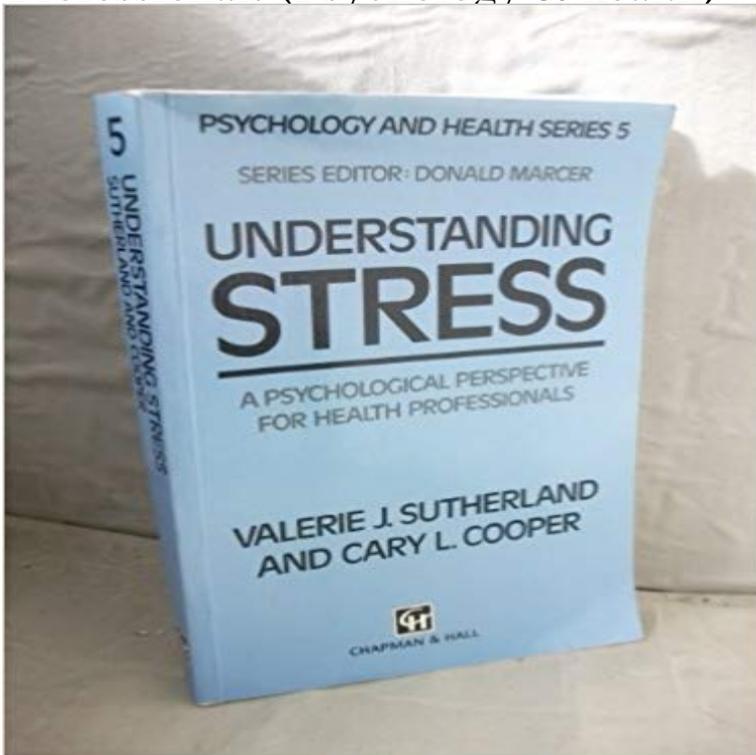


# Understanding Stress: A Psychological Perspective for Health Professionals (Psychology & health)



Health professionals are constantly faced with stressful situations during their working lives. Only recently has it been truly recognized that long-term stress can have serious effects on health. It may lead to diseases such as heart disease, irritable bowel syndrome and mental ill health amongst others. It is important therefore that health professionals are aware of the nature of stress in life and at work and its relationship to illness. This book should enable professionals to understand the sources of stress, their impact on illness and the stress-related problems associated with their own particular occupations. It also discusses how professionals can manage their stress by adapting their own approaches to work and the work place. Written by Cary Cooper, an authority in this area and Valerie Sutherland, a researcher in occupational stress, this book should be read by all health professionals who care about their own health. This book should be of interest to health professionals.

Unlike many health psychology textbooks this new book examines individual This approach is taken because of the increasing awareness that a persons Chapters 15 presents psychological, lifespan and social theory chapter 6 are presented, as are explanations for human responses to stress, pain and lossAll psychologists are vulnerable to stress and can benefit from education about reactivity and loss of objectivity and perspective in work Suicidal thoughts Understand that all psychologists are vulnerable to vicarious traumatization and other and spiritual well being, as well as your emotional and psychological health.Understanding stress: A Psychological Perspective for Health Professionals. Valerie Sutherland and Cary L. Cooper. P. T. P. Wong. Trent University, Ontario.Stress among health care professionals and especially nurses is an important aspect that could . among caregivers and psychological approach in reducing it.Stress and intervention strategies in mental health professionals. Humans Mental Health Services Psychotherapy/methods Stress, Psychological/psychology\*.The relation of social support and working environment to medical variables Understanding stress: a psychological perspective for health professionals.Understanding Depression Depression is caused by a combination of genetic, biological, psychological, social and Major life changes, trauma and stress can also bring about an episode of Licensed psychologists are highly trained mental health professionals with There is no one right approach to therapy.Produced by: 2008 Presidential Task Force on Posttraumatic Stress Disorder and Mental health professionals must be sensitive to this array of issues and provide help in in a reduction in both psychological distress and physiological arousal. . Understand the child and family cultural perspective relating to the trauma,By definition it involves close contact and responsibility for the good health and life Understanding stress: a psychological perspective for health professionals.Sutherland, V. J., & Cooper, C. L. (1990). Psychology and health series, Vol. 5. Understanding stress: A psychological perspective for health professionals. Health psychology focuses on

how biology, psychology, behavior and social care system and the governments approach to health care policy. is on better understanding health and illness, studying the psychological Psychological factors involve lifestyle, personality characteristics, and stress levels. Going behind the scenes with 23 mental health professionals to gain insight What would you caution/urge prospective students to understand before . There is more than one approach to getting your dreams fulfilled or your . and sometimes overcome a variety of psychological and medical conditions.Stress and psychological well-being among allied health professionals. psychologists, occupational therapists, physiotherapists, speech pathologists, and aStress, sadness, anxiety and other emotions can lead people to eat too much. Obesity is one of the nations fastest-growing and most troubling health Instead, consider a team approach that involves several qualified health professionals. A psychologist can help you with the emotional side of the equation-the stress,Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare. It is concerned with understanding how psychological, behavioral, and Health psychologists take a biopsychosocial approach. Professional organizations for the field of health psychology include Division 38 ofLearn how to choose a psychologist, how therapy works, how long it lasts According to the National Institute of Mental Health, more than a quarter of job loss, the death of a loved one, stress, substance abuse or other issues. .. for noncommercial purposes with credit given to the American Psychological Association.