

Psicosoluzioni Risolvere Rapidamente Complicati Problemi Umani

Giorgio Nardone, Stefano Bartoli

Psicosoluzioni Giorgio Nardone, 2012-06-28 I disturbi psichici e comportamentali, spesso difficili da debellare, possono rendere la vita insopportabile. Questo non significa che patologie complesse e di lunga durata come manie, paranoie, disordini alimentari, fobie, ossessioni richiedano terapie altrettanto sofferte e prolungate. Esaminando le molteplici forme che i disturbi possono assumere e ripercorrendo i successi raggiunti nella cura dei propri pazienti, Giorgio Nardone ci mostra come serie difficoltà psicologiche possano trovare rapidamente rimedio grazie a terapie basate su interventi strategici mirati. Queste cure sono la forma più evoluta e suggestiva di applicazione ai problemi umani del modello di problem solving strategico della Scuola di Palo Alto. Un viaggio istruttivo e sorprendente alla scoperta dell'arte di risolvere casi clinici complicati mediante soluzioni solo apparentemente semplici.

Psicosoluzioni Giorgio Nardone, 1998

Piantala di essere te stesso! Liberarsi dai propri limiti ed essere felici Gianfranco Damico, 2011

I professionisti e la gestione dei conflitti. Un metodo innovativo per integrare competenze tecniche e relazionali, risolvere conflitti e concludere negoziati Tiziana Fragomeni, 2015-03-19T00:00:00+01:00 1060.266

Manuale di sessuologia AA.VV., 2021-04-01 Nel volume, il sessuologo e psicoterapeuta Fabrizio Russo propone una panoramica delle conoscenze psicologiche e psicopatologiche per comprendere il comportamento sessuale, dedicando ampio spazio alle disfunzioni sessuali, alle perversioni sessuali e al loro trattamento. Il testo, illustrato da Marcella Tarantino, viene arricchito dai contributi della filosofa Irene Famà, della biologa Cinzia Boffa, del medico Antonella Moretto e della psicoterapeuta Federica Ciocca, per offrire un approccio integrato alla sessualità. Grazie a questo approccio multidisciplinare, il volume si rivolge a un pubblico ampio: dai lettori che a qualsiasi titolo nutrono interesse per le discipline psicologiche, umanistiche o scientifiche, a quelli che desiderano trovare spunti di riflessione sulla propria affettività, sessualità e sul modo di relazionarsi con l'altro sesso.

Come parla un terapeuta. La ristrutturazione strategica Paoli, 2014

Sviluppare il potenziale nelle professioni, nel lavoro, nello studio, nello sport. Approcci, metodi, applicazioni Giuseppe

Gandolfi,2009-07-23T00:00:00+02:00 1060.168

Genitori e nonni: alleati o rivali? Vittoria Cesari Lusso,2023-02-08 L'arrivo di una nuova generazione in famiglia comporta cambiamenti di ruolo e di rapporti di cui spesso non si tiene abbastanza conto. Se è vero che oggi gli anziani e i giovani genitori di solito non vivono più sotto lo stesso tetto, è anche vero che tale relazione non ha perso di intensità e di spessore, sul piano sia affettivo che materiale. Anzi! Sotto molti aspetti i cambiamenti sociali l'hanno resa più complessa. Come gestirla al meglio? Questo libro fornisce molte idee, espone con genuina sincerità e simpatici tocchi umoristici, che aiutano a: • definire e rispettare i ruoli reciproci, senza rimanere avvinghiati a quelli del passato; • accettare i propri limiti e gestire le paure; • scoprire come tenere lontane gelosie e rivalità e incrementare gratificazioni e alleanze; • fare buon uso della comunicazione orale e scritta per moltiplicare i piccoli e grandi piaceri offerti dalle relazioni tra generazioni. Rivolto a genitori, nonni, ma anche consulenti in materia di relazioni familiari, il volume si articola in 10 «episodi» nei quali l'autrice alterna e rielabora esperienze di vita, propria e altrui, e conoscenze tratte dalla letteratura; ognuno riporta in chiusura, a titolo di promemoria, sette idee «ecologiche» sulle principali dinamiche della relazione genitori-nonni e sulle risorse da utilizzare per disinnescare inutili rivalità e coltivare floride alleanze. Un libro accattivante che ogni giovane genitore dovrebbe regalare ai nonni; e ogni nonno ai propri figli diventati genitori. L'arrivo di una nuova generazione in famiglia comporta cambiamenti di ruolo e di rapporti di cui spesso non si tiene abbastanza conto. Se è vero che oggi gli anziani e i giovani genitori di solito non vivono più sotto lo stesso tetto, è anche vero che tale relazione non ha perso di intensità e di spessore, sul piano sia affettivo che materiale. Anzi! Sotto molti aspetti i cambiamenti sociali l'hanno resa più complessa. Come gestirla al meglio? Questo libro fornisce molte idee, espone con genuina sincerità e simpatici tocchi umoristici, che aiutano a: • definire e rispettare i ruoli reciproci, senza rimanere avvinghiati a quelli del passato; • accettare i propri limiti e gestire le paure; • scoprire come tenere lontane gelosie e rivalità e incrementare gratificazioni e alleanze; • fare buon uso della comunicazione orale e scritta per moltiplicare i piccoli e grandi piaceri offerti dalle relazioni tra generazioni. Rivolto a genitori, nonni, ma anche consulenti in materia di relazioni familiari, il volume si articola in 10 «episodi» nei quali l'autrice alterna e rielabora esperienze di vita, propria e altrui, e conoscenze tratte dalla letteratura; ognuno riporta in chiusura, a titolo di promemoria, sette idee «ecologiche» sulle principali dinamiche della relazione genitori-nonni e sulle risorse da utilizzare per disinnescare inutili rivalità e coltivare floride alleanze. Un libro accattivante che ogni giovane genitore dovrebbe regalare ai nonni; e ogni nonno ai propri figli diventati genitori.

Studi di strategia Luciano Bozzo,2012-11-05T00:00:00+01:00 Pochi sostantivi hanno avuto una diffusione e un successo comparabili a quelli conosciuti da “strategia”. Tanto che il termine è ormai utilizzato nei più diversi ambiti dell’azione, interazione e progettazione, sociale e non, con esiti a volte paradossali. Tutto pare essere “strategico” e, di fatto, nel linguaggio corrente l’aggettivo indica una qualsiasi azione comunque rilevante, di vasta portata e/o lungo periodo.

Nell'ambito originario di pertinenza strategia era tuttavia l'arte o scienza della preparazione e conduzione efficace della guerra, in vista del conseguimento dei suoi obiettivi. Quest'origine e la connotazione operativa che le è associata ne spiegano il successo e la migrazione ai contesti i più diversi: economico e dell'impresa, del marketing, comunicativo. I saggi inclusi in questo volume ricostruiscono la teoria strategica in prospettive disciplinari diverse, tradizionali e non: politico-militare, economica, semiotica, psicologica, della comunicazione. Scopo ultimo è intrecciare un dialogo orientato a una teoria generale dell'azione di successo, a fronte di opposizione consapevole, che si applichi dai giochi da tavolo alle nuove guerre del mondo contemporaneo.

Non ci sono problemi, solo soluzioni Virgile Stanislas Martin,2019-02-07T00:00:00+01:00 Sapete qual è il vero problema? È che proprio noi siamo gli inconsapevoli artefici dei nostri problemi, o di buona parte di essi. Tentando di superarli ci incanaliamo in ragionamenti erronei, interpretazioni fuorvianti, che non ci portano da nessuna parte. Non sarà più così dopo che avrete letto questo prezioso volumetto, che vi farà scoprire tutto ciò che serve per dare a ciascun problema la giusta soluzione.

RITRATTI DI COPPIA con TERAPEUTA. La Terapia Breve Strategica con le coppie Massimo Bartoletti Marco Pagliai,2021-03-12 In questo testo viene presentato, per la prima volta in maniera organica, l'intervento di Terapia Breve Strategica con le coppie. Vengono analizzate le differenze che intercorrono tra lavorare sulla coppia, con uno solo dei partner, o con la coppia, coinvolgendo entrambi i protagonisti della relazione, approfondendo quest'ultima possibilità d'intervento terapeutico. Viene descritta la conduzione del colloquio, analizzando sia il dialogo strategico che la comunicazione non verbale e paraverbale nel loro utilizzo con le coppie. Vengono narrate quattro storie di coppie in terapia, dipingendo i loro ritratti in modo da evidenziarne, con pennellate marcate, le strategie e le tecniche che si sono dimostrate efficaci nel superare le difficoltà presentate. Il testo è adatto sia all'esperto che al grande pubblico. Il professionista può trovarvi la descrizione di numerose strategie e tecniche specifiche per la terapia con la coppia. Il lettore non esperto, invece, può riconoscere nelle storie descritte alcune delle proprie dinamiche di coppia traendone spunto per farle evolvere ed evolversi, oppure decidere di avvicinarsi ad una consulenza.

Mamma, rimettiti al primo posto! Cristina Di Loreto,2023-04-04 Mamma, rimettiti al primo posto! Per tutte le mamme che vogliono riprendere in mano la propria vita, vincere il senso di inadeguatezza e ritrovare i propri spazi. Il libro-percorso del metodo Me First® che ti aiuta a lavorare sui tuoi obiettivi personali e a liberarti dagli stereotipi e dal “mito della madre perfetta”.

La estupidez estratégica Giorgio Nardone,2023-10-31 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

пuede 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?

Обманчивый страх не быть на высоте. Стратегии признания собственной ценности Роберта Миланезе, 2022-06-09 Многочисленные исследования показывают, что почти все страны, где благосостояние достигло достаточно высокого уровня, страдают от одной и той же «болезни»: молодые поколения, находясь в условиях чрезмерной опеки со стороны семьи и общества, не испытывают препятствий в той мере, которая необходима для развития у них уверенности в своих личных силах и, не подвергаясь этим трудностям, они и сами отказываются подвергать себя испытаниям. В этом контексте страх оказаться не на высоте, даже когда он прикрывается высокомерием и интеллектуальным снобизмом, является расстройством, имеющим важное значение как для субъекта, так и для общества, так как оно ограничивает возможности развития и совершенствования их обоих. Эта книга, появившаяся в результате тщательного исследования и описания этого вида дискомфорта, показывает, как выбраться из коварного болота страха, в котором застрял человек, ощущающий себя в окружении всевозможных опасностей. С помощью многочисленных примеров автор описывает стратегии и терапевтические стратегемы, разработанные в рамках Краткосрочной Стратегической Психотерапии для терапии данного вида расстройств. Книга предназначена для специалистов-психотерапевтов, психологов, медиков, студентов означенных специальностей и других читателей, интересующихся современной психологией и решением человеческих проблем. В формате PDF A4 сохранен издательский макет книги.

Как выйти за пределы своих возможностей. Наука и искусство высоких достижений Джорджио Нардонэ, Стефано Бартоли, 2022-09-22 В книге рассказывается о том, как улучшать свои достижения в любой области, преодолевать свои ограничения и превращать их в ресурсы. Что означает выходить за пределы своих возможностей? Кто он, этот человек, добивающийся выдающихся достижений? Какими личностными характеристиками он обладает? Как этому научиться? Это тот, кто ежедневно улучшает себя и то, что он делает. Он достигает поставленной цели, получает удовлетворение от достигнутого результата и тут же продолжает свой путь постоянного самосовершенствования. Это тот, кто не сдаётся, он устойчив и целеустремлен. Это тот, кто никогда не

останавливается и кто понял, что улучшение себя – это постоянный процесс. Книга предназначена для специалистов-психотерапевтов, психологов, медиков, студентов означенных специальностей и других читателей, интересующихся современной психологией и решением человеческих проблем. В формате PDF A4 сохранен издательский макет книги.

Más allá de uno mismo Giorgio Nardone, Stefano Bartoli, 2019-11-11 ¿Es posible ir más allá de nuestros límites y obtener resultados extraordinarios? ¿Puede el talento cultivarse con cuidado y perseverancia? Superar las propias limitaciones ejerce fascinación y anhelo. De la mano de la psicología, las neurociencias y la terapia breve estratégica, Giorgio Nardone y Stefano Bartoli nos confirman en esta obra que sí es posible la mejora y la superación de las características personales trabajando la resiliencia y la determinación, la flexibilidad y la adaptabilidad. Este libro no pretende ser una colección de recetas mágicas, sino una especie de guía para ayudar a sacar lo mejor que todos tenemos. Fruto de la investigación aplicada y de muchos años de experiencia en Terapia Estratégica, los autores exponen un método riguroso que implica esfuerzo y frustración, pero que, si se sigue con esmero, reserva grandes satisfacciones personales y profesionales.

Стратегическое изменение. Как вызвать изменения в чувствах и поведении других людей Джорджио Нардонэ, Роберта Миланезе, 2024-03-27 «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.

El miedo engañoso de no estar a la altura Roberta Milanese, 2021-11-02 nfallibles, seguros de nosotros mismos, capaces de manejar mejor nuestras emociones, apreciados y admirados por los demás y completamente satisfechos con nuestra vida. Estos son los nuevos estándares —amplificados por las redes sociales— a los que hoy estamos llamados a adherirnos para poder sentirnos verdaderamente a la altura. Estos modelos están en el origen de una verdadera epidemia de inseguridad que afecta a todas las relaciones fundamentales de nuestra existencia: el que está con nosotros mismos, el que está con los demás y el que está con el mundo circundante. Las consecuencias psicológicas de esta situación que, paradójicamente, también y

sobre todo afecta a personas que no son mediocres, son una serie de miedos: miedo a exponerse, miedo a la impopularidad, al conflicto, al rechazo, miedo a la inadecuación y al fracaso, que muchas veces llevan a cuadros patológicos. Después de haber explorado las expresiones de este malestar, Roberta Milanese muestra cómo es posible resurgir del insidioso pantano del miedo a no estar a la altura, contando casos reales de intervención en el contexto de la Psicoterapia Breve Estratégica. Brinda, además, una serie de recomendaciones fundamentales recogidas a continuación de un único postulado esencial: La autoestima no se hereda, se construye.

Книга о фобиях и их лечении Джорджио Нардонэ, 2024-05-02 Фобия – есть вымышленная реальность, которая производит реальные эффекты. А страх – эмоция, напрямую связанная с выживанием, это наш природный дар. Но что происходит, когда страх из здоровой реакции становится патологическим и трансформируется в тревогу, панику, фобию, превращая жизнь человека в настоящий ад? В книге представлены разнообразные формы фобического расстройства, объясняется механизм его возникновения и поддержания, приводятся примеры терапии фобий: от социофобии, страха болезней, монофобий и фобий, не сопровождающихся паникой до фобического бреда. Показано, что именно пациент, может найти в себе ресурсы для решения проблемы, а механизм, сформировавший фобию, может быть разрушен с помощью методов, основанных на глубоком и всестороннем изучении расстройства. Книга предназначена для специалистов-психотерапевтов, психологов, медиков, студентов означенных специальностей и других читателей, интересующихся современной психологией и решением человеческих проблем. В формате PDF A4 сохранен издательский макет книги.

The Strategic Dialogue Giorgio Nardone, Alessandro Salvini, 2018-03-29 The Strategic Dialogue is a fine strategy by which one can achieve maximum results with minimum effort. It was developed through a natural evolutionary process from previous treatments for particular pathologies, and composed of therapeutic stratagems and specific sequences of ad hoc manoeuvres constructed for different types of problems. This book represents both the starting and finishing line of all of the research, clinical practice, and managerial consulting performed by the authors over a fifteen year period at the Centro Terapia Strategica of Arezzo (Strategic Therapy Center). This work can be referred to as the finishing line because the Strategic Dialogue, an advanced therapeutic method of conducting a therapy session and inducing radical changes rapidly in the patient, represents the culmination of all that has been achieved so far in the field.

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