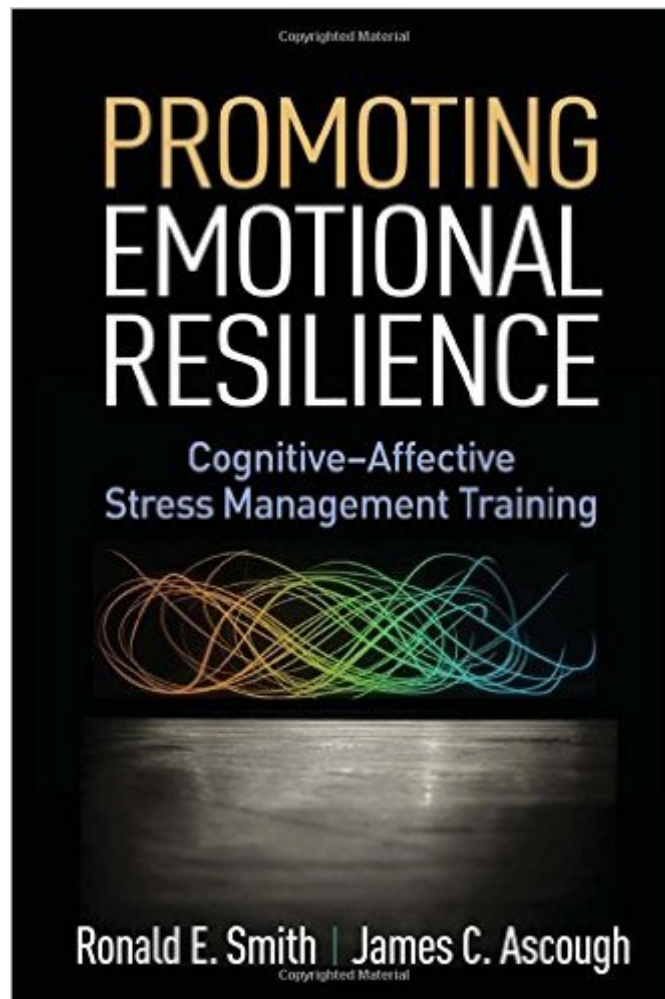


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# Promoting Emotional Resilience: Cognitive-Affective Stress Management Training



## Synopsis

Grounded in extensive research, this book presents a brief emotion-focused coping skills program that helps clients regulate their affective responses in stressful situations. Cognitive-affective stress management training (CASMT) promotes resilience by integrating cognitive-behavioral strategies with relaxation training, mindfulness, and other techniques. Systematic guidelines are provided for implementing CASMT with individuals or groups. The book includes detailed instructions for using induced affect, a procedure that elicits arousal in session and enables clients to practice new emotion regulation skills. Purchasers get access to a companion website where they can download and print the volume's 16 reproducible handouts and forms in a convenient 8 1/2" x 11" size, and can also download a muscle relaxation training audio track.

## Book Information

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## Customer Reviews

Excellent book / manual for delivering emotional resilience. Great resource and very user friendly

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