10 Self-care tips to boost your mental health



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The Minister's Guide to Psychological Disorders and Treatments W. Brad Johnson, William L. Johnson, 2023-04-11 In its third edition The Minister's Guide to Psychological Disorders and Treatments is the definitive guide to everything a minister might need to know about the most common psychological disorders and current evidence based mental health treatments Written in straightforward and accessible language this is the minister s one stop guide to understanding common mental health problems helping parishioners who struggle with them and thinking strategically about whether to refer and if so to whom This updated edition is fully aligned with the latest edition of the Diagnostic and Statistical Manual of Mental Disorders DSM 5 TR and the most current evidence based psychological treatments This third edition infuses significant attention to culture and diversity with diverse case examples and fresh content on cultural humility diagnostic interviewing assessment sociocultural contributors to mental health disorders such as religious community race and gender The third edition also includes coverage of more treatment strategies such as mindfulness medical cannabis and light therapy for seasonal depression as well as revised sections and updated references on major psychological disorders and childhood and relationship problems including gender dysphoria binge eating disorder and intellectual disabilities Written with deep empathy for the demands of contemporary pastoring this guide is destined to become an indispensable reference work for busy clergy in all ministry roles and settings A Clinician's Guide to Gender-Affirming Care Sand C. Chang, Anneliese A. Singh, lore m. dickey, 2018-12-01 Transgender and gender nonconforming TNGC clients have complex mental health concerns and are more likely than ever to seek out treatment This comprehensive resource outlines the latest research and recommendations to provide you with the requisite knowledge skills and awareness to treat TNGC clients with competent and affirming care As you know TNGC clients have different needs based on who they are in relation to the world Written by three psychologists who specialize in working with the TGNC population this important book draws on the perspective that there is no one size fits all approach for working with TNGC clients It offers interventions tailored to developmental stages and situational factors for example cultural intersections such as race class and religion This book provides up to date information on language etiquette and appropriate communication and conduct in treating TGNC clients and discusses the history cultural context and ethical and legal issues that can arise in working with gender diverse individuals in a clinical setting You ll also find information about informed consent approaches that call for a shift in the role of the mental health provider in the position of assessment and referral for the purposes of gender affirming medical care such as hormones surgery and other procedures As changes in recent transgender health care and insurance coverage have provided increased access for a broader range of consumers it is essential to understand transgender and gender nonconforming clients different needs This book provides practical exercises and skills you can use to help TNGC clients thrive **Emotion Regulation and Mental Health in Older Adults** Gary Christopher, David Facal, 2023-04-20 Study Guide to DSM-5-TR®

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