

# Health Psychology Straub

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with straub s health psychology students explore the interrelationship of psychological and physical well being making meaningful connections between health psychology theory and research and their own everyday experience straub explores the main ideas of the field from a biopsychosocial perspective drawing on the latest research engaging examples and thorough considerations of diversity issues as they relate to health psychology gender ethnicity age orientation

this text explores the psychology of how we react to illness and relate to the health care system this edition is streamlined for accessibility and more first hand experiences give it a narrative voice it features major trends and research including the mind body connection alternative medicine and health across the lifespan

rick straub s focus on the biopsychosocial model gender lifespan culture perspectives and real world applications makes health psychology a riveting and culturally enriched educational experience for students this redesigned new edition has been carefully and extensively updated enhanced by straub s meticulous revision process and feedback from instructors and students with more emphasis on positive health the new edition examines information from biological psychological and social aspects of health offering students a balanced perspective that can help inform their future health decisions in real life

straub s health psychology shows students how psychology and health are interconnected the text encourages students to make meaningful connections between the science of health psychology and their own everyday experience the text is comprehensive in its approach includes in engaging real world examples and thoroughly examines the intersection of diversity and health with regard to gender ethnicity age and orientation health psychology incorporates the latest research and uses the biopsychosocial perspective as it explores the main ideas of the field and models a scientific way of thinking about those ideas

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clinical psychology is a graduate level introduction to the field of clinical psychology

while most textbooks focus on either assessment treatment or research this textbook covers all three together specifically for the introductory level graduate course chapter coverage is diverse and contributors come from both phd and psyd programs and a variety of theoretical orientations chapter topics cover the major activities of the contemporary clinical psychologist with an introduction focusing on training models the book has a mentoring style designed to highlight the relevance of the topics discussed to clinicians in training assessment and treatment chapters focus on evidence based practice comparing and contrasting different options the basis for clinical choice between them and efficacy of same it will also introduce the business and ethical aspects of the clinical career that current introductory books do not include such ethics in assessment treatment and research third party payers technological developments dissemination of research findings cross cultural issues and the future of the profession the text is designed for students in their first year of clinical psychology graduate training includes assessment treatment and practice issues compares and contrasts different therapeutic styles exemplifies practical application through case studies focuses on evidence based practice orients future clinicians to contemporary issues facing psychological practices

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examines how psychological states influence physical health in a variety of ways including how psychological factors influence engaging in health promoting behaviors developing illness and managing illness this book is organized around fundamental psychological theories and issues a strong emphasis on research including an entire chapter devoted solely to research methods strongly and clearly grounded in current theories and research in psychology inclusion of the most current research and theory in health psychology

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