



Approaches to Behavior: Changing the Dynamic Between Patients and Professionals in Diabetes Education

Janis Roszler R.D., Wendy S. Rapaport

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Approaches to Behavior provides information and simple tools that healthcare professionals can use to help patients move beyond feelings that prevent them from benefiting fully from any learning opportunity. Each chapter opens with an introduction to experts' newest psychological understanding about a common emotion. This is followed by a list of easy techniques healthcare professionals can employ with their patients. Each technique was contributed by experienced mental health experts who counsel people with diabetes. None of these techniques can take the place of the in-depth guidance mental healthcare professionals provide. Instead, this book is a first aid kit that experts can use to help patients start to move past strong emotions and become more receptive to vital information that will improve their lives and help them take control of their diabetes.

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