



The Health Psychology Handbook: Practical Issues for the Behavioral Medicine Specialist

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This comprehensive yet practical handbook consolidates information needed by health psychologists working alongside other healthcare professionals. It facilitates the progression of the learner from the classroom to the clinical setting by focusing on the translation of science to practice using practical examples.

The **Handbook** is divided into four major parts. Part I highlights practical issues faced by health psychologists in a medical setting (how to motivate patients, consultation-liaison, assessment and screening, brief psychotherapies, ethical issues, etc.) Part II concentrates on treating unhealthy behaviors (alcohol and nicotine use, noncompliance, overeating/obesity, physical inactivity, stress). Part III considers behavioral aspects of medical problems (pain management, hypertension, diabetes, cancer, sexual dysfunction, HIV/AIDS, irritable bowel syndrome, insomnia). And Part IV takes up special issues relevant to practice and research in the field (minority issues, women's issues, working with geriatric populations, public health approaches to health psychology and behavioral medicine).

The **Handbook** will prove to be an invaluable resource for those already working in the field of health psychology as well as for those in training.

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