

DR FRANCK PEYRÉ



Faire face à l'**agoraphobie**

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Faire Face Agrave Lagoraphobie

BM King



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Faire face au stress et à l'anxiété 2.0 Mathieu Guidère, Louis Jehel, 2025-10-14 Palpitations pensées envahissantes tensions insomnies sentiment de menace sans raison apparente Et si c'était de l'anxiété Longtemps banalisée ou confondue avec du stress l'anxiété peut pourtant devenir un véritable trouble lorsqu'elle s'installe dans la durée et perturbe la vie quotidienne Mais comment la reconnaître Et surtout que faire quand elle devient envahissante Ce livre propose des réponses simples et accessibles toutes les questions que l'on peut se poser face au stress et à l'anxiété qu'elle soit ponctuelle ou chronique l'grave ou le léger Il aborde ses mécanismes ses différentes formes anxieuses généralisées attaques de panique phobies TOC anxiété sociale les causes possibles les traitements disponibles ainsi que des pistes concrètes pour apprendre mieux à gérer au quotidien Rédigé sous forme de 100 questions et leurs réponses il offre un repère clair et bienveillant celles et ceux qui vivent avec l'anxiété leur entourage mais aussi toutes les personnes curieuses de mieux comprendre ce phénomène de plus en plus présent dans nos vies Grâce à une approche à la fois scientifique et humaine l'ouvrage permet de mettre des mots sur ce que l'on ressent de mieux identifier ses propres besoins et de découvrir des ressources pour avancer son rythme Un guide complet pour comprendre apaiser et transformer son rapport à l'anxiété Parce qu'il est possible d'aller mieux et de ne pas rester seul face à ce que l'on traverse

Le grand livre des troubles anxieux Edmund J. Bourne, 2023-11-02 Une personne sur dix souffre de troubles anxieux Telle personne se réveille frissonnant au milieu de la nuit la gorge nouée sans savoir pourquoi telle autre vite les espaces publics fermés de peur de faire un malaise telle autre encore panique Livres de France, 2003 **Libérez-vous de vos peurs grâce aux techniques énergétiques** Jean-Michel Gurrett, 2023-02-28 La crise sanitaire et économique les confinements successifs le contexte géopolitique et l'urgence climatique ont largement dégradé la santé mentale des Français Pour de nombreux Français le pic de Covid les confinements successifs et les différentes mesures sanitaires ont constitué un véritable choc psychologique Ils ont fait naître ou réactivé des peurs peur de tomber malade de contaminer ses proches de mourir de l'aiguille de sortir Pour certains elles se sont même transformées en véritables phobies Si la peur est une réaction naturelle et nécessaire la phobie est une anticipation anxieuse une peur de la peur L'EFT et plus largement la psychologie énergétique sont des moyens simples et efficaces pour désamorcer ses peurs et ses phobies en les travaillant tous ces niveaux dans le présent dans le passé la base de ses peurs et de ses phobies et dans le futur en combattant ses anticipations anxieuses Jean-Michel Gurrett psychothérapeute ARS est fondateur et président de l'Institut francophone de psychothérapie motionnelle et cognitive IFPEC la première école française de formation à l'EFT Il est aussi conférencier et formateur en EFT clinique chargé de cours à la faculté de médecine de Lyon et de psychologie Metz Il est le premier Français certifié par deux associations américaines pour sa maîtrise de cette pratique Il est l'auteur d'une quinzaine d'ouvrages dont Ma Bible de l'EFT Je maîtrise l'EFT et Gérer le stress et l'anxiété avec l'EFT parus aux éditions Leduc

Intervention psychosociale : Perspective interactionniste stratégique Yvon Pépin, 2018-09-04T00:00:00-04:00 Vivre et évoluer en société exigent de trouver des façons

convenables et minimalement efficaces d'interagir avec plusieurs personnes ou groupes dans des conditions variées et en composant avec de multiples rôles implicites ou explicites. Quelle que soit la manière dont nous agissons ou interagissons aux situations rencontrées au quotidien nous sommes tous des praticiennes et des praticiens de l'intervention psychosociale. Si cet ouvrage s'intéresse à l'intervention psychosociale comme objet d'études on ne saurait y trouver une méthode d'intervention et encore moins une solution définitive aux problèmes généraux par la nécessité d'interagir. La perspective interactionniste stratégique se fonde sur l'examen des contraintes et des problématiques inhérentes à la gestion des différences humaines qu'elles soient d'ordre personnel, interpersonnel, organisationnel ou macrosocial. Sans se proposer comme panacée elle offre un regard qui si on l'adopte pourrait permettre de comprendre les difficultés prouvées dans nos échanges avec autrui de façon plus intéressante et productive. L'espoir d'une vie sociale sans difficulté ni problème relève de l'utopie. Pourtant le regard posé sur elle peut dans des situations locales et ponctuelles permettre de mieux tirer son pingle du jeu de débloquer des impasses et d'ouvrir des possibilités. L'approche est fondée sur une longue expérience de l'auteur et de son équipe dans la formation et la supervision de professionnelles et professionnels de l'intervention dans le vaste domaine des relations humaines. L'ouvrage s'adresse donc d'abord des professionnels mais il peut aussi intéresser toute personne qui prouve les difficultés ordinaires du vivre ensemble et qui cherche une façon différente d'en comprendre les enjeux.

Des névroses aux états limites Manuella de Luca, Vincent Estellon, 2015-10-07. S'appuyant sur la psychologie clinique, la psychopathologie, la psychanalyse et la psychiatrie, ce manuel présente les structures de la vie psychique. Revenant sur la tripartition proposée par Freud : névroses, psychoses, perversions, il insiste plus particulièrement sur l'articulation entre les névroses et les états limites. La confrontation des deux entités autorise d'appréhender des frontières communes et des chevauchements. Cette grille de lecture originale permet d'appréhender d'une autre manière la psychopathologie actuelle, notamment la question de la perte du deuil, des dépressions, des angoisses relationnelles, des états de détresse, de l'impact des échecs face au succès du narcissisme. L'ouvrage s'intéresse également aux prises en charge dans leur diversité pour proposer des pistes dans la relation thérapeutique.

Psychopathologie Jeffrey S. Nevid, Spencer Rathus, Beverly Greene, 2009-08-28. Ce manuel illustre de nombreux cas cliniques et adapté aux spécificités françaises, offre une approche plurielle, riche et actuelle de la psychopathologie.

Manuel du phobique et de l'anxieux Edmund J. Bourne, 2011-10-27. Des diagnostics pour faire le point : souffrez-vous de trouble panique, d'agoraphobie, de phobies spécifiques, d'un trouble anxieux généralisé, d'un trouble obsessionnel compulsif ? Tous les traitements existants, les thérapies, la relaxation.

En chemin vers la paix Franck PLÜSS, Ce n'est pas une vie. Je n'en peux plus, je n'ose plus sortir, faire mes courses, de peur d'avoir une attaque de panique. Vous souffrez de être l'esclave de votre angoisse et vous avez pourtant l'impression d'avoir déjà tout essayé pour vous en débarrasser. Et si c'était justement la lutte contre vos émotions qui était le problème ? Vous apprendrez dans ce petit livre comment la méditation de pleine conscience aujourd'hui largement plébiscitée par la science et la médecine peut vous aider à trouver votre chemin vers plus de paix émotionnelle même au milieu des plus profondes

crise de panique L'auteur spécialiste de l'enseignement de la méditation ancien infirmier en psychiatrie et dans les urgences hospitalières a lui-même traversé des périodes de profondes crises d'angoisses et de panique Le chemin proposé ici s'appuie sur les neurosciences et la méditation de pleine conscience mais aussi sur une compréhension de l'intensité de la détresse engendrée par les crises d'angoisse et la panique Les médecins les thérapeutes et même la famille ou les amis ne mesurent pas cette souffrance pour ne l'avoir jamais vécue dans leurs tripes Fort de cette expérience l'auteur propose un cheminement au travers d'exercices simples accessibles et originaux La plupart des exercices sont accompagnés d'explications et renvoient des méditations audio guidées enregistrées par l'auteur lui-même pour vous permettre de pratiquer tranquillement chez vous

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