

DR FRANCK PEYRÉ



Faire face **à l'agoraphobie**

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Faire Face Agrave Lagoraphobie

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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 s'vire 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 évite 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 Gurret, 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 l'impact majeur 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 Gurret 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'intresse 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 générés 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 aux professionnels mais il peut aussi intéresser toute personne qui éprouve 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 est adapté aux spécificités françaises. Il 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.

TCC chez l'enfant et l'adolescent Luis Vera, Louis Vera, 2025-06-18. Les pathologies de l'enfant ne sont pas fixées irrémédiablement : leur évolution est incertaine et leur diagnostic souvent délicat. Il faut avancer avec prudence et éviter de considérer le trouble de l'enfant avec la clinique de l'adulte. Cet ouvrage aborde les spécificités de la prise en charge TCC chez l'enfant et l'adolescent, notamment l'importance de tenir compte des limites cognitives imposées par l'âge du jeune. Ces ajustements sont nécessaires pour modifier l'ensemble indissociable d'un comportement pathologique : cognition, émotion et action. Après une pr

sensation des modèles théoriques et des techniques thérapeutiques comportementales cognitives et motivationnelles la disposition du clinicien les troubles de l'enfant et de l'adolescent sont détaillés phobie sociale trouble panique agoraphobie trouble anxieux généralisés anxiété de séparation phobie scolaire TOC trouble de l'attention hyperactivité déficit de persévérance au cannabis ou internet etc Pour chacun des troubles l'ouvrage expose la démarche complète des TCC telle qu'elle est pratiquée en clinique juvénile diagnostic outils d'évaluation explications psychoéducatives données au jeune et ses parents tude de la motivation au changement d'orientation rationnelle du projet thérapeutique et planification des modalités d'application de stratégies thérapeutiques s'annonce après s'annonce Cette 3^e édition intègre de nouveaux développements sur l'analyse fonctionnelle la réalité virtuelle la distinction entre anxiété sociale et phobie sociale les troubles de l'estime de soi les attaques de panique le harcèlement scolaire et les phobies scolaires résistances le trouble oppositionnel avec provocation l'addiction aux crans la psychoéducation Des éléments de clinique sont ajoutés pour l'ensemble des troubles de même que des cas cliniques détaillés Luis Vera est docteur en psychologie clinique psychothérapeute au Centre hospitalier Sainte Anne CMME service du Pr Gorwood Paris et responsable pédagogique du diplôme universitaire Thérapies comportementales et cognitives l'Université Paris Descartes Luis Vera est psychiatre spécialisé dans la prise en charge des enfants et des adolescents ayant des troubles des apprentissages Après une carrière hospitalière au Centre hospitalier Sainte Anne et la Pitié Salpêtrière il a fondé une structure libérale qui leur est destinée le Centre TDAH La collection Pratiques en psychothérapie dirigée par Dominique Servant a une ambition double Didactique pour les thérapeutes en exercice leur permettant de les aider dans le suivi des patients elle a aussi pour vocation d'être un guide pour la formation aux différentes modalités de soins et de prises en charge Elle s'adresse donc un large public de professionnels Les thèmes traités tous liés aux multiples domaines de la psychiatrie et de la psychologie sont variés et ouverts différents modèles Les points théoriques cliniques et thérapeutiques développés fournissent au lecteur un grand nombre d'informations accessibles et utilisables dans la pratique quotidienne

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