



Programa SOMNE. Terapia psicológica integral para el insomnio: guía para el terapeuta y el paciente (Serendipity) (Spanish Edition)

Ana María /Egea Santaolalla, Carlos/ Barbeito Resa, Sara González Pinto

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Un alto porcentaje de la población tiene problemas para dormir, concretamente lo que se conoce como insomnio. Después de varios meses de trabajo en común y de muchas reuniones, profesionales de la Unidad de sueño y del Servicio de psiquiatría del Hospital Universitario de Álava unieron sus esfuerzos para redactar esta obra que contiene un programa breve de 8 sesiones de terapia para el insomnio. La terapia incluye dos partes, una para aquellos expertos, terapeutas y clínicos que estén interesados en tratar el insomnio y otra en la que se recoge información y técnicas para los pacientes. Este manual se diferencia de otros en que se incluyen de forma detallada las técnicas y los registros, lo que facilita la aplicación sistemática por parte de los profesionales. Se trata de un libro de sencilla lectura pero que es fruto de un estudio exhaustivo del tratamiento del insomnio que se encuentra en la base de esta terapia breve. Animamos al lector a profundizar en esta obra creada por expertos en la materia y con amplia experiencia en el diseño y aplicación de psicoterapias.

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