



# **Intervention in Occupational Stress: A Handbook of Counselling for Stress at Work (Counselling in Practice Series)**

*Randall Ross, Elizabeth Altmaier*

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`An excellent introduction.... Readers of this journal looking for a brief but comprehensive introduction to the field of stress management will find this book to be more than adequate for this purpose. Perhaps the book's greatest strength is the way it has managed to combine insights and research from both occupational psychology and clinical psychology to tackle workplace stress. Cary Cooper would surely be pleased with the authors' efforts at what he has termed "clinical occupational" psychology' - *The International Journal of Social Psychiatry*

This practical guide focuses on the intervention strategies which can be employed by counsellors to help individuals suffering from emotional and physiological stress

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