

Harvard Referencing - Practice Activity 1

This activity is designed to help you practice your referencing skills.

On the pages that follow there are 20 reputable sources from either books, journals, or websites.

You must first decide if the source you are looking at is a book, journal article, or a web site in order to look for the correct information.

Using your new knowledge of referencing, along with your 'Grab Sheet' and your 'Referencing Diagrams' (both available on the Harvard Referencing tile), please provide the 2 citation for each source, and the full correctly formatted reference for each source in the spaces provided.

The images of the webpages all contain hyperlinks – this means you can click on the link and look around the webpage to search for the information you need (You may need to right click and select 'open link' – also accept any blocked pop-ups).

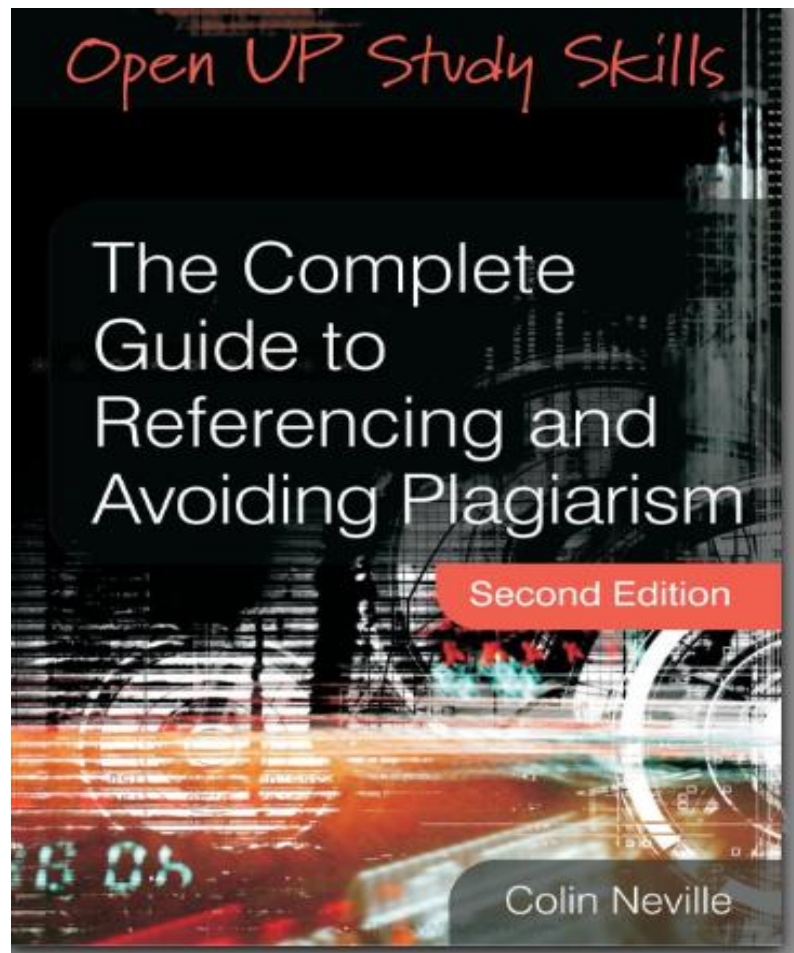
When referencing journal articles, keep in mind that they sometimes do not include a page number – or in some instances a volume – or in some cases an issue!

When referencing webpages – Keep in mind - your accessed on dates will not be the same as mine!

When you are finished, ensure you check your answers against the ones provided.

The first question has been done for you as an example...

Good luck!



Open University Press
McGraw-Hill Education
McGraw-Hill House
Shoppenhangers Road
Maidenhead
Berkshire
England
SL6 2QL

email: enquiries@openup.co.uk
world wide web: www.openup.co.uk

and Two Penn Plaza, New York, NY 10121-2289, USA

First published 2007
Reprinted 2007, 2009
First published in this second edition 2010

Copyright © Colin Neville 2010

All rights reserved. Except for the quotation of short passages for the purposes of criticism and review, no part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher or a licence from the Copyright Licensing Agency Limited. Details of such licences (for reprographic reproduction) may be obtained from the Copyright Licensing Agency Ltd of Saffron House, 6-10 Kirby Street, London, EC1N 8TS.

A catalogue record of this book is available from the British Library

ISBN-13: 978-0-33-524103-3
ISBN-10: 0335241034

Library of Congress Cataloging-in-Publication Data
CIP data applied for

Typeset by RefineCatch Limited, Bungay, Suffolk
Printed in the UK by Bell & Bain Ltd., Glasgow

Fictitious names of companies, products, people, characters and/or data that may be used herein (in case studies or in examples) are not intended to represent any real individual, company, product or event.

The McGraw-Hill Companies

Citation : (Neville, 2010) or Neville (2010)

Reference : Neville, C. (2010) *The Complete Guide to Referencing and Avoiding Plagiarism*. 2nd edn. Maidenhead: Open University Press.

The essential role of mental imagery in cognitive behaviour therapy: What is old is new again

Lisa M. Saulsman^{1,2}  | Julie L. Ji¹ | Peter M. McEvoy^{3,4} 

¹School of Psychological Science, The University of Western Australia, Perth, Western Australia, Australia

²Cognitive Behaviour Therapy Services Western Australia, Perth, Western Australia, Australia

³School of Psychology, Curtin University, Perth, Western Australia, Australia

⁴Centre for Clinical Interventions, Perth, Western Australia, Australia

Correspondence

Lisa M. Saulsman, School of Psychological Science, The University of Western Australia, 35 Stirling Highway, Crawley, WA 6009, Australia.
Email: lisa.saulsman@uwa.edu.au

Abstract

Objective: The aim of this review is to highlight the important role of mental imagery in contemporary cognitive behaviour therapy (CBT).

Method: In this narrative review, we define mental imagery based on cognitive science research, present the rationale for the incorporation of mental imagery within CBT, and outline four key applications of mental imagery within CBT practice (i.e., imagery-enhanced thought records, imagery-enhanced behavioural experiments, imaginal facilitation of behaviour change, and imagery rescripting), including emerging research supporting these varied applications.

Results: Mental imagery is highly relevant to CBT practice because (a) it is a transdiagnostic cognitive maintaining factor of psychopathology; (b) it promotes cognitive specificity when working with clients; and (c) the emotional amplification properties of mental imagery, and its impacts on motivation and behaviour, make imagery a powerful facilitator of cognitive, affective, and behavioural change. Emerging research is promising regarding the potential for imagery to enhance treatment outcomes. However, further research is required to guide clinicians regarding how to best facilitate imagery interventions to maximise outcomes.

Conclusions: Imagery-focused interventions are an essential part of a CBT practitioner's therapeutic repertoire. Mental imagery has the capacity to bring CBT to life, facilitating conditions important for engaging and effective psychotherapy.

KEYWORDS

behaviour change, behavioural experiments, cognitive behaviour therapy, imagery rescripting, mental imagery, thought records

Citation : (Saulsman, Ji and McEvoy, 2019) or Saulsman, Ji and McEvoy (2019)

Reference : Saulsman, L. M., Ji, J. L. and McEvoy, P. M. (2019) 'The essential role of mental imagery in cognitive behaviour therapy: What is old is new again', *Australian Psychologist*.

Journal of Applied Social Psychology

Journal of Applied Social Psychology 2017, 47, pp. 124–135

Productive procrastination: academic procrastination style predicts academic and alcohol outcomes

Erin C. Westgate¹, Stephanie V. Wormington², Kathryn C. Oleson³, Kristen P. Lindgren⁴

¹Department of Psychology, University of Virginia

²Department of Counseling, Educational Psychology, and Special-Education, Michigan State University

³Department of Psychology, Reed College

⁴Department of Psychiatry and Behavioral Sciences, University of Washington, Center for the Study of Health and Risk Behaviors

Citation : ([Westgate et al, 2017](#)) or [Westgate et al \(2017\)](#)

Reference : [Westgate, E. C., Wormington, S. V., Oleson, K. C. and Lindgren, K. P. \(2017\) 'Productive procrastination: academic procrastination style predicts academic and alcohol outcomes', *Journal of Applied Social Psychology*, 47, pp. 124 – 135.](#)

Coronavirus (COVID-19)

[Get the latest advice about coronavirus](#)

[Home](#) > [Health A to Z](#)

Counselling

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

Sometimes the term "counselling" is used to refer to talking therapies in general, but counselling is also a type of therapy in its own right.

What can counselling help with?

Counselling can help you cope with:

Citation : (National Health Service, 2020) or National Health Service (2020)

Reference : National Health Service (2020) *Counselling*. Available at: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/> (Accessed on 16th October 2022).

Riding the waves: A functional-cognitive perspective on the relations among behaviour therapy, cognitive behaviour therapy and acceptance and commitment therapy

Jan De Houwer¹, Yvonne Barnes-Holmes², and Dermot Barnes-Holmes²

¹Department of Experimental Clinical and Health Psychology, Ghent University, Ghent, Belgium

²Department of Psychology, National University of Ireland at Maynooth, Maynooth, Ireland

Different types of therapy explain psychopathology and the effects of psychotherapy differently. Different explanations are, however, not necessarily mutually exclusive. Based on the idea that functional and cognitive explanations are situated at different levels, we argue that functional therapies such as traditional Behaviour Therapy (BT) and Acceptance and Commitment Therapy (ACT) are not necessarily incompatible with Cognitive Behaviour Therapy (CBT). Whether a functional and a cognitive therapy actually align depends on whether they highlight the same type of environmental causes. This functional-cognitive perspective reveals various differences and communalities among BT, CBT and ACT.

Keywords: Psychotherapy; Behaviour therapy; Cognitive behaviour therapy; Acceptance and commitment therapy.

Citation : (De Houwer, Barnes-Holmes and Barnes-Holmes, 2016) or De Houwer, Barnes-Holmes and Barnes-Holmes (2016)

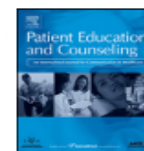
Reference : De Houwer, J., Barnes-Holmes, Y. and Barnes-Holmes, D. (2016) 'Riding the waves: A functional-cognitive perspective on the relations among behaviour therapy, cognitive behaviour therapy and acceptance and commitment therapy', *International Journal of Psychology*, 51(1), pp. 40 – 44.



Contents lists available at ScienceDirect

Patient Education and Counseling

journal homepage: www.elsevier.com/locate/pateducou



How does communication heal? Pathways linking clinician–patient communication to health outcomes

Richard L. Street Jr.^{a,b,*}, Gregory Makoul^c, Neeraj K. Arora^d, Ronald M. Epstein^e

^a Texas A&M University, College Station, TX, United States

^b The Houston Center for Quality of Care and Utilization Studies and Baylor College of Medicine, Houston, TX, United States

^c Saint Francis Hospital and Medical Center, Hartford, CT, United States

^d Outcomes Research Branch, ARP, DCCPS, National Cancer Institute, Bethesda, MD, United States

^e Department of Family Medicine, Psychiatry and Oncology, University of Rochester School of Medicine and Dentistry, Rochester, NY, United States

ARTICLE INFO

Article history:

Received 31 July 2008

Received in revised form 19 November 2008

Accepted 24 November 2008

Keywords:

Physician–patient communication

Health outcomes

Disease management

ABSTRACT

Objective: Although prior research indicates that features of clinician–patient communication can predict health outcomes weeks and months after the consultation, the mechanisms accounting for these findings are poorly understood. While talk itself can be therapeutic (e.g., lessening the patient's anxiety, providing comfort), more often clinician–patient communication influences health outcomes via a more indirect route. Proximal outcomes of the interaction include patient understanding, trust, and clinician–patient agreement. These affect intermediate outcomes (e.g., increased adherence, better self-care skills) which, in turn, affect health and well-being. Seven pathways through which communication can lead to better health include increased access to care, greater patient knowledge and shared understanding, higher quality medical decisions, enhanced therapeutic alliances, increased social support, patient agency and empowerment, and better management of emotions.

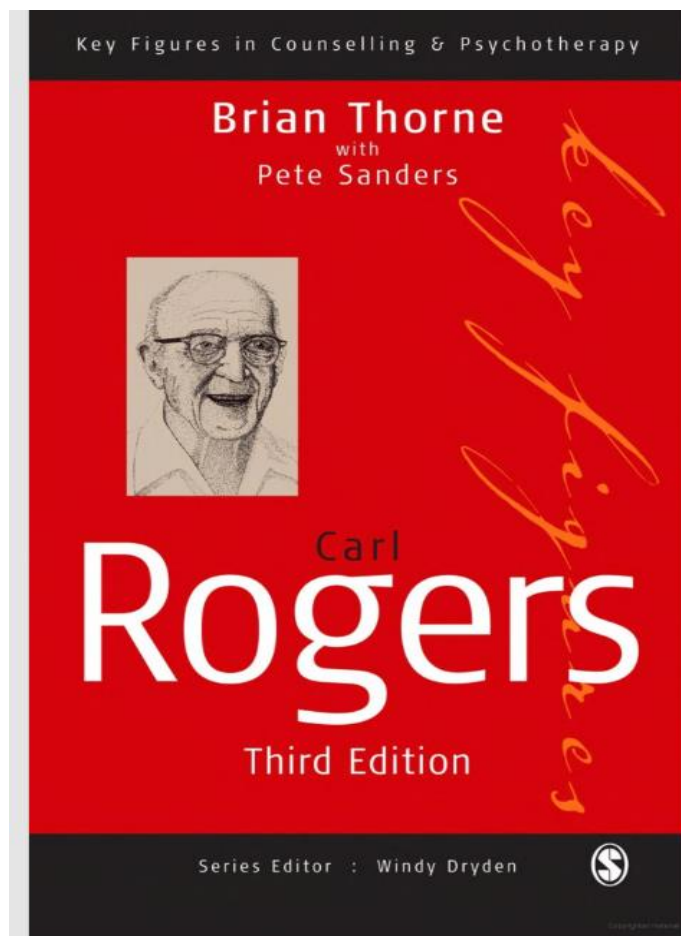
Conclusion: Future research should hypothesize pathways connecting communication to health outcomes and select measures specific to that pathway.

Practice implications: Clinicians and patients should maximize the therapeutic effects of communication by explicitly orienting communication to achieve intermediate outcomes (e.g., trust, mutual understanding, adherence, social support, self-efficacy) associated with improved health.

© 2008 Elsevier Ireland Ltd All rights reserved.

Citation : (Street Jr et al, 2009) or Street Jr et al (2009)

Reference : Street Jr, R. L., Makoul, G., Arora, N. K. and Epstein, R. M. (2009) 'How does communication heal? Pathways linking clinician-patient communication to health outcomes', *Patient Education and Counselling*, 74, pp. 295-301.



Los Angeles | London | New Delhi
Singapore | Washington DC

SAGE Publications Ltd
1 Oliver's Yard
55 City Road
London EC1Y 1SP

SAGE Publications Inc.
2455 Teller Road
Thousand Oaks, California 91320

SAGE Publications India Pvt Ltd
B 1/1, Mohan Cooperative Industrial Area
Mathura Road
New Delhi 110 044

SAGE Publications Asia-Pacific Pte Ltd
3 Church Street
#10-04 Samsung Hub
Singapore 049483

Editor: Alice Owen
Assistant editor: Kate Wharton
Production editor: Rachel Burrows
Copyeditor: Sarah Bury
Proofreader: Derek Markham
Marketing manager: Tamara Navaratnam
Typeset by: C&M Digital (P) Ltd, Chennai, India
Printed and bound by CPI Group (UK) Ltd,
Croydon, CR0 4YY



© Brian Thorne with Pete Sanders 2013

First edition published 1992. Reprinted 1992, 1993, 1994,
1995, 1997, 1999, 2000, 2001
Second edition published 2003. Reprinted 2008, 2010
This third edition published 2013

Apart from any fair dealing for the purposes of research or
private study, or criticism or review, as permitted under the
Copyright, Designs and Patents Act, 1988, this publication may
be reproduced, stored or transmitted in any form, or by any
means, only with the prior permission in writing of the
publishers, or in the case of reprographic reproduction, in
accordance with the terms of licences issued by the Copyright
Licensing Agency. Enquiries concerning reproduction outside
those terms should be sent to the publishers.

Library of Congress Control Number: 2012937305

British Library Cataloguing in Publication data

A catalogue record for this book is available from
the British Library

ISBN 978-1-4462-5222-2
ISBN 978-1-4462-5223-9 (pbk)

Citation : (Thorne and Sanders, 2013) or Thorne and Sanders (2013)

Reference : Thorne, B. and Sanders, P. (2013) *Carl Rogers*. 3rd edn. London: Sage.



Viewing the Disney Movie *Frozen* through a Psychodynamic Lens

Christopher Kowalski¹ · Ruchi Bhalla²

Published online: 14 October 2015
© Springer Science+Business Media New York 2015

Abstract The Disney movie *Frozen* is the fifth highest grossing movie of all time. In order to better understand this phenomenon and to hypothesize as to why the movie resonated so strongly with audiences, we have interpreted the movie using psychodynamic theory. We pay particular attention to the themes of puberty, adolescence and sibling relationships and discuss examples of ego defenses that are employed by the lead character in relation to these concepts.

Keywords Disney · psychodynamic theory · child development · adolescence

Citation : ([Kowalski and Bhalla, 2018](#)) or [Kowalski and Bhalla \(2018\)](#)

Reference : [Kowalski, C. and Bhalla, R. \(2018\) 'Viewing the Disney movie Frozen through a psychodynamic lens', *Journal of Medical Humanity*, 39, pp. 145-150.](#)

[Home](#) > [Health and social care](#) > [Public health](#) > [Health conditions](#) > [Dementia](#)

Guidance

Delivering better integrated care

A summary of what delivering better integrated care means and how Monitor is supporting the sector.

Published 27 May 2014

Last updated 11 March 2015 — [see all updates](#)

From: [Monitor](#)

Applies to: **England**

Contents

- What does delivering integrated care mean?
- How is Monitor supporting the sector to deliver better integrated care?
- Help, advice and contact

Related content

[Integrated care: ask a question or make a complaint](#)

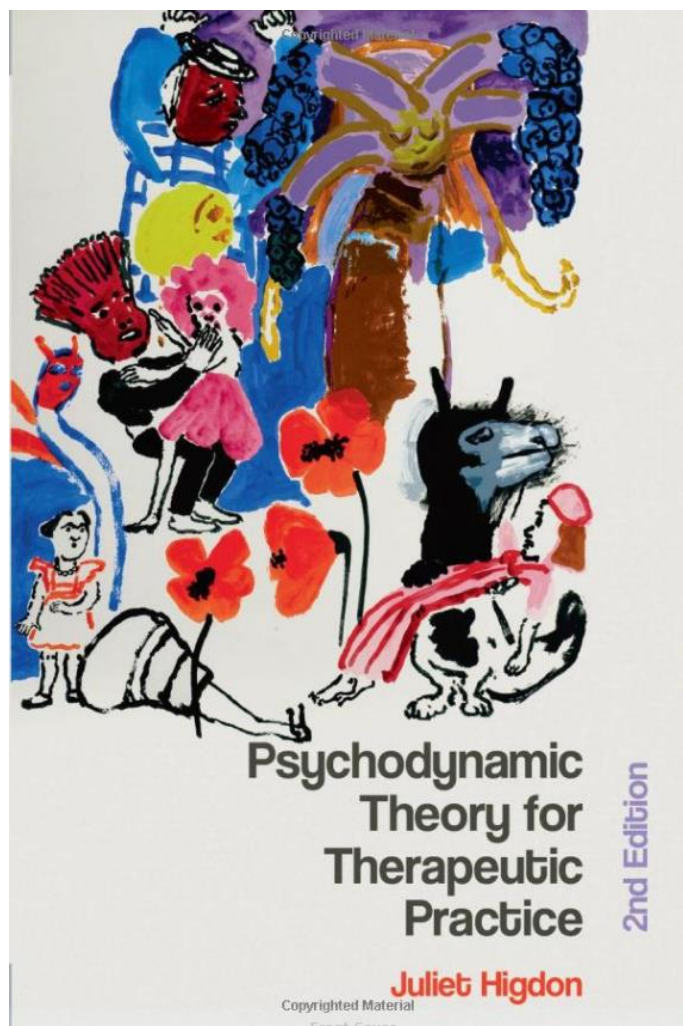
[Integrated care licence condition: guidance for providers of NHS-funded services](#)

[Tariff arrangements for your 2015/16 NHS activity](#)

[The NHS payment system: a guide for patients](#)

Citation : (UK Government, 2015) or UK Government (2015)

Reference : UK Government (2015) *Delivering Better Integrated Care*. Available at: <https://www.gov.uk/guidance/enabling-integrated-care-in-the-nhs> (Accessed on 11th October 2022).



Copyrighted Material

© Juliet Higdon 2004, 2012, under exclusive licence to Springer Nature Limited 2019

All rights reserved. No reproduction, copy or transmission of this publication may be made without written permission.

No portion of this publication may be reproduced, copied or transmitted save with written permission or in accordance with the provisions of the Copyright, Designs and Patents Act 1988, or under the terms of any licence permitting limited copying issued by the Copyright Licensing Agency, Saffron House, 6-10 Kirby Street, London EC1N 8TS.

Any person who does any unauthorized act in relation to this publication may be liable to criminal prosecution and civil claims for damages.

The author has asserted her right to be identified as the author of this work in accordance with the Copyright, Designs and Patents Act 1988.

First published as *From Counselling Skills to Counsellor: A Psychodynamic Approach* 2004

Reprinted seven times

Second edition 2012

Published by
RED GLOBE PRESS

Red Globe Press in the UK is an imprint of Springer Nature Limited, registered in England, company number 785998, of 4 Crinan Street, London, N1 9XW.

Red Globe Press® is a registered trademark in the United States, the United Kingdom, Europe and other countries.

ISBN 978-0-230-24247-0

ISBN 978-0-230-35636-8 (eBook)

A catalogue record for this book is available from the British Library.

A catalog record for this book is available from the Library of Congress.

Citation : (Higdon, 2019) or Higdon (2019)

Reference : Higdon, J. (2019) *Psychodynamic Theory for Therapeutic Practice*. 2nd edn. London: Red Globe Press.

The Future of Psychodynamic Psychotherapy

Mauricio Cortina

The article reviews the current state and future of psychodynamic psychotherapies. In the past few decades psychodynamic psychotherapies have fallen into disrepute due to the fractious and dogmatic nature of different psychodynamic schools of thought and the lack of interest in validating some of its major premises or its effectiveness in comparison with other psychotherapy modalities. Despite these self-inflicted wounds, psychodynamic theory and treatment is staging a comeback. Many of the major premises that comprise the complex, layered model of the mind that are the basis of psychodynamic treatments have again begun to be validated. A list of basic psychodynamic concepts is described. The evidence for each of these concepts varies, but as a whole the evidence is broad and deep for the model of the mind posited by psychoanalysis. This evidence is coming from many fields of knowledge that are not necessarily influenced by psychoanalysis. There have also been significant advances in developing methods and tools that can probe systematically into the complex nature of psychodynamic treatment processes. Finally, statistical tools--such as meta-analytic studies--that can aggregate and compare many different studies at once are beginning to show the effectiveness of dynamic psychotherapies in comparison with other modalities of treatment.

Citation : ([Cortina, 2010](#)) or [Cortina \(2010\)](#)

Reference : [Cortina, M. \(2010\) 'The future of psychodynamic psychotherapy', *Psychiatry*, 73\(1\), pp. 43.](#)

Cognitive behavioural therapy (CBT)

Explains what cognitive behavioural therapy (CBT) is, what it is for, what happens during therapy and how to find a therapist.

[View this information as a PDF](#) (new window)

About CBT

[What CBT can treat](#)

[CBT sessions](#)

[Is CBT for me?](#)

[Finding a therapist](#)

[Useful contacts](#)

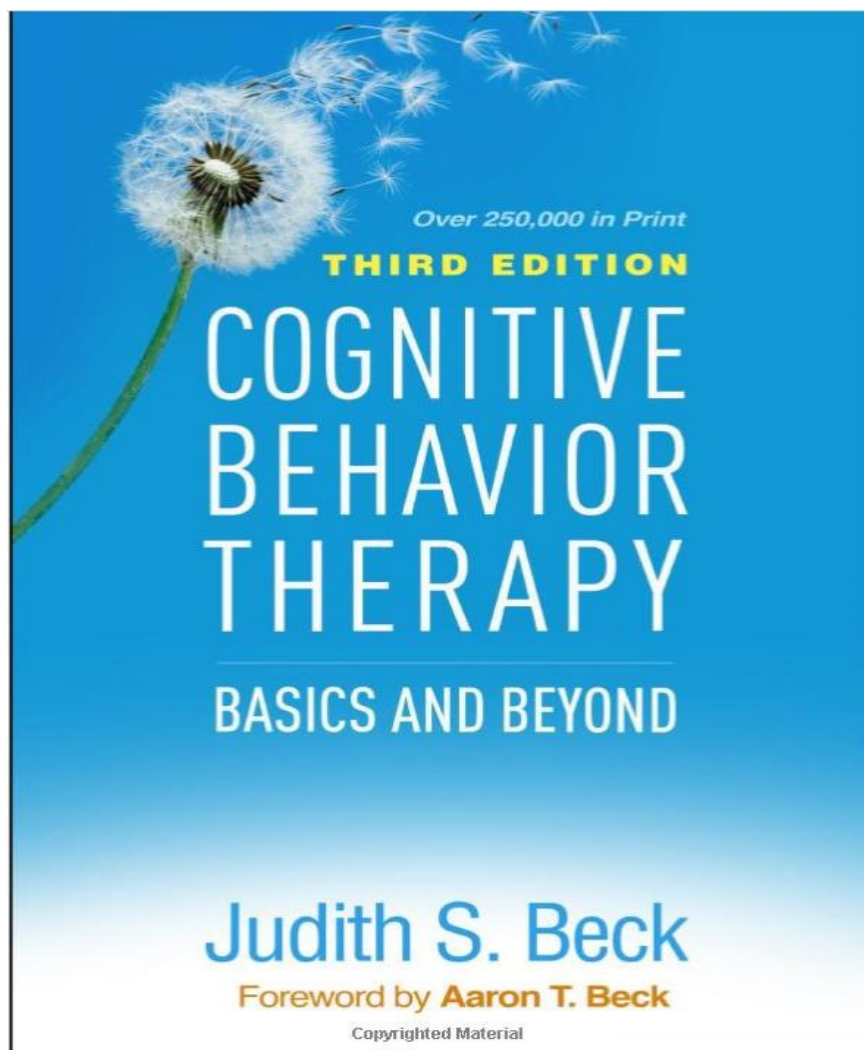
What is CBT?

Cognitive behavioural therapy (CBT) is a type of talking treatment which focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems.

It combines cognitive therapy (examining the things you think) and behaviour therapy (examining the things you do).

Citation : (Mind, 2021) or Mind (2021)

Reference : Mind (2021) *Cognitive Behaviour Therapy (CBT)*. Available at: <https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/cognitive-behavioural-therapy-cbt/#WhatAreCBTSessionsLike> (Accessed on 12th October 2022).



Copyright © 2021 Judith S. Beck
Published by The Guilford Press
A Division of Guilford Publications, Inc.
370 Seventh Avenue, Suite 1200, New York, NY 10001
www.guilford.com

All rights reserved

No part of this book may be reproduced, translated, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, microfilming, recording, or otherwise, without written permission from the publisher.

Printed in the United States of America

This book is printed on acid-free paper.

Last digit is print number: 9 8 7 6 5 4 3 2 1

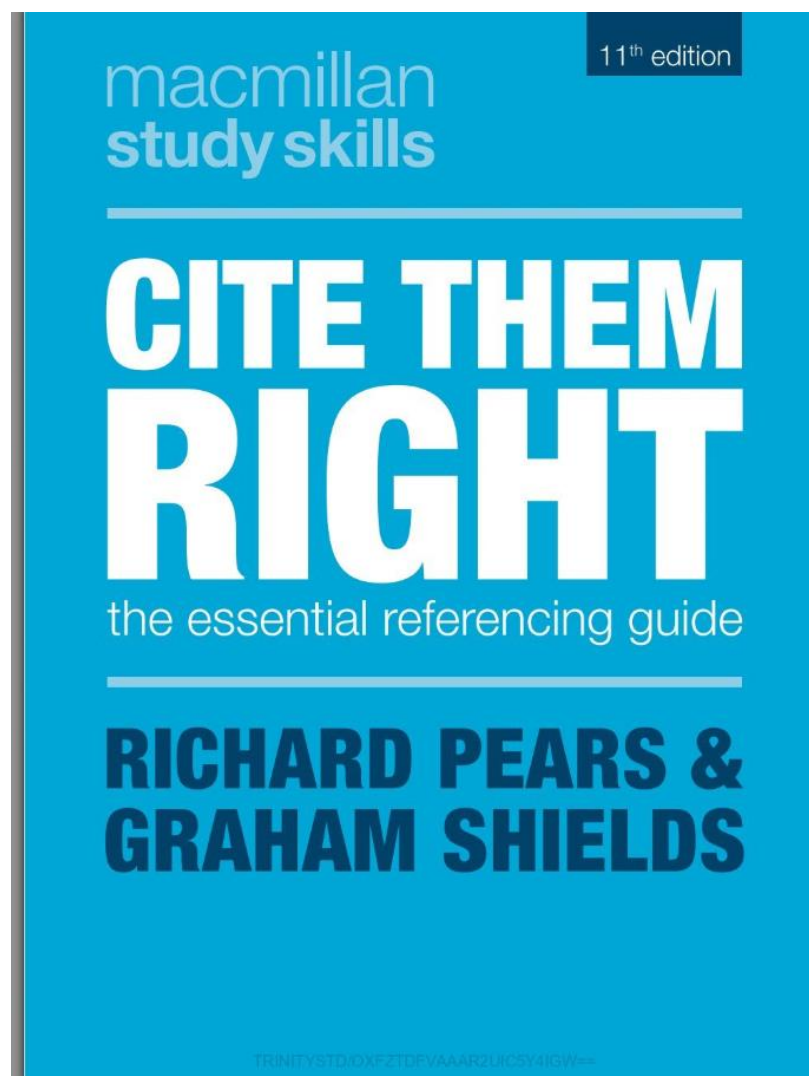
The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards of practice that are accepted at the time of publication. However, in view of the possibility of human error or changes in behavioral, mental health, or medical sciences, neither the author, nor the editors and publisher, nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or the results obtained from the use of such information. Readers are encouraged to confirm the information contained in this book with other sources.

Library of Congress Cataloging-in-Publication Data

Names: Beck, Judith S., author.
Title: Cognitive behavior therapy : basics and beyond / Judith S. Beck.
Description: Third edition. | New York : The Guilford Press, [2021] | Includes bibliographical references and index.
Identifiers: LCCN 2020006172 | ISBN 9781462544196 (cloth)
Subjects: LCSH: Cognitive therapy.
Classification: LCC RC489.C63 B43 2021 | DDC 616.89/1425—dc23
LC record available at <https://lcn.loc.gov/2020006172>

Citation : (Beck, 2021) or Beck (2021)

Reference : Beck, J. S. (2021) *Cognitive Behaviour Therapy: Basics and Beyond*. 3rd edn. New York: The Guilford Press.



© Richard Pears and Graham Shields, under exclusive licence to Springer Nature Limited 2019

All rights reserved. No reproduction, copy or transmission of this publication may be made without written permission.

No portion of this publication may be reproduced, copied or transmitted save with written permission or in accordance with the provisions of the Copyright, Designs and Patents Act 1988, or under the terms of any licence permitting limited copying issued by the Copyright Licensing Agency, Saffron House, 6–10 Kirby Street, London EC1N 8TS.

Any person who does any unauthorized act in relation to this publication may be liable to criminal prosecution and civil claims for damages.

The authors have asserted their rights to be identified as the authors of this work in accordance with the Copyright, Designs and Patents Act 1988.

This edition published 2019 by RED GLOBE PRESS

Previous editions published 2010, 2013 and 2016 under the imprint PALGRAVE

Previous editions published 2004, 2005 and 2008 by Pear Tree Books

Red Globe Press in the UK is an imprint of Springer Nature Limited, registered in England, company number 785990, of 4 Crinan Street, London, N1 9XW.

Red Globe Press® is a registered trademark in the United States, the United Kingdom, Europe and other countries.

ISBN 978–1–352–00513–4 paperback

This book is printed on paper suitable for recycling and made from fully managed and sustained forest sources. Logging, pulping and manufacturing processes are expected to conform to the environmental regulations of the country of origin.

A catalogue record for this book is available from the British Library.

A catalog record for this book is available from the Library of Congress.

Citation : (Pears and Shields, 2019) or Pears and Shields (2019)

Reference : Pears, R. and Shields, G. (2019) *Cite Them Right: The essential referencing guide*. 11th edn. London: Red Globe Press.

Bringing Carl Rogers Back In: Exploring the Power of Positive Regard at Work

Natalie Shefer, Abraham Carmeli ^{1,2} and Ravit Cohen-Meitar

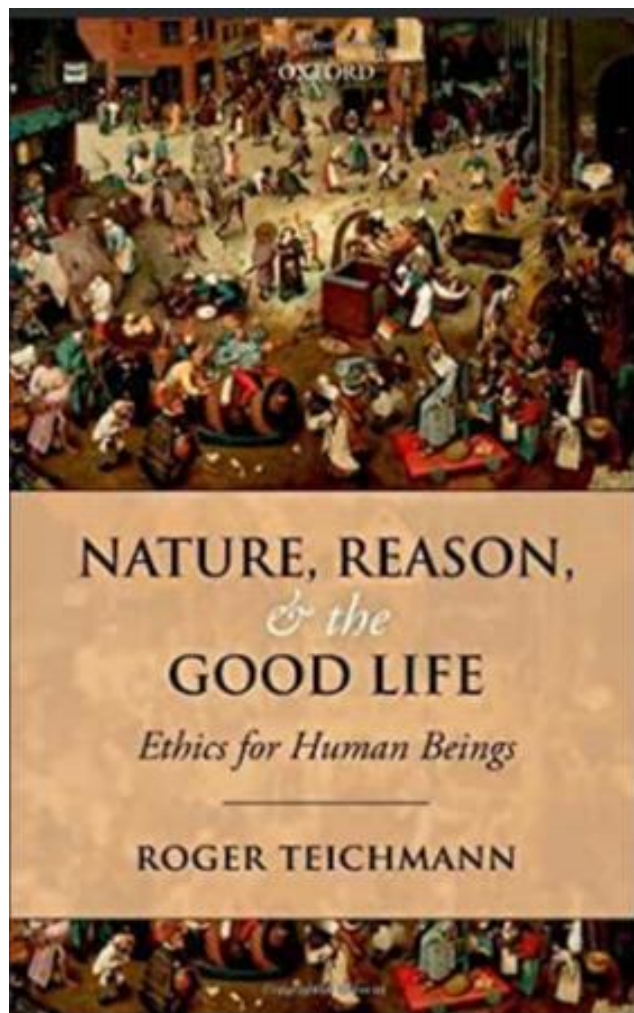
Coller School of Management, Tel Aviv University, Ramat-Aviv, Tel Aviv 69978, Israel, ¹Coller School of Management, Tel Aviv University, Ramat-Aviv, Tel Aviv 69978, Israel, and ²University of Surrey, UK

Corresponding author email: avic@post.tau.ac.il

We draw on Carl Rogers' client-centred therapy theory and the theoretical lens of positive work relationships to explain why and how positive regard can be a powerful source for the development of employees' sense of vitality, job performance and organizational citizenship behaviours (OCBs). We theorize that when employees experience relationships characterized by a high level of regard with their co-workers they are likely to develop a sense of vitality, which in turn results in enhanced job performance and OCBs. These relationships are examined in both experimental and field studies. The results of these multiple studies provide general support for the power of positive regard in augmenting a sense of vitality and enhancing both job performance and citizenship behaviours.

Citation : (Shefer, Carmeli and Cohen-Meitar, 2018) or Shefer, Carmeli and Cohen-Meitar (2018)

Reference : Shefer, N., Carmeli, A. and Cohen-Meitar, R. (2018) 'Bringing Carl Rogers back in: Exploring the Power of positive regard at work', *British Journal of Management*, 29, pp. 63-81.



OXFORD
(p.iv) UNIVERSITY PRESS

Great Clarendon Street, Oxford OX2 6DP

Oxford University Press is a department of the University of Oxford.
It furthers the University's objective of excellence in research, scholarship,
and education by publishing worldwide in

Oxford New York

Auckland Cape Town Dar es Salaam Hong Kong Karachi
Kuala Lumpur Madrid Melbourne Mexico City Nairobi
New Delhi Shanghai Taipei Toronto

With offices in

Argentina Austria Brazil Chile Czech Republic France Greece
Guatemala Hungary Italy Japan Poland Portugal Singapore
South Korea Switzerland Thailand Turkey Ukraine Vietnam

Oxford is a registered trade mark of Oxford University Press
in the UK and in certain other countries

Published in the United States
by Oxford University Press Inc., New York

© Roger Teichmann 2011

The moral rights of the author have been asserted
Database right Oxford University Press (maker)

First published 2011

All rights reserved. No part of this publication may be reproduced,
stored in a retrieval system, or transmitted, in any form or by any means,
without the prior permission in writing of Oxford University Press,
or as expressly permitted by law, or under terms agreed with the appropriate
reprographics rights organization. Enquiries concerning reproduction
outside the scope of the above should be sent to the Rights Department,
Oxford University Press, at the address above

You must not circulate this book in any other binding or cover
and you must impose the same condition on any acquirer

British Library Cataloguing in Publication Data

Data available

Library of Congress Cataloging in Publication Data

Data available

Typeset by SPI Publisher Services, Pondicherry, India

Printed in Great Britain

on acid-free paper by

MPG Books Group, Bodmin and King's Lynn

ISBN 978-0-19-960617-7

1 3 5 7 9 10 8 6 4 2

Citation : (Teichman, 2011) or Teichman (2011)

Reference : Teichman, R. (2011) *Nature, Reason & the Good Life: Ethics for Human Beings*. Oxford: Oxford University Press.

Coronavirus: grieving and isolation

Share this:   

Being bereaved can be one of the most lonely experiences you or someone you love may go through. During the coronavirus pandemic many people have had to spend time apart from friends and family and this can make grieving more difficult.

Talking, and being with friends and family, can be one of the most helpful ways to cope after someone close to us dies. Our advice to bereaved people is usually to avoid isolating yourself, but we are in a situation where remaining physically isolated from others has been sadly necessary. Even in areas where restrictions are easing, many people are still cut off from their usual support. It can seem lonelier than ever if people around you are enjoying a return to some normal activities.

Feelings in isolation

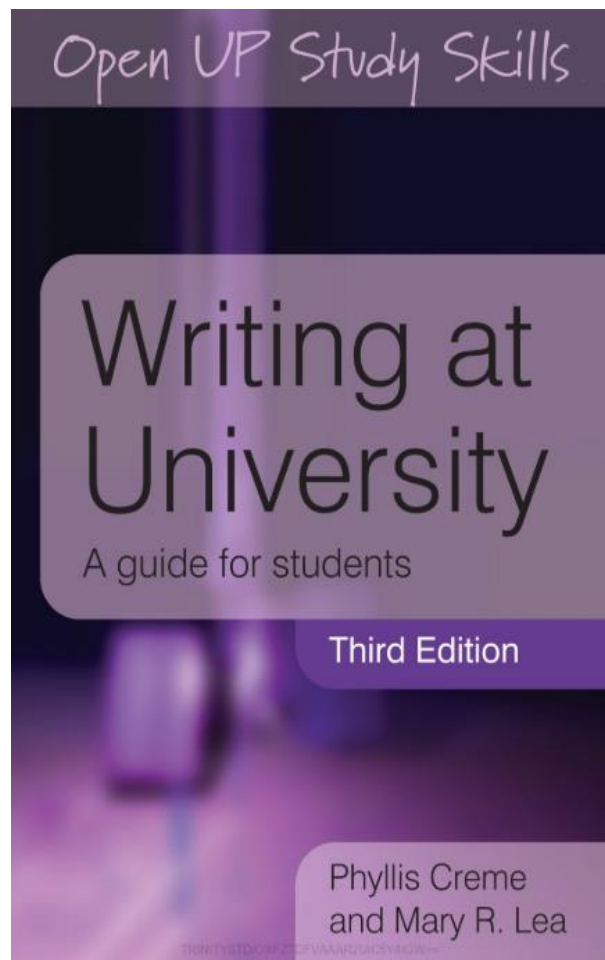
This isolation can make feelings of loneliness and grief much more intense. It could mean having to stay by yourself in the same house you shared with the person who has died, bringing up painful reminders at every turn. You might have been isolated together with your family, and although this at times may be a support, at other times tensions and resentments can be magnified making it difficult to help each other. If your children and teenagers are still off school it can be difficult to keep them occupied and deal with your own emotions and fears at the same time.

Get help

[About grief](#)**[Coronavirus help](#)**[Local Services](#)[Helpline](#)[Traumatic bereavement](#)[For parents](#)[CruseChat](#)[For young people](#)[Free booklets](#)[Practicalities](#)[Useful links](#)

Citation : [\(Cruse, 2022\)](#) or [Cruse \(2022\)](#)

Reference : [Cruse \(2022\) *Coronavirus: Grieving and isolation*. Available at: <https://www.cruse.org.uk/understanding-grief/grief-experiences/traumatic-loss/coronavirus-bereavement-and-grief/> \(Accessed on 8th October 2022\).](#)



Open University Press
McGraw-Hill Education
McGraw-Hill House
Shoppenhangers Road
Maidenhead
Berkshire
England
SL6 2QL

email: enquiries@openup.co.uk
world wide web: www.openup.co.uk

and Two Penn Plaza, New York, NY 10121-2289, USA

First published 2008

Copyright © Phyllis Creme and Mary R. Lea 2008

All rights reserved. Except for the quotation of short passages for the purposes of criticism and review, no part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher or a licence from the Copyright Licensing Agency Limited. Details of such licences (for reprographic reproduction) may be obtained from the Copyright Licensing Agency Ltd of Saffron House, 6-10 Kirby Street, London, EC1N 8TS.

A catalogue record of this book is available from the British Library

ISBN-13: 978 0 335 22116 5 (pb)
ISBN-10: 0 335 22116 5 (pb)

Library of Congress Cataloguing-in-Publication Data
CIP data applied for

Typeset by RefineCatch Limited, Bungay, Suffolk
Printed in the UK by Bell and Bain Ltd, Glasgow

Fictitious names of companies, products, people, characters and/or data that may be used herein (in case studies or in examples) are not intended to represent any real individual, company, product or event.

The McGraw-Hill Companies

TRINITYSTD/OXFZTDFVAAAR2UIC5Y4IGW==

Citation : (Crème and Lea, 2008) or Crème and Lea (2008)

Reference : Crème, P. and Lea, M. R. (2008) *Writing at University: A guide for students*. 3rd edn. Berkshire: Open University Press.

Coronavirus (COVID-19)

[Get the latest advice about coronavirus](#)

[Home](#) > [Health A to Z](#) > [Social care and support guide](#) > [Care after a hospital stay](#)

Arranging care before you leave hospital

If you or someone you know goes into hospital, help and support should be arranged before you go home (are discharged).

This means:

- any extra help is arranged, such as visits from a district nurse or paid home help
- any equipment is fitted, such as a raised toilet seat
- any home adaptations are made, like grab rails in the bathroom

Care after a hospital stay

[Care after illness or hospital discharge \(reablement\)](#)

[Mental health aftercare](#)

Citation : (National Health Service, 2021) or National Health Service (2021)

Reference : National Health Service (2021) *Arranging Care Before you Leave Hospital*. Available at: <https://www.nhs.uk/conditions/social-care-and-support-guide/care-after-a-hospital-stay/arranging-care-before-you-leave-hospital/> (Accessed on 15th October 2022).

Reflection as part of continuous professional development for public health professionals: a literature review FREE

Nishamali Jayatilleke , Anne Mackie

Journal of Public Health, Volume 35, Issue 2, June 2013, Pages 308–312,

<https://doi.org/10.1093/pubmed/fds083>

Published: 17 October 2012



PDF

 Split View

 Cite

 Permissions

 Share ▼

Abstract

Background

For many years, reflection has been considered good practice in medical education. In public health (PH), while no formal training or teaching of reflection takes place, it is expected as part of continuous professional

Citation : (Jayatilleke and Mackie, 2013) or Jayatilleke and Mackie (2013)

Reference : Jayatilleke, N. and Mackie, A. (2013) 'Reflection as part of continuous professional development for public health professionals: a literature review', *Journal of Public Health*, 35(2), pp. 308-312.