



# **Behavioral Relaxation Training and Assessment (PSYCHOLOGY PRACTITIONER GUIDEBOOKS)**

*Roger Poppen*

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## **Behavioral Relaxation Training and Assessment (PSYCHOLOGY PRACTITIONER GUIDEBOOKS)**

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Broader coverage of the disorders for which relaxation training is known to be useful, and an expanded section on special populations, are new to the second edition of this volume. Roger Poppen provides a general framework for all relaxation training methodologies from a behavioural perspective, with a focus on new methods of training and assessing relaxation.

Based on the research and clinical practice of the author and his students, methods are presented in sufficient detail for practitioners to adopt them in a variety of applications. The assessment procedure described is not specific to the training method and can be employed with any relaxation training procedure. Extrapolations and projections for future directions in

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