

Summary: How to Use This Book

Here is a summary of how to use this book, drawn from the Introduction.

- Begin with Strategy #1 for all patients. This strategy is the foundation for all other strategies in the book.
- Review the strategies and choose a few to try.
- Review the script but teach in whatever way you feel most comfortable.
- Remember to use lay terminology, preferably at the grade-seven reading and comprehension level.
- The terms *patient* and *client* are interchangeable.
- Download the audio files to your computer so you can play them in session.
- Master a few of these strategies that can become part of your go-to stress-management counseling toolbox.
- If you do not agree with a strategy or feel comfortable teaching it, leave it.
- The strategies in this book are to be used for stress management. If your patients present with symptoms of mental illness, refer them to a mental health clinician.