

# Understanding Psychosocial Adjustment to Chronic Illness and Disability: A Handbook for Evidence-Based Practitioners in Rehabilitation

*By Dr. Elizabeth Da Silva Cardoso PhD, Dr. Julie A. Chronister PhD*

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Rehabilitation practitioners face the difficult task of helping clients adjust to chronic illness or disability. This can be a long and trying process for both practitioner and client. With this handbook, however, practitioners and students can gain a wealth of insight into the critical issues clients face daily.


This book presents the dominant theories, models, and evidence-based techniques necessary to help the psychosocial adjustment of chronically ill or disabled persons. Each chapter is written from an evidence-based practice (EBP) perspective, and explores how important issues (i.e., social stigma, social support, sexuality, family, depression, and substance abuse) affect persons adjusting to chronic illness and disability.

## **Key features include:**

- A review of psychopharmacological treatment options for depression, anxiety, and other disorders coinciding with rehabilitation
- The effect of rehabilitation on the family, including key family intervention strategies
- Strategies for using positive psychology and motivational interviewing in rehabilitation
- Multiculturalism and the effect of culture on the adjustment process
- Ancillary materials including an instructor's manual with a syllabus, examination items, PowerPoint presentation, and answers to class exercises

By incorporating research-based knowledge into clinical rehabilitation practice, health care professionals can ensure that people with chronic illness and disability receive only the best treatment."

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
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### **About the Author**

Fong Chan, PhD, CRC, is a professor and director of clinical training (PhD Program) in the Department of Rehabilitation Psychology and Special Education, University of Wisconsin-Madison. Between 1995 and 1999, Dr. Chan also served as the director of research for the Commission on Rehabilitation Counselor Certification. Dr. Chan is a licensed psychologist and a Certified Rehabilitation Counselor. He is also a Fellow in the American Psychological Association and a National Institute on Disability and Rehabilitation Research Distinguished Research Fellow.

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