



7 skills for addiction-free living. Social skills

<https://libcat.nshealth.ca/en/permalink/provcat34711>

Call Number: WM 270 S497 2011 DVD v.6
Author: Collins, Lorraine
Responsibility: with Lorraine Collins
Edition: Institutional/instructor's version
Alternate Title: Seven skills for addiction-free living. Social skills
Place of Publication: Mill Valley, CA
Publisher: Psychotherapy.net
Date of Publication: 2011
Physical Description: 1 DVD (112 min.)
Series Title: 7 skills for addiction-free living
ISBN: 9781601242846
Subjects (MeSH): Substance-Related Disorders - prevention & control
Interpersonal Relations
Notes: Originally: c2002, Allyn & Bacon.
Access: .
Format: DVD
Location: Nova Scotia Hospital
Loan Period: 3 weeks



10 ways to set and keep better boundaries

<https://libcat.nshealth.ca/en/permalink/chpams35810>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Mental Health and Addictions

Alternate Title: Ten ways to set and keep better boundaries

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2017

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Interpersonal Relations

Subjects (LCSH): Interpersonal relations

Specialty: Psychiatry

Abstract: Boundaries are about focusing on and honouring your feelings. Practicing self-awareness and tuning into your feelings will help you to name your physical, emotional, mental and spiritual limits. This pamphlet lists 10 ways that will help you to set and keep better boundaries in your relationships.

Responsibility: Prepared by: Mental Health & Addictions

Pamphlet Number: 1763



The angry smile : the psychology of passive-aggressive behavior

<https://libcat.nshealth.ca/en/permalink/provcat25351>

Call Number: WM 190 L848a 2009
Author: Long, Jody E.
Other Authors: Long, Nicholas J.
Whitson, Signe
Edition: 2nd ed.
Place of Publication: Austin, TX
Publisher: Pro-ed International
Date of Publication: 2009
Physical Description: 161 p.
ISBN: 9781416404231
Subjects (MeSH): Passive-Aggressive Personality Disorder - Popular Works
Interpersonal Relations - Popular Works
Format: Book
Location: Dickson Building
Copies: 2
Loan Period: 3 weeks



Casebook of interpersonal psychotherapy

<https://libcat.nshealth.ca/en/permalink/provcat32984>

Available Online: View e-Book

Other Authors: Markowitz, John C
Weissman, Myrna M

Responsibility: edited by John C. Markowitz, Myrna M. Weissman

Alternate Title: Interpersonal psychotherapy

Place of Publication: Oxford, UK

Publisher: Oxford University Press

Date of Publication: c2012

Physical Description: 1 online resource (xvi, 481 p.) : ill.

ISBN: 9780199921225

Subjects (MeSH): Depressive Disorder - therapy
Interpersonal Relations
Mental Disorders - therapy
Psychiatric Status Rating Scales
Psychotherapy - methods

Abstract: Interpersonal psychotherapy (IPT), an empirically validated treatment for depression and other disorders, is becoming more frequently used to treat a range of psychiatric diagnoses. Based on evidence that interpersonal problems contribute to the onset of psychiatric disorders, IPT helps patients to change interpersonal behavior in order to improve psychosocial functioning and relieve symptoms.

Contents: Complicated grief – Interpersonal psychotherapy for major depression-role dispute – Major depressive disorder-role transition – Major depressive disorder-interpersonal deficits – Interpersonal psychotherapy for chronic depression – Interpersonal social rhythm therapy (IPSRT) for bipolar disorder : review and case conceptualization – Interpersonal psychotherapy for eating disorders – Interpersonal psychotherapy for posttraumatic stress disorder (PTSD) – Interpersonal psychotherapy for social anxiety disorder – Interpersonal psychotherapy for borderline personality disorder – Treatment of adolescent depression with interpersonal psychotherapy – Interpersonal psychotherapy for peripartum depression – Using IPT with older individuals – IPT for medically ill depressed patients – IPT and cultural issues : the case of Hispanic patients – Interpersonal psychotherapy for women with depression : living on low incomes – IPT in developing countries – Maintenance interpersonal psychotherapy (IPT-M) – Interpersonal psychotherapy for group (IPT-G) – IPT for inpatient depression – IPT by telephone – Afterword.

Format: e-Book

Publication Type: Case Reports

Location: Online



Coaching as a leadership style : the art and science of coaching conversations for healthcare professionals

<https://libcat.nshealth.ca/en/permalink/provcat33043>

Available Online: View e-Book

Author: Hicks, Robert F

Responsibility: Robert F. Hicks

Place of Publication: New York, NY

Publisher: Routledge

Date of Publication: 2014

Physical Description: 182 p.

ISBN: 9780203118665

Subjects (MeSH): Health Personnel
Interpersonal Relations
Leadership

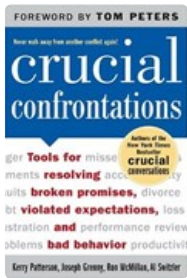
Subjects (LCSH): Health services administrators--Training of
Health services administration
Health care teams--Administration
Leadership--Study and teaching

Abstract: This book introduces a unique and practical coaching style as a way of interacting with colleagues, managing direct-reports, helping others solve problems, responding to change, making effective choices and developing professionally.

It draws from four evidence-based models for interacting with others and facilitating change - solution-focused therapy, cognitive-behavioral therapy, motivational interviewing, and transactional analysis - and reframes them so that they are congruent with managerial and leadership terminology and provide a practical set of methods and tools for today's healthcare leader.

Format: e-Book

Location: Online



Crucial confrontations : tools for resolving broken promises, violated expectations, and bad behavior

<https://libcat.nshealth.ca/en/permalink/provcat38198>

Call Number: HM 1121 .C78 2005

Other Authors: Patterson, Kerry
Grenny, Joseph
McMillan, Ron
Switzler, Al

Responsibility: Kerry Patterson ... [et al.]

Place of Publication: New York, NY

Publisher: McGraw-Hill

Date of Publication: 2005

Physical Description: xviii, 284 p. : ill.

ISBN: 0071446524

Subjects (MeSH): Conflict (Psychology)
Interpersonal Relations
Organizational Culture

Format: Book

Location: IWK Health Sciences Library

Copies: 1



Crucial conversations : tools for talking when stakes are high

<https://libcat.nshealth.ca/en/permalink/provcat25301>

Call Number: BF 637 .C45 C955 2012
Author: Patterson, Kerry
Other Authors: Grenny, Joseph
McMillan, Ron
Switzler, Al
Edition: 2nd ed.
Place of Publication: New York
Publisher: McGraw-Hill
Date of Publication: 2012
Physical Description: 244 p.
ISBN: 9780071771320
Subjects (MeSH): Communication
Conflict (Psychology)
Interpersonal Relations
Organizational Culture
Format: Book
Location: Dickson Building
Halifax Infirmary
Nova Scotia Hospital
Copies: 3
Loan Period: 3 weeks



Crucial conversations : tools for talking when stakes are high

<https://libcat.nshealth.ca/en/permalink/provcat38295>

Call Number: BF 637 C78 2012

Author: Patterson, Kerry, 1946-

Other Authors: Grenny, Joseph
McMillan, Ron
Switzler, Al

Responsibility: Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler

Edition: 2nd ed.

Place of Publication: New York

Publisher: McGraw-Hill

Date of Publication: 2012

Physical Description: xviii, 244 p.

ISBN: 9780071771320

Subjects (MeSH): Communication
Conflict (Psychology)
Interpersonal Relations
Organizational Culture

Contents: What's a crucial conversation? : and who cares? – Mastering crucial conversations : the power of dialogue – Start with heart : how to stay focused on what you really want – Learn to look : how to notice when safety is at risk – Make it safe : how to make it safe to talk about almost anything – Master my stories : how to stay in dialogue when you're angry, scared, or hurt – State my path : how to speak persuasively, not abrasively – Explore others' paths : how to listen when others blow up or clam up – Move to action : how to turn crucial conversations into action and results – Yeah, but : advice for tough cases – Putting it all together : tools for preparing and learning.

Format: Book

Location: IWK Health Sciences Library

Copies: 1



Dealing with the tough stuff : how to achieve results from crucial conversations

<https://libcat.nshealth.ca/en/permalink/provcat31301>

Available Online: View e-Book

Author: Hill, Darren

Other Authors: Hill, Alison
Richardson, Sean

Responsibility: Darren Hill, Alison Hill, & Sean Richardson

Place of Publication: Milton, Qld

Publisher: Jossey-Bass

Date of Publication: 2012

Physical Description: 331 p.

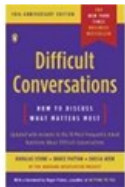
ISBN: 9781118232590 (PDF ebook)

Subjects (MeSH): Communication
Conflict (Psychology)
Interpersonal Relations
Organizational Culture
Workplace - psychology

Abstract: How to handle difficult discussions in the workplace. Packed with practical and pragmatic suggestions and methods for dealing with the tough stuff at work, this unique and helpful book features simple diagnostics, models, and processes that you can put to use immediately.

Format: e-Book

Location: Online



Difficult conversations : how to discuss what matters most

<https://libcat.nshealth.ca/en/permalink/provcat38296>

Call Number: BF 637 C45 2010

Author: Stone, Douglas, 1958-

Other Authors: Patton, Bruce
Heen, Sheila

Responsibility: Douglas Stone, Bruce Patton and Sheila Heen

Edition: 10th anniversary ed., [2nd ed.]

Place of Publication: New York

Publisher: Penguin

Date of Publication: 2010

Physical Description: xxxiii, 315 p.

ISBN: 9780143118442 (pbk.)
0143118447

Subjects (MeSH): Communication
Conflict (Psychology)
Interpersonal Relations
Organizational Culture

Contents: 1. Sort out the three conversations – 2. Stop arguing about who's right: explore each other's stories – 3. Don't assume they meant it: disentangle intent from impact – 4. Abandon blame: map the contribution system – 5. Have your feelings (or they will have you) – 6. Ground your identity: ask yourself what's at stake – 7. What's your purpose?: when to raise it and when to let go – 8. Getting started: begin from the third story – 9. Learning: listen from the inside out – 10. Expression: speak for yourself with clarity and power – 11. Problem-solving: take the lead – 12. Putting it all together – Ten questions people ask about difficult conversations – A road map to Difficult conversations.

Format: Book

Location: IWK Health Sciences Library

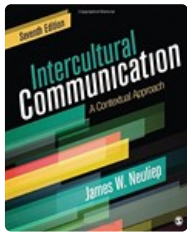
Copies: 1



In sheep's clothing : understanding and dealing with manipulative people

<https://libcat.nshealth.ca/en/permalink/provcat25357>

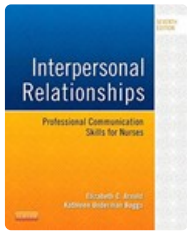
Call Number: BF 632.5 S594i 2010
Author: Simon, George
Place of Publication: Little Rock, AR
Publisher: Parkhurst Brothers Inc. Pub.
Date of Publication: 2010
Physical Description: 174 p.
ISBN: 9781935166306
Subjects (MeSH): Interpersonal Relations
Self Concept
Social Control, Informal
Format: Book
Publication Type: Popular Works
Location: Nova Scotia Hospital
Loan Period: 3 weeks



Intercultural communication : a contextual approach

<https://libcat.nshealth.ca/en/permalink/provcat43797>

Call Number: HM 1211 N48 2017
Author: Neuliep, James W.
Edition: 7th ed.
Alternate Title: Intercultural communication a contextual approach
Place of Publication: Thousand Oaks, CA
Publisher: Sage Publications
Date of Publication: c2018
Physical Description: 503 p.
ISBN: 9781506315133
Subjects (MeSH): Interpersonal Relations
Cultural Competency
Subjects (LCSH): Intercultural Communication
Specialty: Communication
Format: Book
Location: Nova Scotia Hospital
Loan Period: 3 weeks



Interpersonal relationships : professional communication skills for nurses

<https://libcat.nshealth.ca/en/permalink/provcat13884>

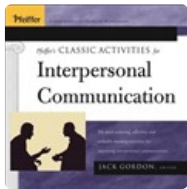
Call Number: WY 87 A76 2016
Author: Arnold, Elizabeth C.
Other Authors: Boggs, Kathleen Underman
Responsibility: Elizabeth C. Arnold, Kathleen Underman Boggs
Edition: 6th edition
Place of Publication: St. Louis, MO
Publisher: Elsevier
Date of Publication: 2016
Physical Description: x, 564 pages
ISBN: 9780323242813
Subjects (MeSH): Interpersonal Relations
Nurses
Format: Book
Location: Yarmouth Regional Hospital
Sub-Location: RESERVE
Loan Period: 24 hour loan



It's all your fault at work : managing narcissists and other high conflict people

<https://libcat.nshealth.ca/en/permalink/provcat41018>

Call Number: HF 5549.5 E21 2015
Author: Eddy, Bill
Other Authors: DiStefano, L. Georgi
Responsibility: Bill Eddy,
Place of Publication: Scottsdale, AZ
Publisher: Unhooked Books
Date of Publication: c2015
Physical Description: 230 p.
ISBN: 9781936268665
Subjects (MeSH): Conflict (Psychology)
Interpersonal Relations
Personality
Personnel Management
Problem Behavior
Workplace - psychology
Subjects (LCSH): Personnel management
Problem employees
Conflict management
Interpersonal conflict
Abstract: Increasingly, high-conflict people-especially narcissists and bullies-are showing up in the workplace. It's All Your Fault at Work! addresses ways of managing the behavior of high-conflict people (HCP). Based on Bill Eddy's high-conflict personality theory, the book explains how to recognize predictable patterns of behavior and illustrates with over a dozen examples the simple four-step C.A.R.S. method to calm the HCP, analyze options, respond to hostility, and set limits on extreme behavior.
Contents: 1. High-conflict people (HCPs) – 2. The CARS method – 3. Narcissistic HCPs – 4. Anger (borderline) HCPs – 5. Con artist (antisocial) HCPs – 6. Dramatic (histrionic) HCPs – 7. Suspicious (paranoid) HCPs – 8. Other high-conflict issues – 9. Workplace bullies – 10. Negative advocates – 11. Organizational challenges – 12. Taking care of yourself.
Format: Book
Location: Dickson Building
Halifax Infirmary
Copies: 1



Pfeiffer's classic activities for interpersonal communication

<https://libcat.nshealth.ca/en/permalink/provcat26482>

Call Number: HM 1116 P527 2004
Author: Gordon, Jack
Place of Publication: San Francisco, CA
Publisher: Pfeiffer
Date of Publication: 2004
Physical Description: 409 p.
ISBN: 0787969265
Subjects (MeSH): Interpersonal Relations - Handbooks
Staff Development - Handbooks
Format: Book
Location: Dickson Building
Loan Period: 3 weeks



Recovering Civility during COVID-19

<https://libcat.nshealth.ca/en/permalink/provcat46279>

Available Online: View e-Book
Author: Bonotti, Matteo
Other Authors: Zech, Steven T.
Responsibility: Matteo Bonotti, Steven T. Zech
Place of Publication: Singapore
Publisher: Palgrave Macmillan
Date of Publication: c2021
Physical Description: 1 online resource (xvi, 250 pages)
ISBN: 9789813367067
Subjects (MeSH): COVID-19 - psychology
Interpersonal Relations
Specialty: Social Sciences
Access: Open access
Format: e-Book
Location: Online



Respecting diversity

<https://libcat.nshealth.ca/en/permalink/provcat33116>

Available Online: View e-Book

Author: Suen, Anastasia

Corporate Author: Britannica Digital Learning

Responsibility: Anastasia Suen, Britannica Digital Learning ; content consultant Taylor K. Barton

Place of Publication: Chicago, IL

Publisher: Rourke Educational Media

Date of Publication: c2014

Physical Description: 1 online resource (39 p.)

Series Title: Social skills

ISBN: 9781625131638 (electronic bk.)

Subjects (MeSH): Individual differences - juvenile literature
Interpersonal relations - juvenile literature

Subjects (LCSH): Individual differences - Juvenile literature
Interpersonal relations - Juvenile literature

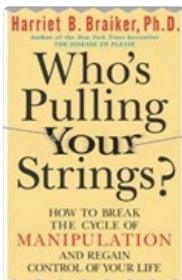
Abstract: Do you face challenging situations? Human diversity encompasses all the ways that people differ from one another. Rather than avoiding these challenges, it is important to recognize that progress comes from embracing and celebrating diversity.

See why diversity is important and learn how to respect people who are different from you. This title will allow students to identify the main purpose of a text, including what the author wants to answer, explain, or describe.

Contents: What is diversity? – Jumping to judgment – Dealing with differences.

Format: e-Book

Location: Online



Who's pulling your strings? : how to break the cycle of manipulation and regain control of your life

<https://libcat.nshealth.ca/en/permalink/provcat25387>

Call Number: BF632.5 B814w 2004
Author: Braiker, Harriet B.
Place of Publication: New York, NY
Publisher: McGraw-Hill
Date of Publication: 2004
Physical Description: 260 p.
ISBN: 9780071446723
Subjects (MeSH): Interpersonal Relations
Self Concept
Social Control, Informal
Format: Book
Publication Type: Popular Works
Location: Nova Scotia Hospital
Loan Period: 3 weeks



Work it out : using personality type to improve team performance

<https://libcat.nshealth.ca/en/permalink/provcat32888>

- Available Online: View e-Book
- Author: Hirsh, Sandra Krebs
- Other Authors: Kise, Jane A G
- Responsibility: Sandra Krebs Hirsh & Jane A. G. Kise
- Edition: Rev. ed.
- Place of Publication: Mountain View, CA
- Publisher: Davies-Black Pub.
- Date of Publication: c2006
- Physical Description: 1 online resource (xiii, 248 p.)
- ISBN: 9780891063667
- Subjects (MeSH): Personality
Personality Inventory
Personnel Management
Interpersonal Relations
Workplace - psychology
- Subjects (LCSH): Personnel management
Conflict management
Employees--Psychology
Communication in management
Interpersonal Communication
Myers-Briggs Type Indicator
- Abstract: Managers come and go. Projects end and teams disband. No matter how often or how quickly business events change, people and the resulting conflicts remain very much the same.
- For nearly a decade, Work It Out has been at the forefront helping business leaders, managers and consultants simplify the complex-and sometimes chaotic-interactions between people at work. Now with fresh insights on applying key concepts from the Myers-Briggs Type Indicator (MBTI) tool in executive coaching, plus more hands-on exercises and examples, this newly revised edition of Work It Out expands its focus.
- Contents: Working it out with type : can it make a difference for you? – The extraversion-introversion dichotomy : the case of the communication conundrum – The sensing-intuition dichotomy : to improve or expand? -
- The thinking-feeling dichotomy : executive styles – The judging-perceiving dichotomy : deadline dilemmas – Function pairs : ST, SF, NF, NT in the workplace – Style-changing stress : the inferior function-the shadow – Influencing upward : the problem is the boss-or is it? – Coaching yourself, coaching others : putting type to work for you – A leader who put type to work : management style with type.
- Format: e-Book
- Location: Online