



Gestire lo stress nelle organizzazioni (Psicologia in pratica) (Italian Edition)

Cristian Balducci

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Nell'ambito della psicologia del lavoro e nel mondo delle organizzazioni, la valutazione dello stress lavoro-correlato assume sempre più rilevanza. Molti modelli e procedure sono stati messi a punto a questo scopo. Poco esplorati sono invece gli effettivi strumenti di intervento. Colmando tale lacuna, attraverso una serie di casi esemplificativi, il volume propone alcune concrete opzioni di intervento sullo stress da lavoro, pensate per chi opera sul campo: dalla prevenzione al fronteggiamento attivo dei fattori stressogeni, al counselling e alla gestione degli eventi traumatici.

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