Written by the bestselling psychology author Richard Gross and Nancy Kinnison, an experienced nurse and lecturer, this is an essential guide to applying theoretical aspects of psychology to nursing and health care.

Key features include:
- Fully updated and restructured to ensure content matches training requirements for nurses and healthcare practitioners
- Stronger focus on the biopsychosocial model, therapeutic relationships and self-awareness
- Numerous examples to highlight application with theories demonstrated through scenarios relevant to practice
- Accessible style with critical discussion boxes, student diary entries, reflection points, summary boxes and glossary

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