



## Basic Stress Management, Disc

1 /

Instructional

Counseling session

Material Projectable

This instructional video, featuring therapists Allen and Mary Ivey, Norma Gluckstern-Packard and Carlos Zalaquett, is about basic stress management

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMjYwMTIyNzc>

---

**Título:** Basic Stress Management, Disc 1 by Allen Ivey, Mary Bradford Ivey, Norma Gluckstern-Packard and Carlos Zalaquett

**Editorial:** Hanover, MA Microtraining Associates 2011

**Descripción física:** 1 online resource (86 minutes)

**Duración:** 012542

**Nota general:** Title from resource description page (viewed March 29, 2016)

**Lengua:** In English

**Materia:** Theoretical Approaches to Counseling

---

### Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- [informa@baratz.es](mailto:informa@baratz.es)