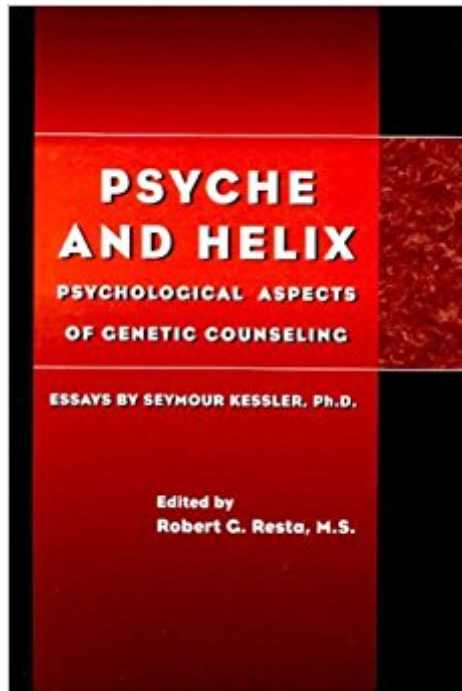




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# Psyche And Helix: Psychological Aspects Of Genetic Counseling



## Synopsis

Genetic diseases affect the lives of millions of people, regardless of age, race, religion, ethnicity, or social status. Every day, discoveries point to the complex role of genetics in common disorders such as cancer, heart disease, and Alzheimer's disease. Experience and research have shown that being at risk for a genetic disease can have devastating psychological effects on patients and their families. Genetic counseling helps families and patients cope with the medical, psychological, and social effects of genetic diseases. It is to this end that genetic counselors must be sensitive to the needs of patients and families, understand the psychological meaning of clients' behaviors, and communicate that understanding in ways that leave clients emotionally enriched, psychologically stronger, and more competent to deal with their own lives. This insightful book covers topics such as:

- \* Management of guilt and shame
- \* Roles of directiveness in patient care
- \* How a healthcare professional can expand counseling skills
- \* Understanding the distinction between education and counseling
- \* Detailed analysis of a genetic counseling session

Providing practical and clinically meaningful ways to enhance counseling skills of genetic counselors, physicians, nurses, social workers, and other healthcare professionals, *Psyche and Helix: Psychological Aspects of Genetic Counseling* consists of essays compiled over two decades, which will serve as a primary source of information for healthcare professionals who render genetic counseling.

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"Genetic counseling instructors worldwide will benefit.... Not only is it convenient for distributing Dr.

Kessler's articles to students, but it is also an effective means to convey the substantial contributions made by a great leader in our profession. Practicing genetic counselors, nurses, and medical geneticists will also value owning the book.... Thanks to Mr. Resta for the idea and for encouraging Dr. Kessler and the journal publishers to agree to the need for this useful resource." (Journal of Genetic Counseling, Vol. 10, No. 3, 2001)

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"Seymour Kessler is one of the intellectual fathers of genetic counselling. His work remains the central systematic account and analysis of counselling practice. Bob Resta deserved the thanks of practitioners and researchers alike in bringing together Kessler's work in this timely, edited volume." --Martin Richards, Cambridge University

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