



Understanding Human Behavior: A Guide for Health Care Providers (Communication and Human Behavior for Health Science)

By Alyson Honeycutt, Mary Elizabeth Milliken

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Editorial Review

Review

Preface. Section I: ON BECOMING A HEALTH CARE PROVIDER 1. Challenges and Responsibilities of Health Care Providers. 2. The Philosophy of Individual Worth. 3. Striving for Self-Understanding. Section II: STRIVING TO UNDERSTAND HUMAN BEHAVIOR. 4. Influences on Behavior. 5. Physical Needs. 6. The Need for Self-Approval. 7. The Need for Acceptance. 8. Emotions and Behavior. 9. Adjustment and Patterns of Behavior. Section III: BEHAVIOR AND PROBLEMS IN LIVING. 10. Common Threats to Adjustment. 11. Effects of Traumatic Events. 12. Defense Mechanisms. 13. Inner Conflict. 14. Frustration. Section IV: BECOMING AN EFFECTIVE HEALTH CARE PROVIDER. 15. Effects of Illness on Behavior. 16. Coping with Patient Behavior. 17. Human Relations and the Health Care Provider. Section V: PRACTICING EFFECTIVE COMMUNICATION. 18. Observing Nonverbal Behavior. 19. Verbal Communication. Section VI: COPING WITH LOSS. 20. Gains and Losses throughout the Life Span. 21. Death: Changing Attitudes and Practices. 22. Grief and Bereavement. 23. Caring for the Dying Person. Section VII: TRENDS IN HEALTH CARE. 24. Health Care through the Ages. 25. What is Healing? Who is the Healer? 26. Broadening Your View of Health Care. 27. Managing Stress with Relaxation/Meditation. Glossary. Index.

About the Author

Alyson Honeycutt, M.A., N.C.C., is a National Certified Counselor who holds a License in School Counseling from the North Carolina Department of Public Instruction as well as advanced degrees from North Carolina State University at Raleigh and Appalachian State University. In addition to teaching parenting and literacy classes, she has taught students with emotional and behavioral disabilities. She also has served as an instructor in English at the college level and as a district-level behavior support coordinator in public schools.

Mary Elizabeth Milliken, B.S.N., M.S., Ed.D., practiced nursing in a variety of settings, served as instructor, then coordinator, of a practical nursing education program, was curriculum specialist for health occupations in the North Carolina Department of Community Colleges, and was a consultant on curriculum and effective teaching. From 1971 to 1987 she served as coordinator of Health Occupations Teacher Education at the University of Georgia in Athens. She graduated from Duke University School of Nursing, and her graduate study at North Carolina State University at Raleigh concentrated on both education and psychology. Since 1974 Dr. Milliken has followed the emerging holistic health movement, attending numerous workshops and conferences in which holistic concepts and complementary healing modalities were presented. In addition, she completed the curriculum sequence and certification requirements of Healing Touch International, Inc.

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