



Θεματική ενότητα 3.2 για επαγγελματίες υγείας (ΕΕΚ): Οδηγός αυτοκαθοδηγούμενης μάθησης

Οι εκπαιδευόμενοι πρέπει να διαβάσουν:

- Hunter, B., & Smith, P. (2007). Emotional labour: Just another buzz word?[Editorial]. International Journal of Nursing Studies, 44(6), 859–861. <https://doi.org/10.1016/j.ijnurstu.2006.12.015>
- Fasbinder, A, Shidler, K, Caboral-Stevens, M. (2020). A concept analysis: Emotional regulation of nurses. Nurs Forum. 55, 118– 127. <https://doi.org/10.1111/nuf.12405>
- Lomas, T, Medina, JC, Ivtzan, I, Rupperecht, S, Eiroa-Orosa, F. 2018 A Systematic Review of the Impact of Mindfulness on the Well-Being of Healthcare Professionals. J Clin Psychol. 2018; 74: 319– 355. <https://doi.org/10.1002/jclp.22515>

Οι εκπαιδευόμενοι πρέπει να διαβάσουν και να εξοικειωθούν με:

1. Ερωτηματολόγιο: Αυτο-αξιολόγηση – DERS-SF. Ερωτηματολόγιο δυσκολιών ρύθμισης των συναισθημάτων. : [Ερωτηματολόγιο DERS.docx](#)





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