

1.	Record Nr.	UNICAMPANIASUN0076530
	Autore	Devaney, Robert L. <1948- >
	Titolo	An introduction to chaotic dynamical systems / Robert L. Devaney
	Pubbl/distr/stampa	Redwood City, : Addison-Wesley, 1989
	ISBN	978-08-05-31601-8
	Edizione	[2. ed]
	Descrizione fisica	XIII, 336 p. : ill. ; 24 cm.
	Soggetti	37-XX - Dynamical systems and ergodic theory [MSC 2020]
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910778251403321
	Titolo	Mindfulness and acceptance [[electronic resource]] : expanding the cognitive-behavioral tradition / / edited by Steven C. Hayes, Victoria M. Follette, Marsha M. Linehan
	Pubbl/distr/stampa	New York, : Guilford Press, c2004
	ISBN	1-281-22824-9 9786611228248 1-59385-939-2
	Descrizione fisica	1 online resource (336 p.)
	Altri autori (Persone)	HayesSteven C FolletteVictoria M LinehanMarsha
	Disciplina	616.8914 616.8914222
	Soggetti	Cognitive therapy Behavior therapy
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Description based upon print version of record.

Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>Preliminaries; Contents; 1 Acceptance and Commitment Therapy; 2 Dialectical Behavior Therapy Synthesizing Radical Acceptance with Skillful Means; 3 Mindfulness Based Cognitive Therapy Theoretical Rationale and Empirical Status; 4 Acceptance Mindfulness and Cognitive Behavioral Therapy Comparisons Contrasts and Application to Anxiety; 5 Functional Analytic Psychotherapy Cognitive Therapy and Acceptance; 6 Values Work in Acceptance and Commitment Therapy Setting a Course for Behavioral Treatment</p> <p>7 Finding the Action in Behavioral Activation The Search for Empirically Supported Interventions and Mechanisms of Change8 Mindfulness Acceptance Validation and Individual Psychopathology in Couples; 9 Acceptance Mindfulness and Trauma; 10 Generalized Anxiety Disorder Bringing Cognitive Behavioral Therapy into the Valued Present; 11 Acceptance and Change in the Treatment of Eating Disorders The Evolution of Manual Based Cognitive Behavioral Therapy; 12 Vipassana Meditation as a Treatment for Alcohol and Drug Use Disorders; 13 Acceptance Mindfulness and Change in Couple Therapy; Index</p>
Sommario/riassunto	<p>This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analy</p>