

1. Record Nr.	UNINA990000874830403321
Autore	Blyth, Thomas Scott
Titolo	Linear algebra / T. S. Blyth, E. F. Robertson
Pubbl/distr/stampa	Cambridge : Cambridge University Press, 1985
ISBN	0521272890
Descrizione fisica	VIII, 104 p. : ill. ; 21 cm
Altri autori (Persone)	Robertson, Edmund F.
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2. Record Nr.	UNINA9910791985503321
Autore	Bartley Trish
Titolo	Mindfulness-Based Cognitive Therapy for Cancer [[electronic resource]]
Pubbl/distr/stampa	Hoboken, : Wiley, 2011
ISBN	1-283-42645-5 9786613426451 1-119-96004-5 1-119-96005-3
Descrizione fisica	1 online resource (422 p.)
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Soggetti	Cancer - Psychological aspects Cognitive therapy Mindfulness-based cognitive therapy Neoplasms -- psychology Neoplasms -- therapy
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Formato	Materiale a stampa
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Note generali	Description based upon print version of record.
Nota di contenuto	Mindfulness-Based Cognitive Therapy for Cancer: Gently Turning Towards; Contents; Contributors; Foreword; Preface; Acknowledgements; Introduction; Personal Story - Trish; Part One: Mindfulness and The Cancer Journey; Chapter One: Mindfulness and Cancer; Chapter Two: Cancer - The Psychological Implications; Chapter Three: Cancer - The Medical Implications; Chapter Four: The First Circle - Cancer and the Circle of Suffering; Personal Story - Beryl; Part Two: The Mindfulness-Based Cognitive Therapy for Cancer Programme; Chapter Five: Starting Out; Personal Story - Sally Chapter Six: The Eight Week Course Week One; Week Two; Week Three; Week Four; Week Five; Week Six; All Day; Week Seven; Week Eight; The Follow Up Class; Chapter Seven: The Second Circle: Mindful Awareness and the Circle Of Practice; Personal Story - Derek; Chapter Eight: The Practices; The Core Practices; The Short Practices; Personal Story - Bridget; Chapter Nine: Mindfulness in Palliative Care; Chapter Ten: After The Eight Week Course; Chapter Eleven: The Third Circle - Being and the Circle of Presence; Part Three: The Practitioner Teacher; Chapter

Twelve: Introducing the Teacher

Chapter Thirteen: Embodying the Practice Chapter Fourteen: Facilitating The Learning; Chapter Fifteen: The Three Circle Model: A Formulation of MBCT for Cancer (MBCT-Ca); Personal Story - Geraint; Epilogue; Resources and Links; Bibliography; Sources and Permissions; Subject Index

Sommario/riassunto

Mindfulness-based Cognitive Therapy for Cancer presents an eight-week course for MBCT which has been tried and tested over ten years of clinical use, and is targeted specifically for people with cancer. There is growing evidence of mindfulness as a successful and cost-effective intervention for reducing the negative psychological impact of cancer and treatment. Draws upon the author's experience of working with people with cancer, and her own recent experience of using mindfulness with cancer diagnosis and treatment. Stories from cancer patients
