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| 1. Record Nr.           | UNINA990001798320403321  |
| Autore                  | Rossi, Italo   |
| Titolo                  | Gli oleifici cooperativi / Italo Rossi   |
| Pubbl/distr/stampa      | Catania : F. Battiato Ed., 1913  |
| Descrizione fisica      | 38 p. ; 19 cm  |
| Disciplina              | 664.3  |
| Locazione               | FAGBC  |
| Collocazione            | 60 DONO COMES 3/34   |
| Lingua di pubblicazione | Italiano   |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| 2. Record Nr.           | UNINA9910785176203321  |
| Autore                  | Grof Stanislav <1931->   |
| Titolo                  | Holotropic breathwork [[electronic resource] ] : a new approach to self-exploration and therapy // Stanislav Grof & Christina Grof ; foreword by Jack Kornfield                      |
| Pubbl/distr/stampa      | Albany, : State University of New York Press, c2010  |
| ISBN                    | 1-4384-3395-6<br>1-4416-6961-2   |
| Descrizione fisica      | 1 online resource (284 p.)   |
| Collana                 | SUNY series in transpersonal and humanistic psychology   |
| Altri autori (Persone)  | GrofChristina  |
| Disciplina              | 615.8/36   |
| Soggetti                | Holotropic Breathwork (Trademark)<br>Psychotherapy - Methodology   |
| 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       | ""HOLOTROPIC BREATHWORK""; ""HOLOTROPIC BREATHWORK""; ""CONTENTS""; ""FOREWORD""; ""PREFACE""; ""ACKNOWLEDGMENTS""; ""CHAPTER ONE: Historical Roots of Holotropic Breathwork""; ""1. |

Sigmund Freud and the dawn of depth psychology"; "2. Humanistic psychology and experiential therapies"; "3. The advent of psychedelic therapy"; "4. Abraham Maslow, Anthony Sutich, and the birth of transpersonal psychology"; "CHAPTER TWO: Theoretical Foundations of Holotropic Breathwork"; "1. Holotropic states of consciousness"; "2. Dimensions of the human psyche"; "3. The nature, function, and architecture of emotional and psychosomatic disorders"; "4. Effective therapeutic mechanisms"; "5. Strategy of psychotherapy and self-exploration"; "6. The role of spirituality in human life"; "7. The nature of reality: Psyche, cosmos, and consciousness"; "CHAPTER THREE: Essential Components of Holotropic Breathwork"; "1. The healing power of breath"; "2. The therapeutic potential of music"; "3. The use of releasing bodywork"; "4. Supportive and nourishing physical contact"; "5. Mandala drawing: The expressive power of art"; "CHAPTER FOUR: The Practice of Holotropic Breathwork"; "1. Use of Holotropic Breathwork in individual sessions and groups"; "2. Setting and interpersonal support system"; "3. Theoretical preparation of participants"; "4. Screening for physical and emotional contraindications"; "5. Practical instructions for breathwork sessions"; "6. Preparation for the session and the relaxation exercise"; "7. Conducting Holotropic Breathwork sessions"; "8. The spectrum of holotropic experiences"; "9. The role of the facilitators"; "10. Mandala drawing and the processing groups"; "CHAPTER FIVE: Integration of the Breathwork Experience and Follow-Up Work"; "1. Creating conditions for optimal integration"; "2. Easing the transition to everyday life"; "3. Conducting follow-up interviews"; "4. Using various methods complementing holotropic breathwork"; "CHAPTER SIX: Trials and Tribulations of Holotropic Breathwork Facilitators"; "1. Encounter with the military junta in Buenos Aires"; "2. Competing with the exhibition of Doberman pinschers"; "3. Culture-bound challenges for Holotropic Breathwork facilitators"; "4. Technological ordeals in Holotropic Breathwork sessions"; "5. The pisspot, oinking piglets, and smoldering Kleenexes"; "6. Supreme ordeal Down Under"; "7. Conducting Holotropic Breathwork in adversarial settings"; "CHAPTER SEVEN: Therapeutic Potential of Holotropic Breathwork"; "1. Healing of emotional and psychosomatic disorders"; "2. Favorable Effect on Physical Diseases"; "3. Effect on personality, worldview, life strategy, and hierarchy of values"; "4. Potential for healing of cultural wounds and historical conflict resolution"; "CHAPTER EIGHT: Therapeutic Mechanisms Operating in Holotropic Breathwork";

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