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Titolo	Resources for Teaching Mindfulness : An International Handbook // edited by Donald McCown, Diane Reibel, Marc S. Micozzi
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2016
ISBN	3-319-30100-4
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (481 pages)
Disciplina	371.102
Soggetti	Health psychology Complementary medicine Social work Health Psychology Complementary & Alternative Medicine Social Work
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Introduction -- Honing the Skills of MBI Teachers -- Stewardship: deeper structures -- Guidance: perfecting the details -- Homiletics: how to talk the science -- Inquiry and dialogue -- Interpersonal mindfulness -- Developing and evaluating MBI teachers in training -- Teaching MBI Curricula Everywhere, to Everyone -- Curriculum and pedagogy in East Asia -- Curriculum and pedagogy in Italy -- Curriculum and pedagogy in Israel -- Curriculum and pedagogy in Australia -- Curriculum and pedagogy in South Africa -- Teaching MBI for Special Populations -- Inner-city populations in the USA -- Individuals with developmental and intellectual disabilities -- Elderly populations -- Individuals with chronic pain -- Life-limiting illness -- Health care professionals -- Background of trauma -- Eating disorders -- Anxiety and depression -- Learning Resources -- Scripts for guided mindfulness practices and classroom activities -- MBI training programs worldwide -- International bibliography.
Sommario/riassunto	This master-class-in-a-book is designed to guide teachers of

mindfulness-based interventions (MBI) in continuing to develop more competence while raising global standards of practice and pedagogy. Starting with the central yet elusive concept of stewardship, it then expands upon the core components of MBI pedagogy. A series of reflective essays by MBI teachers from around the world foregrounds differences and challenges in meeting participants “where they are.” Such reflections are both inspiring and thought-provoking for teachers—wherever they are. The book also provides practical guidance and tools for adjusting teaching style and content for special populations, from chronic pain patients to trauma survivors, from health care professionals to clergy, and including many others. Detailed scripts and practices, ready to adopt and adapt, offer opportunities to explore new directions in the classroom, and to continue the life-long development of the teacher. Included in the coverage:

- Deepening teachers’ skills of guidance of meditation practices
- Insights into the essential practice of inquiry and dialogue with participants
- New practices that allow participants to explore mindfulness together in a spoken encounter
- How to keep up with, review, and make clear to participants the range of scientific evidence supporting the MBIs

The breadth of practical insights and hands-on strategies makes *Resources for Teaching Mindfulness* a unique developmental asset for a wide range of practitioners around the world. Among those who will benefit are physicians and other medical practitioners, health and clinical psychologists, marriage and family therapists, nurses, clinical social workers, physical and occupational therapists, health educators, and organizational development specialists. “A deep, supportive, and challenging dive into the art of teaching mindfulness, including the science of it, in the form of MBSR and other mindfulness-based interventions. Highly experienced contributors offer a cornucopia of inspiring, instrumental, and non-instrumental perspectives on the multi-dimensional topology of the classroom in vastly different contexts and cultures. Of particular note is the intimacy of one’s own embodied sharing and exploring of the practice with others as the instructor — with the welcome mat for what arrives within us and between us firmly rolled out in not-knowing, coupled with deep listening, creativity, imagination, daring, and caring.” Jon Kabat-Zinn, Founder of MBSR, Author of *Full Catastrophe Living* and *Coming to Our Senses* .
