

1. Record Nr.	UNINA9910164030803321
Autore	Forner Christine C.
Titolo	Dissociation, mindfulness, and creative meditations : trauma-informed practices to facilitate growth // Christine C. Forner
Pubbl/distr/stampa	New York ; ; London : , : Routledge, , 2017
ISBN	1-317-56095-7 1-315-73443-5 1-317-56096-5
Edizione	[1st ed.]
Descrizione fisica	1 online resource (203 pages) : illustrations, photographs
Disciplina	616.89/1425 616.891425
Soggetti	Meditation - Therapeutic use Mindfulness-based cognitive therapy Mindfulness (Psychology)
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	1. Mindfulness -- 2. The medial prefrontal cortex and mindfulness -- 3. Conceptual understanding of dissociation and the dissociative disorders -- 4. Foundational understanding of dissociation -- 5. Childhood trauma constructed and deconstructed : how mindfulness is prevented from developing -- 6. An academic perspective of dissociation -- 7. Trauma, dissociation, and mindfulness : trauma-informed practices -- 8. Meditation and psychotherapeutic meditation -- 9. Dissociation, mindfulness, and creative meditations : trauma-informed practices that facilitate growth -- 10. Medial prefrontal cortex processing and creative meditations.