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Titolo	Handbook of Mindfulness in Education : Integrating Theory and Research into Practice // edited by Kimberly A. Schonert-Reichl, Robert W. Roeser
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Soggetti	School Psychology Educational psychology Psychiatry Alternative medicine Counseling Social service Educational Psychology Complementary and Alternative Medicine Counseling Psychology Social Work
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Nota di contenuto	Part I: Mindfulness in Education: Historical, Contemplative, Scientific, and Educational Foundations -- Chapter 1. Mindfulness in Education: Overview of the Handbook -- Chapter 2. Contemplation in Education -- Chapter 3. What is Mindfulness? A Contemplative Perspective -- Chapter 4. International Education and the Roots of Resilience -- Chapter 5. Mindfulness and Social-Emotional Learning -- Part II: Mindfulness in Education: Science and Applications with Educators -- Chapter 6. Mindfulness Training for Teachers -- Chapter 7. Teacher Stress and Mindfulness -- Chapter 8. Inner Resilience in Schools -- Chapter 9. Teacher Programs Overview and CARE Program -- Chapter 10. Teaching, Learning, and Transfer to a Mindfulness-Based Intervention for Teachers -- Chapter 11. Mindfulness Training with

Special Populations -- Chapter 12. Preparing Teacher Candidates for the Present: Investigating the Value of Mindfulness-Training for Teacher Education -- Chapter 13. Embodied Presence: Contemplative Teacher Education -- Chapter 14. On Attentive Love in Education: The Case of Course to Teach -- Chapter 15. Mindfulness and Organizational Change -- Chapter 16. Mindfulness and Educational Leadership -- Part III: Mindfulness in Education: Science and Applications with Students -- Chapter 17. Developmental Social-Cognitive Neuroscience Perspective on Mindfulness in Education -- Chapter 18. Mindfulness and Compassion in Education -- Chapter 19. Mindfulness in Education During Early Childhood -- Chapter 20. MindUP: Mindfulness in Education During Childhood -- Chapter 21. The Master Mind and Movement Programs: Introducing Two Universal Mindfulness Education Programs for Elementary and Middle School Students -- Chapter 22. Working on the Inside: Mindfulness for Adolescents. .

Sommario/riassunto

This handbook addresses the educational uses of mindfulness in schools. It summarizes the state of the science and describes current and emerging applications and challenges throughout the field. It explores mindfulness concepts in scientific, theoretical, and practical terms and examines training opportunities both as an aspect of teachers' professional development and a means to enhance students' social-emotional and academic skills. Chapters discuss mindfulness and contemplative pedagogy programs that have produced positive student outcomes, including stress relief, self-care, and improved classroom and institutional engagement. Featured topics include: A comprehensive view of mindfulness in the modern era. Contemplative education and the roots of resilience. Mindfulness practice and its effect on students' social-emotional learning. A cognitive neuroscience perspective on mindfulness in education that addresses students' academic and social skills development. Mindfulness training for teachers and administrators. Two universal mindfulness education programs for elementary and middle school students. The Handbook of Mindfulness in Education is a must-have resource for researchers, graduate students, clinicians, and practitioners in psychology, psychiatry, education, and medicine, as well as counseling, social work, and rehabilitation therapy.
