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Titolo	Handbook of Zen, Mindfulness, and Behavioral Health // edited by Akihiko Masuda, William T. O'Donohue
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Descrizione fisica	1 online resource (324 pages) : illustrations
Collana	Mindfulness in Behavioral Health, , 2195-9579
Disciplina	150
Soggetti	Clinical psychology Public health Cultural studies Language and languages—Philosophy Clinical Psychology Public Health Cultural Studies Philosophy of Language
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Introduction: Zen and Behavioral Health.- Chapter 2. Zen: Overview.- Chapter 3. Zen and Japanese Culture -- Part 1. Zen: Overview and Foundations.- Chapter 4. What Is Zen?.-Chapter 5. Zen Meditation.- Chapter 6. Zen Koans and Parables.- Chapter 7. Zen and the Body.- Chapter 8. Zen and Language -- Part II. Zen: Everyday Living and Current Evidence.- Chapter 9. Zen Account of Desire and Attachment.- Chapter 10. Zen, Self, and Personality.- Chapter 11. Zen and Problems.- Chapter 12. Zen and Forgiveness -- Chapter 13. Zen and Science.- Part III: Application of Zen to Behavioral Healthcare Issues.- Chapter 14. Zen and Current Evidence -- Chapter 15. Zen and Psychotherapy -- Chapter 16. Zen Account of Health and Psychopathology -- Chapter 17. What is Measured by Self-Report Measures of Mindfulness? Conceptual and Measurement Issues -- Chapter 18. Zen and Mindfulness/Acceptance -- Chapter 19. Zen and Behavior Therapy -- Chapter 20. Zen, Mindfulness, and CBT -- Chapter

21. Zen and Acceptance and Commitment Therapy -- Chapter 22. Zen, Pain, and Sorrow: Being a Chaplain in a Hospital Setting -- Chapter 23. Application of Zen Practices and Principles for Professionals/Advocated Who Work For Survivors of Trauma and Violence -- Chapter 24. Zen Practice in Prisons.

Sommario/riassunto

This comprehensive handbook presents a Zen account of fundamental and important dimensions of daily living. It explores how Zen teachings inform a range of key topics across the field of behavioral health and discuss the many uses of meditation and mindfulness practice in therapeutic contexts, especially within cognitive-behavioral therapies. Chapters outline key Zen constructs of self and body, desire, and acceptance, and apply these constructs to Western frameworks of health, pathology, meaning-making, and healing. An interdisciplinary panel of experts, including a number of Zen masters who have achieved the designation of roshi, examines intellectual tensions among Zen, mindfulness, and psychotherapy, such as concepts of rationality, modes of language, and goals of well-being. The handbook also offers first-person practitioner accounts of living Zen in everyday life and using its teachings in varied practice settings. Topics featured in the Handbook include:

- Zen practices in jails.
- Zen koans and parables.
- A Zen account of desire and attachment.
- Adaptation of Zen to behavioral healthcare.
- Zen, mindfulness, and their relationship to cognitive behavioral therapy.
- The application of Zen practices and principles for survivors of trauma and violence.

The Handbook of Zen, Mindfulness, and Behavioral Health is a must-have resource for researchers, clinicians/professionals, and graduate students in clinical psychology, public health, cultural studies, language philosophy, behavioral medicine, and Buddhism and religious studies.
