

1. Record Nr.	UNINA9910789522703321
Autore	Toor Ruth <1933->
Titolo	Being indispensable [[electronic resource]] : a school librarian's guide to becoming an invaluable leader / / Ruth Toor and Hilda K. Weisburg
Pubbl/distr/stampa	Chicago, : American Library Association, 2011
ISBN	1-283-21273-0 9786613212733 0-8389-9212-9
Descrizione fisica	1 online resource (183 p.)
Altri autori (Persone)	WeisburgHilda K. <1942->
Disciplina	025.1/978
Soggetti	School libraries - United States - Administration Instructional materials centers - United States - Administration School libraries - Aims and objectives School libraries - Public relations School libraries - Evaluation Leadership
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	What's your mission? -- What makes a leader? -- Where do you stand? -- What do administrators want? -- What does the community want? -- What do teachers want? -- What do students want? -- How does advocacy develop leadership? -- How do you get a larger perspective? -- Does this really work?.
Sommario/riassunto	Making the case for the vital role school librarians play in learning, this book gives readers all the strategies they need to become the kind of leader their school can't do without.

2. Record Nr.	UNINA9910407731403321
Titolo	Humanism and Resilience in Residency Training : A Guide to Physician Wellness // edited by Ana Hategan, Karen Saperson, Sheila Harms, Heather Waters
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2020
ISBN	3-030-45627-7
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (xxiv, 613 pages)
Disciplina	610.19 610.695
Soggetti	Psychiatry Clinical psychology Internal medicine Clinical Psychology Internal Medicine Residents (Medicina) Resiliència (Tret de la personalitat) Psicoteràpia Educació mèdica Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Recognizing a stressful event -- Recognizing the toll stress takes on your body -- Eliciting the steps for the relaxation response -- Recognizing what core beliefs keep individuals in the stress response, which impedes effective coping with stress -- Cognitive and mindfulness conceptualization -- Coping strategies and behavioural experiments -- Recognizing compassion fatigue, vicarious trauma, and burnout -- Facilitating completion of the action plan -- Reviewing the action plan and its effectiveness after a set time period -- Coping with burnout -- Pushing back: recognizing and advocating for systemic change.

This book aims to help identify pre-existing adaptive traits and positive perspectives in resident trainees, while challenging those that are less adaptive by building a formal curriculum for medical education that focuses on the humanistic aspects of medicine. Humanism in medicine is threatened by the false narrative that good physicians are superhumans who do not have their own needs. Written by experts in the field, this book is designed to be a concise, integrated guide to resilience during residency training. Through this guide, trainees learn (i) the usefulness of psychotherapeutic strategies for their own stress management and well-being; (ii) techniques and strategies that are useful in the practice of medicine; and (iii) to consider lifestyle modifications to improve physical and psychological health and well-being, through identification of positive and negative lifestyle factors influencing physicians' response to stress. Since it is designed for busy trainees and physicians, this volume meticulously provides easy-to-use, evidence-based learning tools and therapeutic techniques, including case studies, skill-building exercises, self-test questionnaires, illustrations, useful practice-reminder tips, and other features. Humanism and Resilience in Residency Training is an excellent resource for all medical trainees and professionals who need to incorporate humanism and resilience in their practice, both for accreditation requirements and for personal well-being. This includes medical students and residents, psychiatrists, addiction medicine specialists, family physicians, medical education professionals, hospitalists, nurses, and all healthcare providers.
