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| 1. Record Nr.           | UNINA9910454138003321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Autore                  | McBee Lucia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Titolo                  | Mindfulness-based elder care [[electronic resource]] : a CAM model for frail elders and their caregivers / / Lucia McBee                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pubbl/distr/stampa      | New York, : Springer Pub., c2008                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| ISBN                    | 1-281-80658-7<br>9786611806583<br>0-8261-1529-2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Descrizione fisica      | 1 online resource (241 p.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Disciplina              | 362.16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Soggetti                | Frail elderly - Diseases - Alternative treatment<br>Frail elderly - Nursing home care<br>Alternative medicine<br>Meditation<br>Caregivers<br>Mind and body<br>Electronic books.                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 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 (p. 199-205) and index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Nota di contenuto       | Contents; Foreword; Preface; Acknowledgments; Section I. Foundations; Section II. Practical Applications of Mindfulness-Based Elder Care for Frail Elders: POEM: MEADOWBOOK NURSING HOME; Section III. Caregivers; Section IV. Conclusions; Section V. Appendices; Index                                                                                                                                                                                                                                                                                                                                              |
| Sommario/riassunto      | ""She shares with us her gold - the conception, trial and error implementation, and initial scientific investigation of a new, educationally-oriented treatment approach that she has named mindfulness-based elder care (MBEC)." -from the Foreword by Saki Santorelli, EDD, MA, Associate Professor of Medicine, Executive Director, Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School. Drawing on years of experience as a geriatric social worker and mindfulness-based stress reduction practitioner, the author has taken Jon Kabat-Zinn's Mindfulness-B |

