

1. Record Nr.	UNINA9910464597903321
Autore	Monzo Maria Pozzi
Titolo	The Buddha and the Baby : Psychotherapy and Meditation in Working with Children and Adults // by Maria Pozzi Monzo
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, , [2018] ©2014
ISBN	0-429-48124-1 1-78241-226-3
Edizione	[First edition.]
Descrizione fisica	1 online resource (333 p.)
Disciplina	618.928914
Soggetti	Child psychotherapy Child psychiatry Meditation - Buddhism - Therapeutic use 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 at the end of each chapters and index.
Nota di contenuto	COVER; CONTENTS; ABOUT THE AUTHOR AND CONTRIBUTORS; FOREWORD; PROLOGUE Reflections on Buddhism and child psychoanalytic psychotherapy; INTRODUCTION; CHAPTER ONE A baby is born; CHAPTER TWO Let us allow to arrive: bringing into being; CHAPTER THREE The Buddha in the sky; CHAPTER FOUR Serendipity in the magic garden; CHAPTER FIVE The presence of the therapist; CHAPTER SIX The moon allows the sun to shine on it; CHAPTER SEVEN Coming home; CHAPTER EIGHT The curative factor; CHAPTER NINE The facilitating silence; CHAPTER TEN Nothing fixed; CHAPTER ELEVEN Walking with Buddha CHAPTER TWELVE The smug Buddha CHAPTER THIRTEEN What works for whom?; CHAPTER FOURTEEN Mindfulness and meditation in the consulting room; CHAPTER FIFTEEN Vagal superstars; CHAPTER SIXTEEN Jung and the Buddha; CHAPTER SEVENTEEN A Burmese noodle soup with Buddha; CHAPTER EIGHTEEN From the cushion to the couch; CHAPTER NINETEEN The child in the adult: psychotherapy informed by Buddhism; EPILOGUE; INDEX

Sommario/riassunto

These dialogues with child, adolescent and adult psychotherapists and child psychiatrists focus on their personal as well as professional experiences. All the contributors have a long-standing practice of Buddhism or other forms of meditation. The relevance of this to their clinical work with infants, children, adolescents, families and adults is described. Buddhist principles such as suffering, impermanence, non-attachment, no-self and the Four Noble Truths influence the contributors' practice of psychotherapy with children and with the child in the adult. Similarities and differences between the two traditions of Buddhism and psychotherapy are highlighted in these dialogues, which are embedded in deep, personal and transforming experiences that are shared by the authors.
