

1. Record Nr.	UNINA9910464994303321
Titolo	Mindfulness-based treatment approaches : clinician's guide to evidence base and applications / / edited by Ruth A. Baer
Pubbl/distr/stampa	London, England : , : Academic Press, , 2014 ©2014
ISBN	0-12-391452-3
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (407 p.)
Collana	Practical Resources for the Mental Health Professional
Disciplina	615.8/52
Soggetti	Meditation - Therapeutic use Mindfulness-based cognitive therapy Behavior therapy 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 indexes.
Nota di contenuto	Part I. Introduction -- Part II. Current applications for psychological disorders in adults -- Part III. Applications across the lifespan -- Part IV. Applications with medical populations -- Part V. Applications for work-related stress.
Sommario/riassunto	The second edition of Mindfulness-Based Treatment Approaches discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorder

2. Record Nr.	UNINA9910838382803321
Autore	Rader Nicole E
Titolo	Teaching Fear : How We Learn to Fear Crime and Why It Matters
Pubbl/distr/stampa	Philadelphia : , : Temple University Press, , 2023 ©2023
ISBN	1-4399-2104-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (217 pages)
Disciplina	362.880973
Soggetti	Fear of crime - United States Crime - United States - Public opinion Women - United States - Attitudes Women - Crimes against - Prevention Children - Crimes against - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	CHAPTER ONE. GENDERED CRIME MYTHS. Why Gender Matters -- Gendered Safety Beliefs -- Crime Myths -- The Stranger Danger Myth -- Mythical Beliefs and Stranger-Induced Crimes -- The White Woman Crime Victim Myth -- Projecting Racialized Images -- The Victim Centered Crime Prevention Myth -- Conclusion -- CHAPTER TWO. LEARNING MYTHS. Learning From Loved Ones -- Parents -- Do Parenting Styles Influence Fear of Crime Socialization? -- Mothers and Fathers -- Learning from Mothers as Adults -- What about Fathers? -- Growing Up Black -- Learning From Authority Figures At School -- Educational Programming Safety Campaigns -- Enhanced Security Measures -- Safety Drills -- Learning From Strangers- The Media -- Do different media sources give other messages? -- News Stories -- Fictional Crime Dramas and Reality Crime Shows -- CHAPTER 3. LIVING OUT CRIME MYTHS. Action-Based Precautionary Behaviors -- Guns -- Mace/Pepper Spray -- Self-Defense Courses -- Home Security Systems -- Avoidance-Oriented Crime Prevention Strategies -- Avoiding Places -- Changing Routine Activities -- Avoidance Privilege -- Adaptation -- Self-Talk or the Inner-Voice -- Male Romantic Partners as Escorts -- The Buddy System -- Adapting through Resistance -- Consequences --

CHAPTER FOUR. RAISING GEN Z CHILDREN WITH GEN X SAFETY VALUES. Instilling Safety Values -- Using Safety Lessons from the Past -- Remembering the Past Nostalgically -- Teaching Fear with an Eye to the Future -- The New Age Boogiemán -- Combatting the New Boogiemán -- The Devil you Know - Cyber-Bullying -- The Unknown School Shooter -- CHAPTER 5. WHAT KIDS HEAR AND WHAT KIDS FEAR. What Kids Hear Parents Say -- Translating What Kids Hear from Parents to What Kids Fear -- Kids at School -- School Shooting Prevention -- Bullying Prevention -- Other Things Learned from Kids -- What Makes Kids Feel Safer -- Disguising Fear and Teaching Others -- Kids Teaching Other Kids -- Conclusion -- CHAPTER SIX. HOW TO TEACH FEAR BETTER. What Society Can Do -- The Criminal Justice System -- The Media -- Schools -- What We can Do -- White Women -- Parents -- Flip the Script -- Let Go of Bubble Wrap, Especially for Daughters -- Have Accurate (But Difficult) Conversations about Crime -- Teach Kids to Take Care of Each Other -- Recognize How Kids are Different Today -- Conclusions -- Appendix: Research Studies.

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Sommario/riassunto

"This book covers the myths we learn about crime and how we learn them and teach them. It covers cultural, educational, and familial sources and the harmful behaviors and beliefs that follow. It also details how we might teach future generations more accurately about safety"--

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