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Nota di contenuto	Mindfulness in Adolescence; Contents; Issue Editors' Notes; Notes; Executive Summary; 1 Mindfulness and compassion training in adolescence: A developmental contemplative science perspective; Adolescence as window of opportunity; Introducing developmental contemplative science; Stage-environment fit approach to identity development; Defining mindfulness and compassion; Secular mindfulness and compassion practices with adolescents; Focused attention meditation; Open monitoring meditation; Loving-kindness meditation; Mindful movement; Research agenda; Enhancing self-regulation Enhancing somatic and emotional awareness Promoting compassionate evaluations of self and others; Promoting empathy and social-perspective taking; Promoting prosocial motivation and behavior; Summary; Notes; 2 Learning to BREATHE: An intervention to foster mindfulness in adolescence; Mindfulness: An optimal intervention; Mindfulness as school-based universal prevention: Learning to BREATHE; Brief summary of research on L2B; Developmental dimensions of a mindfulness curriculum; Issues in implementing

mindfulness-based programs in school settings

Case example: South Burlington School District Wellness and Resilience Program Summary; Notes; 3 The Mindfulness-enhanced Strengthening Families Program: Integrating brief mindfulness activities and parent training within an evidence-based prevention program; Adolescence: risk, family relationships, and interventions; Parent-youth relationships; Mindfulness in parenting and mindful parenting interventions; Developing a mindful parenting intervention; Mindful parenting activities in MSFP; Breath awareness; Emotions of parenting; Managing automatic reactions; Seeing youths clearly
Strengthening the parent-youth relationship by being present
Compassion for self and child; Conclusions and recommendations; Notes; 4 Assessing fidelity of core components in a mindfulness and yoga intervention for urban youth: Applying the CORE Process; Program core components; Core components of mindfulness programs for adolescents; A community-academic partnership; Step 1 (C): Conceptualize core components; Step 2 (O): Operationalize and measure; Step 3 (R): Run analyses and review implementation findings; Step 4 (E): Enhance and refine; Relevance of the CORE Process and future directions

Notes 5 Mindfulness in practice: Considerations for implementation of mindfulness-based programming for adolescents in school contexts; Mindfulness practice in adolescence: What does the research say?; Considerations for implementation of school-based mindfulness programs; Ingredients for successful program implementation; A focus on the teacher; High-quality implementation; Ongoing evaluation of program effectiveness; Notes; Index; Order Form; Advert; EULA

Sommario/riassunto

Addressing a timely topic in the field, this special issue covers the benefits of cultivating mindfulness to foster positive development and flourishing in adolescents. Presenting the theoretical and empirical basis of mindfulness training with adolescents, it includes specific programs, activities, and guidelines for bringing mindfulness skills and habits to this constituency. This special issue: Establishes a theoretical framework within mindfulness-based approaches in adolescence
Includes reviews of empirical evidence on the effectiveness of mindfulness-based interventions with youth,
