

1. Record Nr.	UNINA9910483891503321
Autore	Low Remy Y. S.
Titolo	The Mind and Teachers in the Classroom : Exploring Definitions of Mindfulness // by Remy Y. S Low
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Palgrave Pivot, , 2021
ISBN	9783030703844 3030703843
Edizione	[1st ed. 2021.]
Descrizione fisica	1 online resource (134 pages)
Disciplina	370.1 370.15
Soggetti	Education - Philosophy Learning, Psychology of Teachers - Training of Schools Educational Philosophy Philosophy of Education Instructional Psychology Teaching and Teacher Education School and Schooling
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Mindful mapping -- Chapter 2. Transforming suffering: This book explores what mindfulness could mean for teachers and educational researchers -- Chapter 3. Adaptive coping: Psychological mindfulness for teachers -- Chapter 4. Overcoming alienation: Engaged mindfulness for teachers -- Chapter 5. The mindful use of maps.
Sommario/riassunto	This book explores what mindfulness could mean for teachers and educational researchers. Moving beyond popular platitudes about mindfulness, the author provides a conceptual map for understanding the different ways in which mindfulness can be recommended to teachers. Covering the key features of Buddhist, psychological and socially engaged forms of mindfulness, this book critically examines

the different ways mindfulness is defined, what problems it is meant to address, and the ways that claims about mindfulness are made. It argues that each approach to mindfulness implies an ideal of what a 'good teacher' should be. It will be of interest and value to teacher educators, educational researchers and scholars of mindfulness within education. Remy Y.S. Low is Lecturer in the Sydney School of Education and Social Work at the University of Sydney, Australia. He is also a recipient of the University of Sydney Vice-Chancellor's Award for Early Career Teaching for his use of contemplative pedagogies (including mindfulness) in teacher education.

2. Record Nr.	UNINA9911011649303321
Autore	Goldstein Sam
Titolo	Finding the Calm Child Within : Raising Resilient Children with Disruptive Mood Dysregulation Disorder // by Sam Goldstein, Robert B. Brooks, Donna DiMaio Rooney, Molly Anthony
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2025
ISBN	3-031-90646-2
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (XLIII, 241 p.)
Collana	Copernicus Books, Sparking Curiosity and Explaining the World, , 2731-8990
Disciplina	155
Soggetti	Developmental psychology School psychology Systemic therapy (Family therapy) Social psychiatry Public health Developmental Psychology Child and Adolescence Psychology School Psychology Systems or Family Therapy Clinical Social Work Public Health Psicologia del desenvolupament Psicologia escolar Teràpia familiar sistèmica Psiquiatria social Salut pública Llibres electrònics

Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	<p>Chapter 1 The First Steps in Understanding DMDD -- Chapter 2 Understanding DMDD -- Chapter 3 The Eight Guideposts for Raising Emotionally Resilient Children with DMDD -- Chapter 4 Teaching and Conveying Empathy to Children With DMDD -- Chapter 5 Effective Communication and Listening Actively -- Chapter 6 Accepting Our Children for Who They Are: Conveying Unconditional Love and Setting Realistic Expectations -- Chapter 7 Nurturing "Islands of Competence" -- Chapter 8 Helping Children With DMDD Learn From, Rather Than Feel Defeated by Mistakes -- Chapter 9 The Importance of Problem-Solving and Decision-Making Skills for Children with DMDD -- Chapter 10 Disciplining in Ways that Promote Self-Discipline and Self-Worth -- Chapter 11 Developing Responsibility, Compassion, and a Social Conscience -- Chapter 12 Establishing a Partnership with Your Child's School -- Chapter 13 Rising Through the Storm.</p>
Sommario/riassunto	<p>In the intricate landscape of childhood emotional and behavioral challenges, disruptive mood dysregulation disorder (DMDD) stands as one of the most daunting. Characterized by intense irritability and explosive outbursts, DMDD can transform the journey of parenting and teaching into a relentless storm, leaving families and educators searching for guidance and support. This book offers a beacon of hope as well as a comprehensive resource crafted for those dedicated to nurturing children with DMDD. Key areas of coverage include:</p> <ul style="list-style-type: none">· Biological, psychological, and environmental factors contributing to DMDD and how to recognize and assess its symptoms effectively.· Evidence-based approaches to assessing and treating DMDD, from parent training and therapeutic interventions to medication management.· The eight guideposts for building resilience to help children with DMDD navigate their emotions, develop problem-solving skills, and cultivate self-discipline and empathy.· Real-life inspirational and practical wisdom from the experiences of families who have courageously and lovingly faced the challenges of DMDD.· Strengthening home and school partnerships to ensure that children with DMDD receive the support and accommodations they need to thrive academically and socially. <p>Raising Resilient Children with Disruptive Mood Dysregulation Disorder is a testament to the power of resilience and the potential for growth and transformation in a child's life. It extends beyond DMDD, offering valuable insights for managing a range of emotional and behavioral challenges. The book is an invaluable resource for parents, caregivers, educators, and mental health professionals.</p>