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| Autore                  | Leao Delfim Ferreira   |
| Titolo                  | Instituto de Estudos Classicos : um passado com futuro : 60 anos de actividade cientifica, pedagogica e cultural // Delfim Ferreira Leao |
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| Soggetti                | Classicism   |
| Lingua di pubblicazione | Portoghese   |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
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| Edizione                | [1st ed.]  |
| Descrizione fisica      | 1 online resource (442 pages)  |
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| Soggetti                | Mindfulness (Psychology)   |
| Lingua di pubblicazione | Inglese  |
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| Nota di contenuto       | Cover -- Half Title -- Title -- Copyright -- Dedication -- Contents --<br>1 Handbook of Mindfulness-Based Programmes: an introduction -- |

SECTION I Mindfulness programs in therapy -- 2 Acceptance and Commitment Therapy -- 3 Cultivating wise mind in dialectical behavior therapy through mindfulness -- 4 Mindfulness-Based Stress Reduction: theory, practice and evidence base -- 5 Mindfulness-Based Positive Behavior Support -- 6 Mindfulness-Based Mind Fitness Training (MMFT): mindfulness training for high-stress and trauma-sensitive contexts -- 7 Mindfulness-Based Emotional Balance: history of development, curriculum, and research -- SECTION II Mindfulness programs in families -- 8 Mindfulness-Based Childbirth and Parenting: preparing a new generation for birthing and beyond -- 9 Coping with the stress of parenting: the mindful parenting program -- 10 Mindfulness-Based Relationship enhancement for couples -- 11 Mindful Mamas: mindfulness-based yoga for depressed women entering motherhood -- 12 A ceremony of losses: mindfulness for elders and caregivers -- SECTION III Mindfulness programs in health-care -- 13 Promoting healing through mindful medical practice -- 14 Mindfulness-Based Cancer Recovery: an adaptation of MBSR for people with cancer and their caregivers -- 15 Mindful Sport Performance Enhancement (MSPE) -- 16 Mindfulness-Based Eating Awareness Training (MB-EAT) -- 17 Mindfulness-Based Therapy for Insomnia -- SECTION IV Mindfulness programs in education -- 18 Cultivating Awareness and Resilience in Education: The CARE for teachers program -- 19 "Wellness Works in Schools": The practice and research of a mindfulness program in urban middle schools -- 20 Mindfulness for adolescents: A review of the learning to BREATHE program -- 21 Audio-guided Mindful-Based Social Emotional Learning (MBSEL) training in school classrooms: The inner explorer program. SECTION V Mindfulness programs in children and adolescents -- 22 Still Quiet Place: Sharing mindfulness with children and adolescents -- 23 Mindfulness-Based Cognitive Therapy for Children -- SECTION VI Mindfulness programs at work -- 24 Mindful leadership -- 25 Mindfulness practice and the law: Jurisight and the skillful means to greet the legal profession -- SECTION VII Mindfulness programs in addiction -- 26 Mindfulness-Oriented Recovery Enhancement: a review of its theoretical underpinnings, clinical application, and biobehavioral mechanisms -- 27 Mindfulness-Based Relapse Prevention for addictive behaviors -- SECTION VIII Mindfulness programs in compassion -- 28 Mindful Self-Compassion (MSC) -- 29 Mindfulness-Based Compassionate Living (MBCL): a deepening programme for those with basic mindfulness skills -- SECTION IX Mindfulness programs in psychological flourishing -- 30 Mindfulness-Based Strengths Practice (MBSP) -- 31 Mindfulness Based Flourishing Program (positive mindfulness program) -- Index.

## Sommario/riassunto

Handbook of Mindfulness-Based Programmes: Mindfulness Interventions from Education to Health and Therapy offers the first comprehensive guide to all prominent, evidence-based mindfulness programmes available in the West. The rapid growth of mindfulness in the Western world has given rise to an unprecedented wave of creative mindfulness programmes, offering tailor-made mindfulness practices for school teachers, students, parents, nurses, yoga teachers, athletes, pregnant women, therapists, care-takers, coaches, organisational leaders and lawyers. This book offers an in-depth engagement with these different programmes, emphasising not only the theory and research but also the practice. Exercises and activities are provided to enable the reader to first understand the programme and then experience its unique approach and benefits. Handbook of Mindfulness-Based Programmes will enrich your knowledge and experience of mindfulness practice, whether you are a practitioner,

researcher or simply interested in the application of mindfulness.

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