

1. Record Nr.	UNINA9910782675603321
Autore	Smith Jonathan C
Titolo	ABC relaxation training [[electronic resource]] : a practical guide for health professionals // Jonathan C. Smith
Pubbl/distr/stampa	New York, : Springer Pub. Co., c1999
ISBN	1-281-80614-5 9786611806149 0-8261-1709-0
Descrizione fisica	1 online resource (329 p.)
Disciplina	613.7/9
Soggetti	Relaxation Psychology
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 (p. 297-298) and index.
Nota di contenuto	Contents; List of Tables; 1 ABC Relaxation Theory in a Nutshell; 2 Preparing for Relaxation: The Grand Tours and Assessment; 3 Basic Instructions for the Six Major Approaches to Relaxation; 4 Relaxation Scripting; 5 Brief Relaxation Training; References; Appendix: Smith Relaxation Inventory Series; Index
Sommario/riassunto	In this volume, Smith presents instructions for more approaches to relaxation than any other book on the market. The author provides word-for-word scripts for clinicians to teach them to implement all relaxation techniques using his ABC relaxation approach. The volume includes simple assessment questionnaires for determining relaxation needs and evaluating relaxation outcomes; precise instructions for making individualized relaxation tapes; and verbatim instructions for presenting tested ""failproof"" relaxation and stress management workshops. Techniques include: progressive relaxation, autog

2. Record Nr.	UNINA9910822485803321
Titolo	Digital dialogues and community 2.0 : after avatars, trolls and puppets // edited by Tara Brabazon
Pubbl/distr/stampa	Cambridge : , : Chandos Publishing, , 2012
ISBN	1-78063-302-5
Edizione	[1st edition]
Descrizione fisica	1 online resource (321 p.)
Collana	Chandos social media series
Altri autori (Persone)	BrabazonTara
Disciplina	303.48 303.4833
Soggetti	Information society Online social networks Communication and technology
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 and index.
Nota di contenuto	Cover; Digital Dialogues and Community 2.0: After avatars, trolls and puppets; Copyright; Contents; List of tables and boxes; Tables; Boxes; List of abbreviations; About the contributors; Introduction: new imaginings; Communication and community; From MySpace to OurSpace; Notes; Part 1 Communities, Exiles and Resistance; 1 The inevitable exile: a missing link in online community discourse; Place is the thing; Panoptical temptation; Reincarnation as networked norm; Forgiveness not permission; Culture jammer or parasite?; I've got you under my skin; Permaban and punish Legibility and responsibility Every tool is a weapon if you hold it right; Notes; 2 Call it hyper activism: politicizing the online Arab public sphere and the quest for authenticity and relevance; From blogging to YouTube: politicising the internet; From call-in programs to online comments: participatory culture; Notes; 3 What's in a name? Digital resources and resistance at the global periphery; Resistance and the nation state; SouthAfrica.com; NewZealand.com; Tuvalu and .tv; .md: who represents Moldova?; What's in a domain (name)?; Cautions and conflicts: .tp and Timorese independence; Notes 4 I have seen the future, and it rings Mobile phones and social change; Day-to-day use of mobile phones; Conclusion; Notes; Part 2 Structures for Sharing; 5 Strangers in the swarm; The history of file sharing; Bit

Torrent; Identities in the swarm; The future; Notes; 6 Status (update) anxiety: social networking, Facebook and community; It's all about me; Watching the self (being watched); Notes; 7 Becoming Mireila: a virtual ethnography through the eyes of an avatar; Entry; Stripping Mireila; Feeders; Self; Notes; 8 Taste is the enemy of creativity: disability, YouTube and a new language 1
Disability is a social construction Lessons from Picasso; Digital disability; Notes; Part 3 Professions, Production, Consumptions; 9 The sound of a librarian: the politics and potential of podcasting in difficult times; iPod studies; Why should librarians use podcasts?; Questions of quality; Notes; 10 The invisible (wo)man; Introducing Nazlin; Endings; Notes; 11 The impact of the video-equipped DSLR; The video DSLR; A community of video cinematographers; The future; Notes; 12 Why media literacy is transformative of the Irish education system: a statement in advocacy; New literacies
Managing disadvantage Multiliteracy for an Information Age; Notes; 13 YouTube Academy; Doing 'everything' with YouTube; Broadcasting academics; Notes; Part 4 Fandom, Consumption and Community; 14 Live fast, die young, become immortal; Prescience; Mediated grief; Living digital death; Notes; 15 All we hear is Lady-o Gaga: Popular Culture 2.0; Music; Gender and fashion; Fandom; Notes; 16 Copyright and couture: the Comme il Faut experience; Intellectual property: copyrighting couture; Online retailers and the long tail of e-commerce; Fashion and failure; Comme il Faut couture; Notes
17 When community becomes a commodity

Sommario/riassunto

Digital Dialogue and Community 2.0: After avatars, trolls and puppets explores the communities that use digital platforms, portals, and applications from daily life to build relationships beyond geographical locality and family links. The book provides detailed analyses of how technology realigns the boundaries between connection, consciousness and community. This book reveals that alongside every engaged, nurturing and supportive group are those who are excluded, marginalised, ridiculed, or forgotten. It explores the argument that community is not an inevitable result of communication. Follow
