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Titolo	Mindfulness and the arts therapies [[electronic resource]] : theory and practice // edited by Laury Rappaport
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Altri autori (Persone)	RappaportLaury
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Nota di contenuto	<p>""Foreword""; ""Acknowledgments""; ""Introduction""; ""Part I Mindfulness and the Arts Therapies""; ""Chapter 1 Mindfulness, Psychotherapy, and the Arts Therapies""; ""Part II Cultivating Mindful Awareness and Presence through the Expressive Arts""; ""Chapter 2 The Role of Witnessing and Immersion in the Moment of Arts Therapy Experience""; ""Chapter 3 Intention and Witness: Tools for Mindfulness in Art and Writing""; ""Part III Integrating Mindfulness with the Arts Therapies""; ""Chapter 4 Mindfulness-Based Art Therapy: Applications for Healing with Cancer""</p> <p>""Chapter 5 Mind-Body Awareness in Art Therapy with Chronic Pain Syndrome""""Chapter 6 Mindfulness and Dance/Movement Therapy for Treating Trauma""; ""Chapter 7 Mindfulness and Drama Therapy: Insight Improvisation and the Transformation of Anger""; ""Chapter 8 Music, Imagery, and Mindfulness in Substance Dependency""; ""Chapter 9 Poetry Therapy, Creativity and the Practice of Mindfulness""; ""Chapter 10 The Silent Creative Retreat for People with Cancer: The Assisi Model for Professionals""</p> <p>""Chapter 11 Mindfulness-Based Stress Reduction and the Expressive Arts Therapies in a Hospital-Based Community Outreach Program""""Chapter 12 Mindfulness-Based Expressive Therapy for People with Severe and Persistent Mental Illness""; ""Part IV Mindfulness-Based Arts Therapies Approaches""; ""Chapter 13 Authentic Movement and Mindfulness: Embodied Awareness and the Healing Nature of the</p>

Expressive Arts"; "Chapter 14 Focusing-Oriented Arts Therapy: Cultivating Mindfulness and Compassion, and Accessing Inner Wisdom"; "Chapter 15 Hakomi and Art Therapy"
"Chapter 16 Mindfulness and Person-Centered Expressive Arts Therapy"
"Chapter 17 Creative Mindfulness: Dialectical Behavioral Therapy and Expressive Arts Therapy"; "Chapter 18 Mindfulness and Focusing-Oriented Arts Therapy with Children and Adolescents"; "Part V Mindfulness and the Arts Therapies in Education and Training"; "Chapter 19 Mindful Considerations for Training Art Therapists: Inner Friendship and Outer Professionalism"; "Chapter 20 Relational Mindfulness and Relational Movement in Training Dance/Movement Therapists"
"Part VI Neuroscience, Mindfulness, and the Arts Therapies"
"Chapter 21 Perspectives from Clinical Neuroscience: Mindfulness and the Therapeutic Use of the Arts"; "Appendix 1 Resources"; "Appendix 2 Contributor List and Biographies"; "Subject Index"; "Author Index"; "Colour plate"

Sommario/riassunto

This ground-breaking book explores the theoretical, clinical and training application of integrating mindfulness with all of the arts therapies, and includes cutting-edge contributions from neuroscience. Written by pioneers and leaders in the arts therapies and psychology fields, the book includes 6 sections that examine mindfulness and the arts therapies from different perspectives: 1) the history and roots of mindfulness in relation to spirituality, psychotherapy and the arts therapies; 2) the role of the expressive arts in cultivating mindful awareness; 3) innovative approaches that add min

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