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Titolo	Applied mindfulness : approaches in mental health for children and adolescents // edited by Victor G. Carrion, and John Rettger
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ISBN	1-61537-246-6
Descrizione fisica	1 online resource (396 pages)
Disciplina	155.5
Soggetti	Adolescent psychology Mindfulness-based cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Developing a personal mindfulness practice / John P. Rettger -- Mindful self-compassion / Karen Bluth, Christine Lathren, Lorraine Hobbs -- State of the research on youth mindfulness / Sarah Zoogman, Eleni Vousoouram, Mari Janikian -- Measuring mindfulness / Matthew S. Goodman, Laila A. Madni, Randye J. Semple -- Anxiety and depression / Laila A. Madni, Matthew S. Goodman, Randye J. Semple -- Attention-deficit/hyperactivity disorder / Mari Kurahashi -- Grief and loss / Susan Delaney -- Substance abuse / Sam Himmelstein, Alejandro Nunez -- Autism spectrum disorders / Allison Morgan, Erik Jacobson -- Immigrant youth / Kristina C. Mendez, Celeste H. Poe, Sita G. Patel -- Mindfulness with incarcerated youth / Sharon Simpson, Stewart Mercer, Sally Wyke, Michael Bready -- Trauma-informed yoga with incarcerated youth / Pamela Lozoff -- Mindfulness at home / Amy Saltzman, Celeste H. Poe -- Mindfulness in schools / Lisa Flook, Meena Srinivasan -- Mindful nature practices / Nicole Ward -- Mindful movement in schools / Catherine Cook-Cottone -- Mindfulness online / Tara Cousineau, Bridget Key, Zev Schuman-Olivier -- Mindfulness and creativity / Sayyed Mohsen Fatemi, Ellen J. Langer.
Sommario/riassunto	Applied Mindfulness: Approaches in Mental Health for Children and Adolescents starts from the premise that mental health clinicians must have their own mindfulness practice before teaching the tenets and

techniques of mindfulness to others, including young people. To that end, the book offers readers clear instructions on how to first practice mindfulness in their own lives and then extend their personal practice outward to others. Once this knowledge is internalized, the clinician can focus on mindfulness in terms of its application to specific clinical diagnoses, such as anxiety and depression, attention-deficit/hyperactivity disorder, and substance abuse. Because many mental health professionals work in multiple settings, such as in schools, in clinics, and online, the contributors, representing a wide range of creative and authoritative voices, explain how to skillfully tailor mindfulness interventions for effective application across diverse contexts. Drs. Carrion and Rettger, as Director of the Stanford Early Life Stress and Pediatric Anxiety Program (SELSAP) and Director of SELSPAP's Mindfulness Program, respectively, have been engaged in ongoing community-based work delivering mindfulness and yoga programming to underserved youth and their helpers.

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