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Autore	Labellarte, Rocco
Titolo	Poesia e pensiero nelle Confessioni di Agostino di Tagaste / Rocco Labellarte
Pubbl/distr/stampa	Bari : Levante, 2004
ISBN	8879493337
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Soggetti	Agostino, Aurelio. Confessiones Agostino, Aurelio. Confessiones
Lingua di pubblicazione	Italiano
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2. Record Nr.	UNINA9910797120903321
Autore	Covington Stephanie
Titolo	Beyond violence : a prevention program for criminal justice-involved women participant workbook / / Stephanie S. Covington, Ph.D., L.C.S.W
Pubbl/distr/stampa	Hoboken, New Jersey : , : Wiley, , 2013 ©2013
ISBN	1-118-72359-7 1-118-72360-0
Descrizione fisica	1 online resource (262 p.)
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Soggetti	Women - Violence against - Prevention Women - Crimes against - Prevention
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Note generali	Description based upon print version of record.

Beyond Violence: A Prevention Program for Criminal Justice-Involved Women; Copyright; Contents; Orientation Session; Introduction to the Program; Overview of the Program; Your Workbook; Group Introductions; Topics Covered in This Program; Group Agreements; Triggers and Coping Tools; Five Senses; Breathing and Exhaling; Statistics on Violence in the United States; Definition of Violence; The Social-Ecological Model (People in the Environment); Creating a Container; Discovering Your Anger Style; Anger Survey; Assignment; Self-Soothing Activity: Palms Down, Palms Up; Part A: Self Session 1: Thinking Our ThoughtsThe Spirals of Violence and Nonviolence; Cognitive Distortion; My Typical Distorted Thinking; Feelings Inside and Outside; The DVD of What I Want My Words To Do To You; Understanding Keila; Understanding Me; Assignment; Session 2: Feeling Our Feelings; Identifying Feelings; Beliefs About Feelings; Intensity of Feelings; Emotional Wellness; Feelings and the Body; When Feelings Threaten to Overwhelm You; The Observer Self; Assignment; Session 3: Violence and Trauma in Our Lives; Types of Abuse; The Process of Trauma; Calming Strategies; Two Calming Activities Mindful BreathingTen-Point Body Scan; Assignment; Session 4: The Effects of Trauma; Adverse Childhood Experiences Survey; Adverse Childhood Experience (ACE) Questionnaire; The Adverse Childhood Experiences Study; The Effects of Trauma and Substance Use on the Brain; Personal Experiences With Substances; Triggers and the Body; Yoga Poses and the Mind-Body Connection; Assignment; Session 5: Women and Anger; Words for Anger; Meeting a Feeling; The Anger Funnel; Anger Triggers; Anger Management Strategies; Anger Dos and Don'ts; Hidden Anger; Self-Inflicted Violence; Assignment Session 6: Understanding OurselvesDVD of What I Want My Words To Do To You; Understanding Keila; Understanding Me; Understanding My Behavior; Understanding Keila; Understanding Me; Becoming Whole; Assignment; Part B: Relationships; Session 7: Our Families; Self-Soothing Activity: Deep Breathing; Risk Factors; Family Sculpture; The Cost of Violence; Feelings and the Family; The Anger Questionnaire; The Anger Questionnaire: 1. The Past; The Anger Questionnaire: 2. The Present & Future; Wheel of the Nurturing Family; Assignment; Session 8: Communication; Communication Styles Nonverbal CommunicationCommunicating Emotions; Strategies for Creating Connection Through Communication; Responses to Stress; Assignment; Session 9: Power and Control; The Power and Control Wheel; Types of Abuse in Relationships; The Violence Continuum; Escalation and De-escalation; Violence in Prison; Using the Time; Assignment; Session 10: Conflict Resolution; Fair Fighting; Words, Words, Words; Impulse Control; The Equality Wheel; Assignment; Session 11: Creating Our Relationships; Falling in Love; Love and Addiction; Contrasting Intimate Relationships and Addictive Relationships How to End a Relationship
