

1. Record Nr.	UNINA9910813405603321
Titolo	Mindfulness and the arts therapies [[electronic resource]] : theory and practice / / edited by Laury Rappaport
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2014
ISBN	0-85700-688-6
Descrizione fisica	1 online resource (354 p.)
Altri autori (Persone)	RappaportLaury
Disciplina	616.891656
Soggetti	Art therapy Mindfulness-based cognitive therapy
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	""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"" ""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"" ""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

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 Friendshipa€?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'"

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#### 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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