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Autore	Coholic Diana <1966->
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Nota di contenuto	FRONT COVER; Arts Activities for Children and Young People in Need: Helping Children to Develop Mindfulness, Spiritual Awareness and Self-Esteem; Contents; ACKNOWLEDGEMENTS; Introduction; 1. The Usefulness of Holistic Arts-Based Methods; Overview of holistic arts-based programmes; The current context of arts-based and holistic practice and knowledge; Characteristics of children and young people in need; Aiming to improve self-awareness and self-esteem; Treating trauma; Outcomes and feedback; Conclusion; 2. Spirituality and Spiritually Sensitive Helping Conceptualizations of spirituality within helping and health professions Spirituality and children; Facilitating spiritually sensitive discussions; Death, life and safety issues; Conclusion; 3. Mindfulness-Based Practice; What is mindfulness?; Mindfulness as a holistic philosophy and practice; Mindfulness and children; Facilitating mindfulness; Conclusion; 4. Building Imagination, Self-Awareness and Strengths; Encouraging awareness of feelings and emotions; Using imagination and focusing on strengths; Developing self-awareness; Working with dreams; Conclusion; 5. Working in Groups; Benefits and challenges Group structure The number of sessions and size of the group; Primer activities; Developing group cohesion and functioning; Additional

benefits - Learning about values and needs; Closing exercises;
Conclusion; AFTERWORD; SUBJECT INDEX; AUTHOR INDEX; back cover

Sommario/riassunto

This book offers interventions and exercises drawn from practice and research, for practitioners to use as a basis for their own arts-based groups or one-to-one sessions. It is accessible and suitable for helping, health and education practitioners and students from a variety of disciplines, such as social work, psychology and counselling.