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Titolo	Clinician's guide to self-renewal : essential advice from the field / / edited by Robert J. Wicks and Elizabeth A. Maynard
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, , 2014
ISBN	1-118-84106-9 1-118-84103-4
Descrizione fisica	1 online resource (530 p.)
Collana	New York Academy of Sciences
Classificazione	146.8 616.89/14 158.1
Disciplina	616.89/14
Soggetti	Psychotherapists - Health and hygiene Psychiatrists - Mental health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes bibliographical references and indexes
Nota di bibliografia	Includes bibliographical references and indexes.
Nota di contenuto	Machine generated contents note: Part 1 Self-Renewal and the Clinician Chapter 1 Growth, Love, and Work in Psychotherapy: Sources Of Therapeutic Talent And Clinician Self-Renewal Helene Nissen-Lie and David E. Orlinsky Chapter 2 Renewing One's Self-Care Sensibilities: Distress, Burnout, Vicarious Traumatization, and Self-Renewal Jeffrey E. Barnett Chapter 3 Self-Care For Clinicians In the Disaster Context Rick Williamson and Patricia A. Engert Chapter 4 Clinical Supervision and Self-Renewal Craig S. Cashwell and Jodi L. Bartley Part 2 Alonetime, Mindfulness, The Sabbath, Natural Empathy: Loving Kindness, Zen Therapy And Self-Renewal Chapter 5 Valuing and Accessing Alonetime: Silence, Solitude, and Reflection in the Life of the Clinician Robert Wicks Chapter 6 Keeping the Sabbath: Privileging Being Beyond Doing Jill L. Snodgrass Chapter 7 Self-Renewal Through Natural Empathy: Caring for Ourselves and Others Cheryl Giles Chapter 8 Mind and Heart: Mindfulness and Loving-Kindness Meditation for Therapists Kathleen Gregory, Geoffrey Newbegin, and Margot J. Schofield Chapter 9 Zen Therapy David Brazier Part 3 Trauma, Growth, Healing, Patience, Forgiveness, Courage And The Process Of Renewal Chapter 10

Blooming in The Night: Themes of Self-Renewal in Posttraumatic Growth Mary Beth Werdel Chapter 11 Tell the Story: Intergenerational Trauma and Healing Suzanne Mayer Chapter 12 Patience Sarah A. Schnitker, Amber E. Blews, and Jessica A. Foss Chapter 13 Forgiveness and Self-Renewal Matthew J. Hirshberg and Robert D. Enright Chapter 14 Psychological and Spiritual Aspects of Courage for Self-Renewal Cynthia L. S. Pury and Kaye N. Glennon Part 4 Theoretical Approaches to Self-Renewal: Group, Marital and Family System, Dialectical Behavioral and the Ways Paradigm Chapter 15 The Group as a Medium for Personal and Professional Renewal Virginia Brabender and Courtney Slater Chapter 16 Renewal in Marital and Family Systems Paul Giblin Chapter 17 A Dialectical Behavior Therapy Approach to Self-Renewal Maria Mouratidis Chapter 18 Self-Renewal and the Ways Paradigm Sharon E. Cheston Part 5 Spirituality and Self-Renewal Chapter 19 Spiritual Coping Resources for the Self-Renewal of Clients and Therapists Melissa D. Falb and Kenneth I. Pargament Chapter 20 Religion and Spirituality: A Source of Renewal for Families Gina M. Brelsford and Jaelyn R. Farris Part 6 Topics in Self-Renewal Chapter 21 Self-Renewal with African Americans in Psychotherapy Deborah G. Haskins Chapter 22 Clergy Self-Renewal Themes in Clinical Practice Thomas E. Rodgerson Chapter 23 Self-Renewal among Gay and Lesbian Adults Elizabeth A. Maynard and Katie E. Katuzny Chapter 24 Renewing One's Ethical Sensibilities Jeffrey E. Barnett Chapter 25 Sexual Attraction and Self-Renewal in Psychotherapy Stephen W. Simpson and Jonathan D. Reeves Going Forward: A Brief Epilogue Robert J. Wicks and Elizabeth A. Maynard .

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#### Sommario/riassunto

"Providing clinicians with advice consistent with the current emphasis on working from strengths to promote renewal, this guide presents a holistic approach to psychological wellness. Time-tested advice is featured from experts such as Mihaly Csikszentmihalyi, Judith Beck, PhD, David Myers, and John Norcross. With strategies to renew the mind, body, spirit, and community, this book equips clinicians with guidance and inspiration for the renewal of body, mind, community, and spirit in their clients and themselves"--

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2. Record Nr.	UNINA9910154867303321
Autore	Sudhir Chandra <1941-, >
Titolo	Gandhi : an impossible possibility / / Sudhir Chandra ; translated by Chitra Padmanabhan
Pubbl/distr/stampa	Abingdon, Oxon : , : Routledge, , 2017
ISBN	1-315-38730-1 1-315-38729-8
Descrizione fisica	1 online resource (169 pages)
Altri autori (Persone)	PadmanabhanChitra
Disciplina	964.9
Soggetti	Gandia (Spain) History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"A Routledge India original"--cover.
Nota di contenuto	1. Facing Gandhi : facing oneself -- 2. Gandhi's swaraj -- 3. Gandhi's sorrows -- 4. The possibility of ahimsa? -- 5. An impossible possibility?.
Sommario/riassunto	For a man who made such a powerful intervention in the history of the 20th century, many of Mahatma Gandhi's ideas were misunderstood or obfuscated during his lifetime. This book draws our attention to Gandhi's last years, particularly the marked change in his understanding of the acceptance of non-violence by Indians. It points to a startling discovery Gandhi made in the years preceding India's Independence and Partition: the struggle for freedom which he had all along believed to be non-violent was in fact not so. He realised that there was a causal relationship between the path of illusory ahimsa which had held sway during the freedom struggle and the violence that erupted thereafter during Partition. ? Calling for a serious rethink on the very nature and foundation of modern India, this book throws new light on Gandhian philosophy and its far-reaching implications for the world today. It will interest not only scholars and researchers of modern Indian history, politics, and philosophy but also lay readers.