

1. Record Nr.	UNINA9910821300003321
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Titolo	The adverse childhood experiences recovery workbook : heal the hidden wounds from childhood affecting your adult mental and physical health / / Glenn R. Schiraldi
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, , [2021] ©2021
ISBN	1-68403-665-8 1-68403-666-6
Descrizione fisica	1 online resource (234 pages)
Disciplina	616.85822390651
Soggetti	Adult child abuse victims - Rehabilitation Psychic trauma - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Contents -- Introduction -- PART I: About Adverse Childhood Experiences -- 1. Toxic Stress and Adverse Childhood Experiences -- 2. How ACEs Harm the Body: The Mechanisms -- 3. How ACEs Shape PsychologyIn -- PART II: Solutions About Healing -- Healing -- 4. The Promise of Healing -- Self-Care -- 5. Regulate Stress Arousal -- 6. Regulate Strong Emotions -- 7. Take Care of Your Brain -- Strengthening and Stabilizing the Nervous System with Imagery -- 8. Attachment Imagery -- 9. Self-Nurturing Imagery -- 10. Exploring Imagery -- 11. Attachment Imagery for Your Teen Years -- 12. Comforting Imagery for Difficult Times -- Getting to the Bottom of Things: Floatback Strategies -- 13. Floating Back for Disturbing Events -- 14. Floating Back to Core Beliefs -- Reworking Shame -- 15. Shame and Self-Esteem -- 16. Rework Shame from Parents -- 17. Rework Later Shame Programming -- 18. Soften Body Shame -- 19. Loving the Body -- 20. Healing Inner Dialogue -- 21. Disconnect from Memory's Quicksand -- 22. How Would the World Be Different? -- 23. Prepare for the Return of Shame -- Moving Forward -- 24. Cultivate Self-Respect -- 25. Forgive Old Wounds -- 26. Feed the Soul -- 27. Weave Joy into Your Life -- 28. Create a New Future -- 29. Conclusion -- APPENDIX A: Skills Record -- APPENDIX B: Shame Symptoms Inventory --

Sommario/riassunto

Childhood trauma can harm children's developing brains, change how they respond to stress, and damage their immune systems so profoundly that the effects show up decades later. From trauma specialist Glenn Schiraldi, this innovative workbook provides adult readers with practical, evidence-based skills to help them heal from adverse childhood experiences (ACEs). Using the trauma-informed and resilience-building practices in this book, readers will learn to rewire their brain and replace shame, anxiety, depression, and low self-esteem with self-compassion, security, and contentment..

2. Record Nr.

UNINA9910349386903321

Titolo

Smart Computing and Communication : Third International Conference, SmartCom 2018, Tokyo, Japan, December 10–12, 2018, Proceedings / / edited by Meikang Qiu

Pubbl/distr/stampa

Cham : , : Springer International Publishing : , : Imprint : Springer, , 2018

ISBN

9783030057558
3030057550

Edizione

[1st ed. 2018.]

Descrizione fisica

1 online resource (XII, 462 p. 268 illus., 170 illus. in color.)

Collana

Information Systems and Applications, incl. Internet/Web, and HCI, , 2946-1642 ; ; 11344

Disciplina

004
004.6782

Soggetti

Computer networks
Computer networks - Security measures
Artificial intelligence
Computers - Law and legislation
Information technology - Law and legislation
Computer vision
Computer Communication Networks
Mobile and Network Security
Artificial Intelligence
Legal Aspects of Computing
Computer Vision

Lingua di pubblicazione

Inglese

Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	<p>A Two-Way Identity Authentication Scheme Based on Dynamic Password -- Adaptive Quality Control Scheme to Improve QoE of Video Streaming in Wireless Networks -- Traveler Review Analysis System with Big Data (TRAS) -- Vulnerability Assessment for PMU Communication Networks -- Proposal of parallel processing area extraction and data transfer number reduction for automatic GPU offloading of IoT applications -- Performance Evaluation of industrial OPC UA Gateway with energy cost-saving -- Travel-Time Prediction Methods: A Review -- The influence of sleep on opportunistic relay in linear wireless sensor networks -- Reconfigurable Hardware Generation for Tensor Flow Models of CNN Algorithms on a Heterogeneous Acceleration Platform -- Image Segmentation Algorithm Based on Spatial Pyramid and Visual Saliency -- Fast Implementation for SM4 Cipher Algorithm Based on Bit-Slice Technology -- Static Analysis of Android Apps Interaction with Automotive CAN -- Opportunistic Content Offloading for Mobile Edge Computing -- Image Annotation Algorithm Based on Semantic Similarity and Multi-Features -- One Secure IoT Scheme for Protection of True Nodes -- Predicted Mobile Data Offloading for Mobile Edge Computing Systems -- A Monte Carlo based Computation Offloading Algorithm for Feeding Robot IoT System -- Collective Behavior Aware Collaborative Caching for Mobile Edge Computing -- Implementation of distributed multi-agent scheduling algorithm based on Pi-calculus -- SmartDetect: A Smart Malicious Web Shell Code Detection Scheme via Ensemble Learning Algorithm -- An optimized MBE Algorithm on Sparse Bipartite Graphs -- IoT Framework for Interworking and Autonomous Interaction between Heterogeneous IoT Platforms -- Improvement of TextRank Based on Co-occurrence Word Pairs and Context Information -- Augmenting Embedding with Domain Knowledge for Oral Disease Diagnosis Prediction -- Regional Estimation Prior Network for Crowd Analyzing -- RBD: A Reference Railway Big Data System Model -- Artificial IntelligencePlatform for Heterogeneous Computing -- Review on Application of artificial intelligence in photovoltaic output prediction -- Abnormal Flow Detection Technology In GPU Network Based On Statistical Classification Method -- Research on Data Forwarding Algorithm Based on Link Quality in Vehicular Ad Hoc Networks -- The Knowledge Map Analysis of User Profile Research Based on CiteSpace -- The Accuracy of Fuzzy C-Means in Lower-Dimensional Space for Topic Detection -- Information-Centric Fog Computing for Disaster Relief -- Smartly Deploying WeChat Mobile Application on Cloud Foundry PaaS -- Normal Profile Updating Method For Enhanced Packet Header Anomaly Detection -- Research on Arm Motion Capture of Virtual Reality Based on Kinematics -- Financial News Quantization and Stock Market Forecast Research Based on CNN and LSTM -- Correlation Coefficient based Cluster Data Preprocessing and LSTM Prediction Model for Time Series Data in Large Aircraft Test Flights -- PSPChord - A Novel Fault Tolerance Approach for P2P Overlay Network -- Studying Weariness Prediction Using SMOTE and Random Forests -- Design of Heterogeneous Evaluation Method for Redundant Circuits -- Senior2Local: a Machine Learning Based Intrusion Detection Method for VANETs -- Depth Prediction from Monocular Images with CGAN -- Anomaly Detection for Power Grid based on Network Flow -- A K-Anonymous Full Domain Generalization Algorithm Based on Heap Sort.</p>

This book constitutes the refereed proceedings of the Third International Conference on Smart Computing and Communications, SmartCom 2018, held in Tokyo, Japan, in December 2018. The 45 papers presented in this volume were carefully reviewed and selected from 305 submissions. They focus on topics from smart data to smart communications, as well as smart cloud computing to smart security. .
