

|                         |   |
|-------------------------|---|
| 1. Record Nr.           | UNINA9910455405403321   |
| Autore                  | Stommel Wyke  |
| Titolo                  | Entering an online support group on eating disorders [[electronic resource] ] : a discourse analysis // Wyke Stommel  |
| Pubbl/distr/stampa      | Amsterdam ; ; New York, : Rodopi, 2009  |
| ISBN                    | 1-282-50530-0<br>9786612505300<br>90-420-2661-8   |
| Descrizione fisica      | 1 online resource (287 p.)  |
| Collana                 | Utrecht studies in language and communication ; ; 21  |
| Disciplina              | 616.85/26   |
| Soggetti                | Eating disorders - Social aspects<br>Ethnomethodology<br>Medicine - Computer network resources<br>Self-help groups<br>Electronic books.   |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| Note generali           | Previously submitted to Universitat Frankfurt am Main as the author's doctoral dissertation.  |
| Nota di bibliografia    | Includes bibliographical references.  |
| Nota di contenuto       | Preliminary Material -- Acknowledgements -- Introduction -- The online support group as a community -- Identity in a community -- Accomplishing identity in an online community on eating disorders -- Research design: The forum, ethics, data and method -- Identity accomplished through nicknames -- Opening the first posting: Ambivalence towards the community -- Displaying forumability in the online community -- The main requirement of forumability: Recognition -- Entering the online support group and adopting the sick role -- Conclusions and discussion -- References -- Appendix -- CurriculumVitae. |
| Sommario/riassunto      | Online support groups are considered highly valuable in addition to traditional health care services, but we know very little about how people actually join such a group. This book offers a microanalysis of an online support group on eating disorders, specifically the communication through textual messages between newcomers and regular members and members' nicknames. The study uses an   |

ethnomethodological and conversation analytical approach to show that members of online support groups treat the group as a community in which their illness-identity is highly relevant. It appears that members invoke community norms regarding legitimacy for newcomers: Newcomers are expected to admit that they are ill, but this is a very difficult step for those who have not yet fully adopted the “sick role” (Parsons, 1951). In the field of eating disorders, it is particularly difficult for people that tend to pro-ana , id est the glamorization of eating disorders. The insecurity and anxiety that newcomers display as they enter the online group could probably be relieved when a special entry subforum would be installed in which they can take time and space to actually recognize that they are illustrations.

|                         |  |
|-------------------------|--|
| 2. Record Nr.           | UNINA9910830925503321  |
| Autore                  | Khwaja Mahrukh   |
| Titolo                  | Resilience and well-being for dental professionals // Mahrukh Khwaja   |
| Pubbl/distr/stampa      | Hoboken, New Jersey : , : John Wiley & Sons, , [2023]<br>©2023   |
| ISBN                    | 1-119-81453-7<br>1-119-81451-0   |
| Descrizione fisica      | 1 online resource (301 pages)  |
| Disciplina              | 617.6001/9   |
| Soggetti                | Dentists - Supply and demand<br>Dentists - psychology<br>Resilience, Psychological<br>Burnout, Professional - prevention & control   |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Nota di bibliografia    | Includes bibliographical references and index.   |
| Nota di contenuto       | Cover -- Title Page -- Copyright Page -- Contents -- Foreword -- Preface -- About the Author -- Navigating Each Chapter -- About the Companion Website -- Acknowledgments -- Chapter 1 Mental Health in Dentistry -- Understanding the Mental Health Continuum -- Understanding the Stressors in Dentistry -- Stress, Evolution, and the |

Chimp -- Taking Back Control -- Chronic Stress: A Recipe for a Frazzled Brain -- Burnout and Compassion Fatigue -- A Mental Health Crisis -- Breaking the Burnout Cycle -- Spectrum of Interventions for Mental Health -- References -- Chapter 2 Applying the Science of Well-being -- The Two Types of Well-being -- Languishing versus Flourishing -- Building Blocks of Thriving -- Additional Theories of Well-being -- Barriers to Well-being -- Brain Training -- Giving Thanks -- Developing Your Coping Strategies -- Cultivating Optimism -- Nurturing Social Relationships -- Forgiving Others -- References -- Chapter 3 Rising with Resilience -- Resilience Myths Debunked -- Myth 1: Resilience Is Something You Either Have or Do Not -- Myth 2: Resilient People Do Not Have Problems or Stress -- Myth 3: Resilient People Do Not Need Help -- Training the Brain for Greater Resilience -- Well-being Interventions -- You 2.0 -- Resilience Protective Factors -- PERLE Resilience Model for Dental Professionals -- Understanding Each Pillar -- Resilience Seesaw for Dental Professionals -- References -- Chapter 4 Purpose: Honing the Practice of Making Meaning in Dentistry -- Using Our Core Values at Work -- Practising Acts of Kindness -- References -- Chapter 5 Developing Emotional Intelligence -- EI Benefits in Dentistry -- What are Emotions? -- Taking Off the Mask -- The Broadening Effect of Positive Emotions -- Personality and Emotion -- EI and Well-being -- The Roadmap to EI -- Lifting the Mask of Self-Doubt: Managing Imposter Syndrome -- References.

Chapter 6 Emotional Intelligence - Using Mindfulness -- A Self-Awareness Exercise: What's My Internal Weather? -- Myth versus Fact -- Myth 1: Mindfulness Is a Religious Practice -- Myth 2: Mindfulness Involves Not Having Thoughts -- Myth 3: Mindfulness Is the Same as Meditation -- Myth 4: Mindfulness Can Only Be Practised in a Quiet Space -- A Superpower in Dentistry -- Neuroscience of Mindfulness -- Managing Our Energy and Emotions -- Inner Critic versus Mindful Observer -- Using Mindfulness to Understand Our Inner Dialogue -- The Mindfulness Meditation Process -- Mind Wandering and the Brain during Mindfulness -- Putting It into Practice -- Mindfulness in the Clinic -- Body Scan -- Letting Go of Worries -- Mindful Photography -- Mindfulness Outdoors -- References -- Chapter 7 Emotional Intelligence - Fostering Self-compassion -- A Radical Way of Relating to Ourselves -- Understanding the Perfectionism Trap: A Barrier to Self-compassion -- Perfectionism-Procrastination Loop -- Perfectly Imperfect -- Delving into the Detail -- Debunking the Myths -- Scientific Benefits of Self-compassion -- How to Practise Self-compassion -- Developing a Kinder Inner Voice -- Loving-Kindness Meditation -- Benefits of Ikm -- Soothing Our Bodies Using Self-compassion -- References -- Chapter 8 Resilient Mindset -- The Board of Directors That Lives in Our Head -- Types of Thinking Traps -- Understanding Our Triggers -- Cognitive-Behavioural Therapy -- Applying Your ABCs -- Catch It, Check It, and Change It -- Optimistic Mindset -- Glass Half Full or Half Empty? -- Three Ps of Optimism -- Compassionate Mindset -- Growth Mindset -- Fixed versus Growth Mindset -- Nurturing a Growth Mindset -- References -- Chapter 9 Lifestyle -- Nourish by Eating Well -- Gut Health and Well-Being -- Mindful Eating -- Replenish with Exercise -- Mindful Walking -- Mindful Running -- Yoga.

Restore with Sleep -- Lessons from Blue Zones -- References -- Chapter 10 Positive Work Environments -- High-Quality Connections -- Neuroscience of Connection -- Pathways for Building HQCs in Dentistry -- Mindful Listening -- Team Gratitude -- Positive Communication -- Mentoring and Coaching -- Engagement at Work -- What are Character Strengths? -- Strengths amongst Medical

Professionals -- Using Strengths in Dentistry -- Discovering Optimal Use of Strengths -- Achieving Flow -- References -- Chapter 11 Work-Life Harmony -- Psychology of Time -- Our Time Perspective -- The Optimal Time Perspective -- Time Perspective and Paths to Happiness -- Time for Change -- Well-Being, Play, and Dentistry -- Digital Well-Being -- Caring Technology -- References -- Chapter 12 Designing Habits That Stick -- Motivation -- Tapping into Self-Confidence -- Understanding Behaviour Change -- Mindset and Behaviour Change -- Goal-Setting 101 -- Developing Grit -- GROW Model -- Pro Tips to Designing Habits That Stick -- References -- Chapter 13 The Road Ahead -- Recommendations for Change -- A Final Word -- Reference -- Index -- EULA.

---