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| Descrizione fisica | 1 online resource (184 pages) |
| Collana | Mindfulness in Behavioral Health, , 2195-9587 |
| Disciplina | 780 |
| Soggetti | Developmental psychology School Psychology Alternative medicine Social psychiatry Pediatrics Developmental Psychology Child and Adolescence Psychology Complementary and Alternative Medicine Clinical Social Work Psicologia del desenvolupament Psicologia escolar Medicina alternativa Psiquiatria social Teràpia cognitiva basada en l'atenció plena Infants Família Llibres electrònics |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Chapter 1. Mindfulness-Based Programs for Children and Adolescents -- Chapter 2. Mindfulness and Developmental Needs of Children -- Chapter 3. Mindfulness for Children with Different Health and Social Challenges -- Chapter 4. Mindfulness and Developmental Needs of Adolescents -- Chapter 5. Mindfulness for Adolescents with Different |

Health and Social Challenges -- Chapter 6. Theoretical Foundations of Mindful Parenting -- Chapter 7. Mindfulness for Parents of Children and Adolescents with Developmental or Mental Health Challenges -- Chapter 8. Mindfulness for Teachers and Caregivers -- Chapter 9. Implementation Science of mindfulness in Children and Adolescents -- Chapter 10. Competence in Teaching Mindfulness to Children and Adolescents.

Sommario/riassunto

This book examines mindfulness-based programs for children and adolescents with diverse needs as well as their parents and other family members. It addresses how a mindfulness approach has been translated to this specific population. Chapters explore theories and evidence in this growing field of interest, adaptations for children and teens with different diagnoses and their families, mindful parenting in relation to the developmental needs of children, implementation issues in everyday life, and the required competencies of mindfulness instructors. Key areas of coverage include: Application of mindfulness-based programs to address the developmental tasks and diverse needs of children and adolescents encountering challenges in mental health and social care. Mindfulness-based programs for parents and teachers and their impacts on children. Implementation science and ethics of mindfulness training across child developmental stages. Mindfulness for Children, Adolescents, and Families is an essential resource for researchers, professors, and graduate students as well as clinicians, therapists, and allied practitioners in developmental psychology, school psychology, child and adolescent psychology, social work, public health, pediatrics, complementary and alternative medicine, and all related disciplines.
