

1.	Record Nr.	UNINA9910860881103321
	Autore	Property World Intellectual
	Titolo	Collective Management of Text and Image-Based Works
	Pubbl/distr/stampa	Geneva : , : World Intellectual Property Organization, , 2023 ©2023
	ISBN	92-805-3493-9
	Edizione	[1st ed.]
	Descrizione fisica	1 online resource (79 pages)
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910962436003321
	Autore	Flaxman Paul Edward
	Titolo	The mindful and effective employee : an acceptance and commitment therapy training manual for improving well-being and performance // Paul E. Flaxman, PhD, Frank W. Bond, PhD, and Fredrik Livheim, MS
	Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, Inc., c2013
	ISBN	9781608820221 160882022X
	Edizione	[1st ed.]
	Descrizione fisica	1 online resource (282 p.)
	Altri autori (Persone)	BondFrank W LivheimFredrik
	Disciplina	158.7/2
	Soggetti	Psychology, Industrial Acceptance and commitment therapy Job stress Personnel management - Psychological aspects
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Description based upon print version of record.

Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Foreword; Acknowledgments; Introduction; CHAPTER 1; The Prevalence and Impact of Psychological Distress in the Workplace; CHAPTER 2; What Is ACT?; CHAPTER 3; The Rationale for Applying ACT in the Workplace; CHAPTER 4; Practical Considerations and Program Overview; CHAPTER 5; Training Session 1: Opening Presentation and Introduction to Mindfulness and Values-Based Action Skills; CHAPTER 6; Training Session 2: Untangling from Internal Barriers to Values-Based Action; CHAPTER 7; Training Session 3: Consolidating Mindfulness and Values-Based Action Skills; CHAPTER 8 ACT Trainer Stance and Skills CHAPTER 9; Research Review; CHAPTER 10; The Evolution of ACT in the Workplace: The Leading Edge and Beyond; Handouts; Handout 1: Define Your Values; Handout 2: Values, Goals, and Actions Worksheet; Handout 2a: Values, Goals, and Actions Worksheet (Work Example); Handout 2b: Values, Goals, and Actions Worksheet (Relationship Example); Handout 3: Home Practice (To be completed between Sessions 1 and 2); Handout 4: Untangling from Thought Barriers to Values-Based Action; Handout 5: Values, Goals, and Actions Map Handout 6: Home Practice (To be completed between Sessions 2 and 3) Handout 7: Assessing Value Consistency; Handout 8: Home Practice (To keep things going now that the program has finished!); References; Index
Sommario/riassunto	The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.