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Nota di contenuto	Cover; Title; Copyright; Contents; Contributors; International Sidebar Contributors; Preface; Part I: Foundations for Practice; Chapter 1: Evolution and use of Complementary and Alternative Therapies; Definition and Classification; Use of Complementary Therapies; Reimbursement and Costs; Culture-Related Aspects of Complementary Therapies; Implications for Nursing; Conclusion; References; Chapter 2: Complementary Therapies: Nurse's Self-Care; Stress Mastery; Self-Care Practices; Integrating Complementary Therapies; Spiritual Direction; Future Research; References; Chapter 3: Presence DefinitionScientific Basis; Intervention; Uses; Cultural Applications; Future Research; References; Chapter 4: Therapeutic Listening; Definition; Scientific Basis; Intervention; Uses; Cultural Applications; Future Research; References; Chapter 5: Creating Optimal Healing Environments; Definitions; Scientific Basis; Intervention; Cultural Applications and Precautions; Future Research; Websites; References; Part II: Mind-Body-Spirit Therapies; Chapter 6: Imagery; Definition;

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Chapter 7: Music Intervention Definitions; Scientific Basis; Intervention; Uses; Cultural Aspects; Future Research; References; Chapter 8: Humor; Definition; Scientific Basis; Intervention; Precautions; Uses; Cultural Considerations; Future Research; References; Chapter 9: Yoga; Definition; Scientific Basis; Intervention; Uses; Future Research; References; Chapter 10: Biofeedback; Definition; Scientific Basis; Intervention; Uses; Future Research; References; Chapter 11: Meditation; Definition; Scientific Basis; Intervention; Uses; Cultural Applications; Future Research; References  
Chapter 12: Prayer Definition; Scientific Basis; Intervention; Uses; Future Research; References; Chapter 13: Journaling; Definition; Scientific Basis; Intervention; Uses; Cultural Aspects; Future Research; References; Chapter 14: Storytelling; Definitions; Scientific Basis; Intervention; Uses; Cultural Applications; Future Research; References; Chapter 15: Animal-Assisted Therapy; Definitions; Service Animal; Scientific Basis; Physical Conditions; Psychological Conditions; Intervention; Uses; Future Research; Websites; Acknowledgment; References  
Part III: Manipulative and Body-Based Therapies Chapter 16: Massage; Definition; Scientific Basis; Intervention; Measurement of Outcomes; Precautions; Uses; Cultural Aspects; Future Research; References; Chapter 17: Tai Chi; Definition; Scientific Basis; Intervention; Websites; Uses; Future Research; References; Chapter 18: Relaxation Therapies; Definitions; Scientific Basis; Interventions; Uses; Future Research; References; Chapter 19: Exercise; Definition; Scientific Basis; Intervention; Conditions and Populations in which the Intervention has been used; Measurement of Effectiveness  
Precautions

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### Sommario/riassunto

The seventh edition of this highly acclaimed book continues to deliver evidence-based practice guidelines for the use of complementary and alternative therapies in nursing. It is the only book about complementary/alternative therapies that is focused on nursing, has chapters that examine specific therapies along with guidance for their implementation, and addresses therapies through a cultural/international lens. It reflects the rapid expansion of research on many complementary therapies and the exponential increase in the use of these therapies in the United States and globally. This new edit

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