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2.	Record Nr.	UNINA9911009336903321
	Autore	Cavioni Valeria
	Titolo	Fostering Teachers' Mental Health : Evidence from Theory, Research, and Practice / / by Valeria Cavioni
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	ISBN	3-031-92571-8
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	Descrizione fisica	1 online resource (138 pages)
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Nota di contenuto	CHAPTER 1.Introduction -- CHAPTER 2.Beyond the Blackboard: Exploring the Complexities of Teachers' Mental Health -- CHAPTER 3. : Nurturing Relationships in the Classroom: Dynamics of Emotional Connections -- CHAPTER 4: Advancing Teacher Mental Health: Case Studies of Good Practice.
Sommario/riassunto	<p>This book discusses teachers' mental health applying a whole-school approach. Addressing the current teacher recruitment and retention crisis that many countries in Europe are facing, the author discusses the stressors and challenges teachers experience regarding workload, behavioural management and engagement concerns, managing parental expectations, governance issues from governmental agencies, and access to appropriate mental health resources to mitigate some of these. A timely resource, this book explores protective factors for educators' psychological well-being, such as teachers' social and emotional competencies, as well as contextual determinants like the quality of staff relationships, teacher-student relationship, school climate, and school belonging. Its scope extends to practical applications of large-scale European school-based projects in this area, providing readers with evidence-based examples of successful mental health initiatives. Bridging the gap between theory and practice, the book equips educators, researchers, and policymakers with the knowledge and tools to effectively address and enhance teachers' mental health and well-being. Valeria Cavioni is psychologist and psychotherapist. She is Associate Professor of Developmental and Educational Psychology at the Department of Humanities and Social Sciences at Universitas Mercatorum in Rome, Italy. With over fifteen years of experience, her research focuses on designing, implementing, and evaluating evidence-based intervention programs to enhance psychological well-being at school. She is also actively involved in teacher training, supporting educators in promoting mental health in school settings. She is the author of numerous scientific publications aimed at academic audiences, policymakers, and the general public.</p>