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Laura K. Connell

Holistic Nursing: A Handbook for Practice Barbara

Montgomery Dossey, Lynn Keegan, 2008-05-06 Holistic Nursing: A Handbook for Practice guides nurses in the art and science of holistic nursing and offers ways of thinking, practicing, and responding to bring healing to the forefront of health care. Using self-assessments, relaxation, imagery nutrition, and exercise, it presents expanded strategies for enhancing psychophysiology. The Fifth Edition has been completely revised and updated with new chapters, including one on evidence-based practice.

Handbook of Research Methods in Personality

Psychology Richard W. Robins, R. Chris Fraley, Robert F.

Krueger, 2009-12-09 Bringing together leading investigators, this comprehensive handbook is a one-stop reference for anyone planning or conducting research on personality. It provides up-to-date analyses of the rich array of methodological tools available today, giving particular attention to real-world theoretical and logistical challenges and how to overcome them. In chapters filled with detailed, practical examples, readers are shown step by step how to formulate a suitable research design, select and use high-quality measures, and manage the complexities of data analysis and interpretation. Coverage ranges from classic methods like self-report inventories and observational procedures to such recent innovations as neuroimaging and genetic analyses.

Wisdom, Attachment, and Love in Trauma Therapy Susan

Pease Banitt, 2018-06-12 Wisdom, Attachment, and Love in Trauma Therapy focuses on the creation of the therapist as healing presence rather than technique administrator—in other words, how to be rather than what to do. Trauma survivors need wise therapists who practice with the union of intellect, knowledge, and intuition. Through self-work, therapists can learn to embody healing qualities that foster an appropriate, corrective, and loving experience in treatment that transcends any technique. This book shows how Eastern wisdom teachings and Western

psychotherapeutic modalities combine with modern theory to support a knowledgeable, compassionate, and wise therapist who is equipped to help even the most traumatized person heal.

The Art and Science of Compassion, A Primer Agnes M.F. Wong, 2020-12-09 The Art and Science of Compassion, A Primer offers a succinct, all-in-one introduction to the full gamut of compassion, from the evolutionary, biological, behavioural, and psychological, to the social, philosophical, and spiritual. Drawing on her diverse background as a clinician, scientist, educator, and chaplain, Dr. Wong presents a wealth of scientific evidence supporting that compassion is both innate and trainable. By interleaving personal experiences and reflections, she shares her insights on what it takes to cultivate compassion to support the art of medicine and caregiving. The training described in this book draws on both contemplative and scientific disciplines to help clinicians develop cognitive, attentional, affective, and somatic skills that are critical for the cultivation of compassion. With striking illustrations for key concepts and concise summaries for each chapter, this book provides a solid conceptual framework and practical approaches to cultivate compassion. Advance Praise for The Art and Science of Compassion, A Primer Well-written, deeply personal and scientifically-grounded, this book provides strong physiological, psychological, and ethical reasons why cultivating compassion is essential-and provides a thoughtful roadmap for promoting compassion in healthcare and in all of life. - Ron Epstein, MD, author of Attending: Medicine, Mindfulness, and Humanity Dr. Agnes Wong, a highly distinguished physician and exceptional researcher at the University of Toronto, has written an absolutely uplifting masterpiece about meaning, compassionate care, and the universal journey that all healers must take to sustain their inner being and nobility of purpose. This book is partly her journey to a deeper state of being that places compassionate care its rightful place in the healing art; it is also a

fabulous scientific presentation of the practice and impact of compassionate care on patients and on one's own flourishing as a physician. This is a book that touches the soul and should be read by every medical student or clinician worldwide as they reflect on what it means to really succeed in their whole selves as healers and human beings. - Stephen G. Post, PhD, Director, Center for Medical Humanities, Compassionate Care and Bioethics; Professor of Family, Population and Preventive Medicine, Stony Brook University Compassion and empathy are traits that make us human, and as Dr. Wong shows, these qualities can be developed, encouraged, and cultivated. In our struggling world, we need this awareness as never before. The future of our species likely depends on it. This book is an example of how science and spirituality can come together in a brilliant synthesis. - Larry Dossey, MD, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

Born Smart Jeanette Bolvary, 2009-01-20 The World's first book on how a pregnant mother can help her baby increase his intelligence before birth. Why do some babies develop faster than others? Even siblings can differ greatly in appearance and developmental milestones. Searching for answers, after an unusual pregnancy, delivered an out of the ordinary baby. Jeanette Bolvary discovered research published in 2007 about copper. This nutrient, potentially fatal in excess amounts, is also responsible for the development of the hippocampus and dentate gyrus (the higher learning and higher thinking areas in the brain). The discovery in 2007 of a gene and its transporters, responsible for the delivery of copper to an unborn baby, provide us with the information we need to help our baby develop the higher thinking and higher learning areas of the brain, increasing a baby's intelligence before he is even born.

Holistic Nursing, 2013 This Market-Leading Resource In Holistic Nursing Is Published In Cooperation With The American Holistic Nurses Association (AHNA). Each Chapter Is Revised And

Updated By Contributors From The Best-Selling Fifth Edition, As Well As New Thought Leaders From The Field Of Holistic Nursing. Chapters Begin With Nurse Healer Objectives That Are Divided Into Theoretical, Clinical, And Personal Subject Areas, And Then Conclude With Directions For Future Research And Nurse Healer Reflections To Encourage Readers To Delve Deeper Into The Material And Reflect On What They Have Learned In Each Chapter. This Text Is Organized By The Five Core Values Contained Within The Standards Of Holistic Nursing Practice: Core Value 1: Holistic Philosophy, Theories, And Ethics Core Value 2: Holistic Caring Process Core Value 3: Holistic Communication, Therapeutic Environment, And Cultural Diversity Core Value 4: Holistic Education And Research Core Value 5: Holistic Nurse Self-Care A Full Suite Of Online Learning Tools, Including Case Studies, Authors' Podcasts, Nurse Healer Reflections, And Much More, Is Available On The Companion Website.

Creating an Effective Couples Therapy Practice Butch Losey, 2017-12-15 Most clinicians seek guidelines and indicators as to the effectiveness of their interventions with clients. Some may even be implementing evidence-based interventions and seek an in-depth understanding of their results. This book helps clinicians who provide couple's or marriage therapy and counseling go from the ambiguous realm of thinking or knowing their effectiveness to being able to demonstrate it. It identifies effective strategies for common treatment concerns that connect to the successful outcomes of therapy. Here, the process starts even before the couple enters therapy and goes beyond the final session. Dr. Losey discusses specific outcome measures and how they can be used in session so that the couple can assess their relationship and develop specific goals and interventions for treatment. The author also examines session notes, pre-treatment change, and developing quality post-treatment goals in his discussion of clinical effectiveness.

It's Not Your Fault Laura K. Connell, 2023-09-12 A guide to help

readers uncover the subconscious reasons they hold themselves back along with an exploration of the ways negative childhood experiences have impacted their lives and fed into the problem. We are sometimes our own worst enemies, sabotaging our success and with it our chance for lasting happiness and opportunities for personal and professional fulfillment. It's Not Your Fault helps readers uncover the subconscious reasons they hold themselves back. These blind spots were often created in childhood as coping mechanisms in response to trauma. Rather than teaching tactics that ignore or give surface attention to adverse childhood events, the book lovingly guides readers to explore the ways these events have impacted their lives and how this knowledge will help them access true transformation. Readers will be relieved to discover that it's not a lack of willpower that has held them back, but a lack of self-knowledge instead. Those who have been let down by traditional therapeutic techniques know that behavior modification doesn't work for everyone. Simply doing things differently while staying the same on the inside might help for the short term, but before long old patterns emerge. Once they decide to get serious about change, however, and stop tweaking habits in the hope it will result in lasting transformation, they can create a life by design instead of default. It takes work, an internal excavation, and Laura comes alongside the reader as a trusted guide who has been where they are now. She provides the tools and anecdotal evidence to show them how to overcome the pain of self-sabotage and create the life they desire.

Adult Attachment Omri Gillath, Gery C. Karantzas, R. Chris Fraley, 2016-03-29 Adult Attachment: A Concise Introduction to Theory and Research is an easy-to-read and highly accessible reference on attachment that deals with many of the key concepts and topics studied within attachment theory. This book is comprised of a series of chapters framed by common questions that are typically asked by novices entering the field of attachment. The content of each chapter focuses on answering

this overarching question. Topics on the development of attachment are covered from different levels of analysis, including species, individual, and relationship levels, working models of attachment, attachment functions and hierarchies, attachment stability and change over time and across situations, relationship contexts, the cognitive underpinnings of attachment and its activation of enhancement via priming, the interplay between the attachment behavioral system and other behavioral systems, the effects of context on attachment, the contribution of physiology/neurology and genetics to attachment, the associations/differences between attachment and temperament, the conceptualization and measurement of attachment, and the association between attachment and psychopathology/therapy. Uses a question-and-answer format to address the most important topics within attachment theory Presents information in a simple, easy-to-understand way to ensure accessibility for novices in the field of attachment Covers the main concepts and issues that relate to attachment theory, thus ensuring readers develop a strong foundation in attachment theory that they can then apply to the study of relationships Addresses future directions in the field of attachment theory Concisely covers material, ensuring scholars and professionals can quickly get up-to-speed with the most recent research

Conquering Stress: Make It Fun! Dr. Douglas Kong, 2019-09-20 If you're in a quandary about which book to pick in the library or bookshop to read on 'Stress', this slim volume by Dr Douglas Kong has to be your choice. It begins with 'Stress sucks!' and ends with 'Make stress fun for yourself!' In between are chapters on neuroscience, nutrition, fitness, social support and of course psychotherapy which is the forte of the author. From his more than 40 years as a doctor, psychiatrist and psychotherapist, he enlivens this book with brief case studies of his vast experience. If you read between the lines, you will realise that his approach is person-centred and he advises on diet, food and

exercise. Although trained in psychodynamic psychotherapy, Dr Kong is not dogmatic and advocates other techniques including cognitive behavioural therapy, mindfulness practice and Jacobson's progressive muscle relaxation. In short his approach in stress management is personal and integrative – this is the psychotherapeutic zeitgeist of the 21st century. Because the 21st century is also the Asian century, in the next edition of 'Conquering stress' the author may wish to include more references from research in Asia. In understanding and coping with our stress, we may want to heed the advice of the 6th century Chinese philosopher, Lao Tzu: Knowing others is wisdom, knowing the self is enlightenment. Kua Ee Heok Tan Geok Yin Professor of Psychiatry and Neuroscience, Senior Consultant Psychiatrist, Department of Psychological Medicine, National University of Singapore

The Happy Mind: Cognitive Contributions to Well-Being Michael D. Robinson, Michael Eid, 2017-06-28 This edited volume focuses on different views of happiness and well-being, considering constructs like meaning and spirituality in addition to the more standard constructs of positive emotion and life satisfaction. A premise of the volume is that being happy consists of more than having the right things happen to us; it also depends on how we interpret those events as well as what we are trying to achieve. Such considerations suggest that cognitive-emotional factors should play a fairly pronounced role in how happy we are. The present volume pursues these themes in the context of 25 chapters organized into 5 sections. The first section centers on cognitive variables such as attention and executive function, in addition to mindfulness. The second section considers important sources of positive cognition such as savoring and optimism and the third section focuses on self-regulatory contributions to well-being. Finally, social processes are covered in a fourth section and meaning-related processes are covered in the fifth. What results is a rich and diverse volume centering on the ways in which our

minds can help or hinder our aspirations for happiness.

When the Past Is Always Present Ronald A. Ruden, 2011-01-19
When the Past Is Always Present: Emotional Traumatization, Causes, and Cures introduces several new ideas about trauma and trauma treatment. The first of these is that another way to treat disorders arising from the mind/brain may be to use the senses. This idea, which is at the core of psychosensory therapy, forms what the author considers the third pillar of trauma treatment (the first and second pillars being psychotherapy and psychopharmacology). Psychosensory therapy postulates that sensory input—for example, touch—creates extrasensory activity that alters brain function and the way we respond to stimuli. The second idea presented in this book is that traumatization is encoded in the amygdala only under special circumstances. Thus, by understanding what makes an individual resistant to traumatization we can offer a way of preventing it. The third idea is that traumatization occurs because we cannot find a haven during the event. This is the cornerstone of havening, the particular form of psychosensory therapy described in the book. Using evolutionary biological principles and recently published neuroscientific studies, this book outlines in detail how havening touch de-links the emotional experience from a trauma, essentially making it just an ordinary memory. Once done, the event no longer causes distress.

Learning is a Verb Sherrie Reynolds, 2017-05-12 This book explores a new way of thinking about teaching and learning. Its central goal is to help us understand how we think and learn; it will also help teachers understand children and offers a new and helpful perspective on the role of teaching. The book provides an orientation or way of thinking about the psychological dimensions of teaching and learning. This orientation is discussed in relation to cultural shifts that have influenced all fields of study; in education and psychology, the shift is reflected in the works of such scholars as Piaget, Vygotsky, Bruner, and others. Their work marks a

change from a mechanical view of learning to a view of learning as dynamic transformation. In *Learning Is a Verb*, Sherrie Reynolds discusses how thinking about teaching and learning must change so that we can create conditions that help children think and interact with one another in helpful, healthy ways. Her engaging, conversational style, together with many examples and observations, will lead readers from reflection on their experiences to a deeper understanding of the changes needed in our educational system.

Counseling Issues George A.F. Seber, 2013-02-09 Here is a comprehensive handbook of twenty-two chapters covering all the major issues a counsellor or psychotherapist might meet in the counseling room. The book is very practical and is based on sound psychological principles. It provides a wealth of ideas for counseling and for structuring a series of counseling sessions. It is particularly accessible to the inexperienced counsellor or psychotherapist who is often looking for some guidance on a particular topic without having to read a whole book on the subject or read something more technical. The book covers basic emotional issues such as anger, shame, anxiety, stress, grief, depression, anxiety disorders, and suicide risk, and behavioural issues like addiction, phobias, and compulsive behaviours such as self-harm and obsessive compulsive disorder. There are also chapters on relationship issues such as divorce, abuse of various kinds, dysfunctional relationships, adoption, blended families, and strategies for couple counseling. There are two chapters on personality disorders. A biblical viewpoint is added at the end of each chapter for the Christian counsellor and pastor. There is an extensive list of about 500 references along with internet references throughout, providing a rich source for further reading. The chapters are mainly independent with minimum cross-referencing.

The SAGE Encyclopedia of Classroom Management W.
George Scarlett, 2015-02-24 A teacher's ability to manage the

classroom strongly influences the quality of teaching and learning that can be accomplished. Among the most pressing concerns for inexperienced teachers is classroom management, a concern of equal importance to the general public in light of behavior problems and breakdowns in discipline that grab newspaper headlines. But classroom management is not just about problems and what to do when things go wrong and chaos erupts. It's about how to run a classroom so as to elicit the best from even the most courteous group of students. An array of skills is needed to produce such a learning environment. The SAGE Encyclopedia of Classroom Management raises issues and introduces evidence-based, real-world strategies for creating and maintaining well-managed classrooms where learning thrives. Students studying to become teachers will need to develop their own classroom management strategies consistent with their own philosophies of teaching and learning. It is hoped that this work will help open their eyes to the range of issues and the array of skills they might integrate into their unique teaching styles. Key Features: 325 signed entries organized in A-to-Z fashion across two volumes Reader's Guide grouping related entries thematically References/Further Readings and Cross-References sections Chronology in the back matter Resource Guide in the appendix This encyclopedia is an excellent scholarly source for students who are pursuing a degree or position in the field of education. The SAGE Encyclopedia of Classroom Management is an ideal source for all academic and public libraries.

Success1010 for Living Raimond Volpe, 2018-09-01 Once you learn the SUCCESS1010 (TM) formula to successful living it's nearly impossible to forget. Everyone feels stuck at some point in their life. Whether the cause is psychological, social, or spiritual, these feelings can stop you from achieving success in business, family or relationships. Success1010(TM) introduces the idea of Stuckburies(R) unconscious blockages that are buried deep in our minds and cause road blocks in our daily lives. In this book you

will:- Identify what success means and build strategies to reach your goals- Pinpoint Stuckburies(R) that stem from childhood and cause blockages in our lives stopping growth and happiness- Learn the 10 blockages and how to overcome and master them- Take control of stress, negative thoughts, guilt, depression and anxiety- Find the steps and path to letting go and moving forward- Learn the 10 principles to stay successful- Be happy and charged for life, not afraid of life- Transform your life for the better - for yourself and everyone around you Raimond Volpe has been a successful sales professional and business owner for over 20 years. He is the winner of a number of highly-acclaimed business awards and has received accolades for his work in various industries. It's never too late to change your life for greatness. Fearing to fail and not trying = failure Accepting failure and trying again = success Success = a resilient mind Raimond Volpe

Working with Adult Survivors of Childhood Sexual Abuse Liezel Anguelova, 2018-03-20 This book provides a framework for addressing the extended treatment needs of adult survivors of child sexual abuse. It is based on a therapeutic intervention model that provides flexibility for therapists to work according to their training and skills set while incorporating practical techniques structured around the needs of survivors. The book begins by providing therapists with crucial information about sex abuse survivors—such as ethical considerations, types of abuse, the stages of abuse, and the effects of the abuse on the child—as well as a method useful in the putting together of an abuse profile which ultimately assists in identifying treatment needs. The second part of the book provides client homework exercises for treatment and covers working with memories; denial; problematic emotions such as guilt, self-blame, and shame; depression and anxiety; sexuality; as well as parents, partners, and more. This accessible yet comprehensive guide will be of utmost use to mental health professionals who work with adult survivors of childhood sexual abuse.

Learning to Trust Marilyn Watson, 2018-07-31 Learning to Trust describes a constructivist approach to classroom management and discipline that was developed by the Child Development Project, a multiyear research and development project that applied attachment theory, care, and self-determination theories to the elementary school classroom. In this book, Marilyn Watson provides an overview of the research on attachment theory and a detailed description of its implications for teaching and classroom management, while chronicling one teacher, Laura Ecken, and her second-third grade class in a high poverty school across two years as she implements the Child Development Project and manages the class, guided by attachment theory. Watson documents in detail Laura's day by day and week by week efforts to build caring, trusting relationships with and among her students and describes the many steps Laura takes to guide the class into becoming a caring, learning community while also meeting her students' individual needs for autonomy and competence. Of course, not all goes well in this very real classroom and the ways Laura manages the pressures of competition and students' many misbehaviors, ordinary and serious, are clearly and sometimes humorously described. Such teaching is not easy, and is counter to more controlling management approaches common in many schools. The book concludes with a chapter on how teachers might find support in their current schools for this more collaborative approach to classroom management, as well as a chapter that includes reflections from a number of the students seven years after leaving the class.

Intimacy Gurmeet Kanwal, Salman Akhtar, 2018-12-14 Intimacy: Clinical, Cultural, Digital and Developmental Perspectives applies a contemporary, psychoanalytic lens to the many facets of intimacy between people, from romantic and sexual relationships, to friendliness, as well as the ways intimacy is mediated by new digital technologies. Identifying commonalities

and differences between a range of approaches, including Classical Freudian, attachment theory, and interpersonal theory, the book includes case studies that highlight how intimacy is framed in a variety of relationships. It examines the line between privacy and intimacy, as well as how intimacy changes at different stages of one's lifespan. From the friends we have to the pets we own, or the faith we follow, a cross-cultural perspective ensures that intimacy is conceived of as a broad, essential element underlying all human relationships. The intimacy between analyst and analysand is also examined. This far-reaching book will interest both practicing and training psychoanalysts and psychotherapists, as well as those in related disciplines.

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