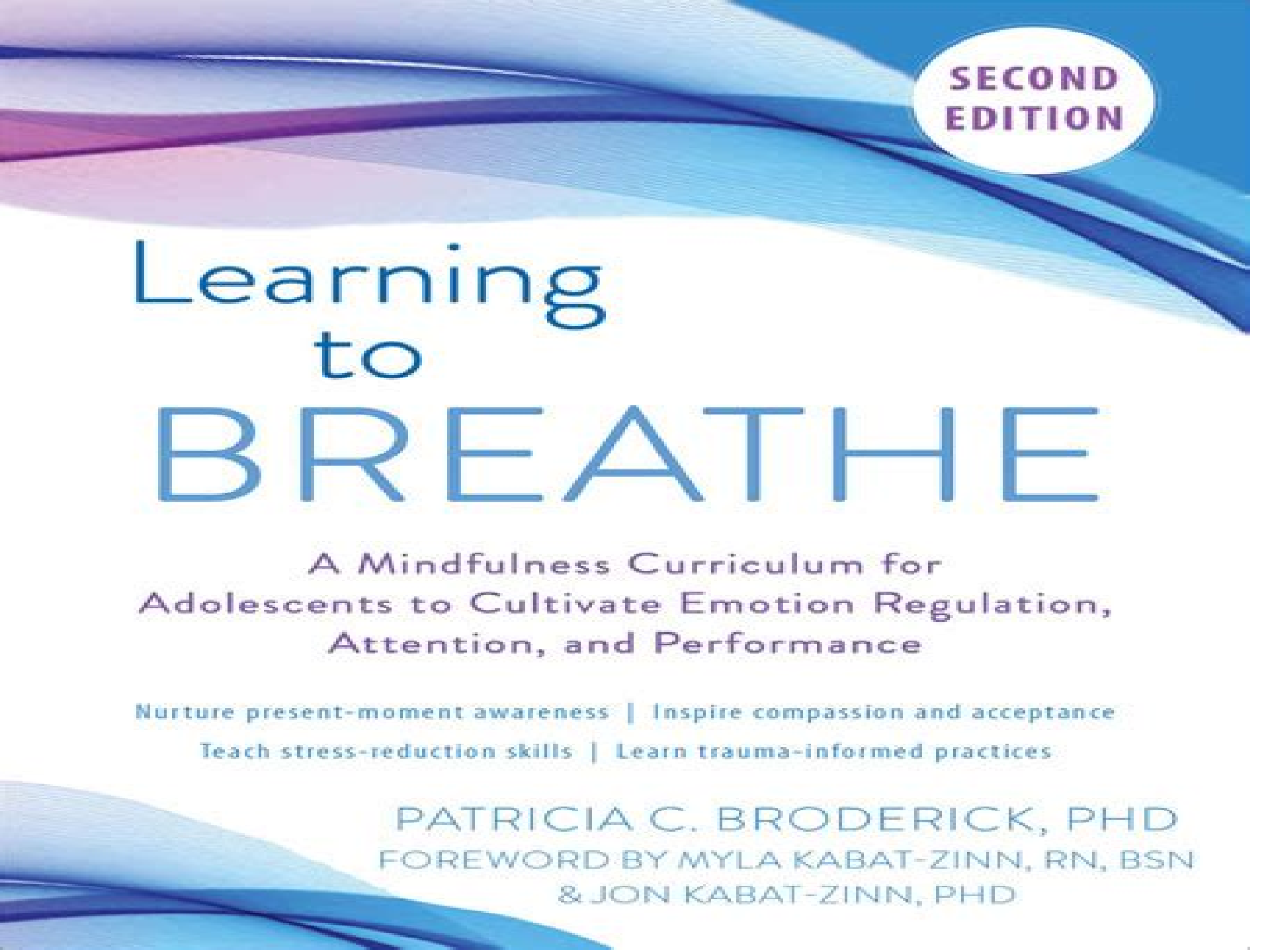




SECOND
EDITION

Learning to BREATHE

A Mindfulness Curriculum for
Adolescents to Cultivate Emotion Regulation,
Attention, and Performance

Nurture present-moment awareness | Inspire compassion and acceptance

Teach stress-reduction skills | Learn trauma-informed practices

PATRICIA C. BRODERICK, PHD
FOREWORD BY MYLA KABAT-ZINN, RN, BSN
& JON KABAT-ZINN, PHD

Learning To Breathe A Mindfulness Curriculum For

Patricia C. Broderick



Learning To Breathe A Mindfulness Curriculum For:

Learning to Breathe Patricia C. Broderick, 2021-06-01 Since its publication nearly a decade ago *Learning to Breathe* has transformed classrooms across the United States with its mindfulness based stress reduction curriculum for adolescents and the program has received praise from educators parents and mental health professionals alike This fully revised and updated second edition offers the same powerful mindfulness interventions and includes compelling new research and skills in the areas of trauma and compassion *Learning to Breathe Student Workbook* Patricia C. Broderick, 2013 The breakthrough book *Learning to Breathe* presents a research based curriculum for teachers and clinicians who are seeking ways to help improve behavior and bolster academic performance in adolescents Drawing on a combination of mindfulness based therapies the brief interventions outlined in the book have a strong theoretical basis in both education and psychology and are proven effective when it comes to dealing with adolescent students who act out in the classroom **Handbook of Mindfulness-Based Programmes** Itai Ivztan, 2019-08-13 *Handbook of Mindfulness Based Programmes* Mindfulness Interventions from Education to Health and Therapy offers the first comprehensive guide to all prominent evidence based mindfulness programmes available in the West The rapid growth of mindfulness in the Western world has given rise to an unprecedented wave of creative mindfulness programmes offering tailor made mindfulness practices for school teachers students parents nurses yoga teachers athletes pregnant women therapists care takers coaches organisational leaders and lawyers This book offers an in depth engagement with these different programmes emphasising not only the theory and research but also the practice Exercises and activities are provided to enable the reader to first understand the programme and then experience its unique approach and benefits *Handbook of Mindfulness Based Programmes* will enrich your knowledge and experience of mindfulness practice whether you are a practitioner researcher or simply interested in the application of mindfulness *Handbook of Prosocial Education* Philip M. Brown, Michael W. Corrigan, Ann Higgins-D'Alessandro, 2012-10-12 *Handbook of Prosocial Education* is the definitive theoretical practical and policy guide to the prosocial side of education the necessary second side of the educational coin Academic teaching and learning are the first side of education however academic success depends upon the structures and support of prosocial educational efforts from promoting positive school climate to fostering student and teacher development to civic literacy and responsible and critical citizenship participation The *Handbook of Prosocial Education* chapters written by highly respected researchers and outstanding educators represent the wide range of research based prosocial interventions from pre school through high school The chapters explore and explain how prosocial education helps teachers create effective classroom learning environments to support the development of the whole student principals encourage positive school climate and superintendents work to improve the health and well being of their systems As readers will learn when done well prosocial education develops the capacities and competencies of students teachers and school administrators that lead to a more

autonomous positive self concept greater sense of purpose more socially responsible behaviors and increased connections between families schools and communities This book pulls together in one place for the first time the various threads that create the prosocial education tapestry making a compelling case for the necessity of changing national educational policy that continues to be ever more oriented to only the academic side of the educational coin thus jeopardizing the foundational and historic purpose of educating our children for their full human development and participation in our democracy

Handbook of Evidence-Based Interventions for Children and Adolescents Lea Theodore, 2016-07-20 A step by step resource for treating more than 40 prevalent issues with proven strategies This comprehensive handbook for evidence based mental health and learning interventions with children and adolescents is distinguished by its explicit yet concise guidance on implementation in practice With a compendium of proven strategies for resolving more than 40 of the most pressing and prevalent issues facing young people the book provides immediate guidance and uniform step by step instructions for resolving issues ranging from psychopathological disorders to academic problems Busy academics practitioners and trainees in schools and outpatient clinical settings will find this resource to be an invaluable desktop reference for facilitating well informed decision making Unlike other volumes that ignore or merely reference the evidence base of various interventions this book focuses on providing immediate empirically supported guidance for putting these strategies into direct practice Issues covered include crisis interventions and response social and emotional issues academic learning issues psychopathological disorders neuropsychological disorders and the behavioral management of childhood health issues Each chapter follows a consistent format including a brief description of the problem and associated characteristics etiology and contributing factors and three evidence based step by step sets of instructions for implementation Additionally each chapter provides several websites offering further information about the topic Featuring contributions from leading scholars and practitioners on each issue covered this book will be a valuable resource for child clinical and school psychologists counselors social workers and therapists as well as other health and mental health professionals whose primary practice is with children and adolescents Key Features Demonstrates step by step evidence based interventions for more than 40 common childhood issues Provides treatment procedures that can be immediately put into practice Covers a wide range of mental health and academic learning issues for children and adolescents Relevance for both school based and clinically based practice Includes contributions by noted experts in the field

Mindfulness for Teachers Patricia A. Jennings, 2015-02-16 Mindful awareness practices to help teachers recognize and regulate emotional reactivity in their classrooms Teaching is one of the most rewarding professions but also one of the most demanding This book offers simple ready to use and evidence proven mindfulness techniques to help educators manage the stresses of the classroom cultivate an exceptional learning environment and revitalize both their teaching and their students knowledge acquisition Drawing on basic and applied research in the fields of neuroscience psychology and education as well as the author s extensive

experience as a mindfulness practitioner teacher and scientist it includes exercises in mindfulness emotional awareness movement listening and more all with real time classroom applications Handbook of Ethical Foundations of Mindfulness Steven Stanley,Ronald E. Purser,Nirbhay N. Singh,2018-07-20 This handbook explores the multifaceted ethical dimensions of mindfulness from early Buddhist sources to present day Western interpretations of mindfulness It takes a modern ethical approach to the study of mindfulness and traces contemporary mindfulness practice from solitary journey to the global whole Noted practitioners teachers scholars and other professionals lend diverse perspectives to the debate over the moral content of mindfulness and its status as religious secular or post secular practice Chapters offer new views on the roots of mindfulness in Buddhist moral teachings ethical mindfulness in interpersonal relationships and the necessity of ethics in mindfulness based education and therapy Chapters also discuss current debates concerning the ethics of mindfulness across the applied fields of education and pedagogy business economics and the environment Topics featured in this handbook include Mindfulness as the true foundation of a naturally ethical life Mindfulness and its impact on emotional life interpersonal relationships and forgiveness How Buddhist ethics informs spiritual practice across the three main vehicles yanas of Buddhism and its relation to mindfulness McMindfulness or the mass marketization and commodification of mindfulness based interventions MBIs How an ethic of interdependence formed by Buddhist principles and mindfulness practices can help address the environmental crisis The Handbook of Ethical Foundations of Mindfulness is a must have resource for researchers clinicians professionals and graduate students in psychology complementary and alternative medicine and social work as well as occupational and rehabilitation therapy nursing philosophy business management and teachers of Buddhism and meditation Mindfulness-Based Teaching and Learning Seonaigh MacPherson,Patricia Rockman,2023-03-21 Mindfulness Based Teaching and Learning is the first comprehensive survey text exploring the history research theory and best practices of secular scientific mindfulness With a focus on how mindfulness is taught and learned this book is an invaluable resource for aspiring or expert mindfulness specialists Integrating and defining the emerging field of MBTL within a common purpose evidence base and set of transprofessional and transformational practices the book provides both a visionary agenda and highly practical techniques and tools Chapters provide curriculum design and teaching tips explore the expert validated MBTL TCF competency framework and reveal insights into the ways self awareness can evolve into ecological awareness through intensive retreats Mindfulness and Meditation for Adolescents Betsy L. Wisner,2017-07-10 This book describes mindfulness and meditation practices and programs for adolescents by situating the topic in a bio psychosocial cultural approach Using this framework the benefits of these practices and programs for adolescents with an emphasis on evidence based practices are explored In addition to programs based on mindfulness meditation programs using Transcendental Meditation Herbert Benson s Relaxation Response and the Center for Mind Body Medicine s group programs are discussed The book is targeted toward educators mental health professionals researchers

and graduate students interested in the application development and study of mindfulness and meditation practices and programs for adolescents **The Mindful Librarian** Richard Moniz, Joe Eshleman, Jo Henry, Howard Slutzky, Lisa Moniz, 2015-11-26 The Mindful Librarian Connecting the Practice of Mindfulness to Librarianship explores mindfulness approaching it in such a way as to relate specifically to the many roles or challenges librarians face Coinciding with the increased need to juggle a variety of tasks technologies ebooks and databases the new Association of College it has been connected to various religious traditions in a wide variety of ways for centuries most notably Buddhism In the latter part of the 20th century however a secular version was popularized largely by the work of Jon Kabat Zinn and his work on MBSR Mindfulness Based Stress Reduction at the University of Massachusetts s Medical School The medical benefits and the overall quality of life improvements from its adoption have exploded in recent years in particular the last two decades which have seen mindfulness traditions incorporated into education to a greater degree and with very positive results Presents the only current LIS book that covers this topic in a way that applies directly to librarians Provides a topic that will be appealing to librarians as it speaks to the pressures of budget cuts and consumer culture being felt across the academy Seeks to improve the joy and quality of life that librarians and library science students experience in their personal lives and jobs

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