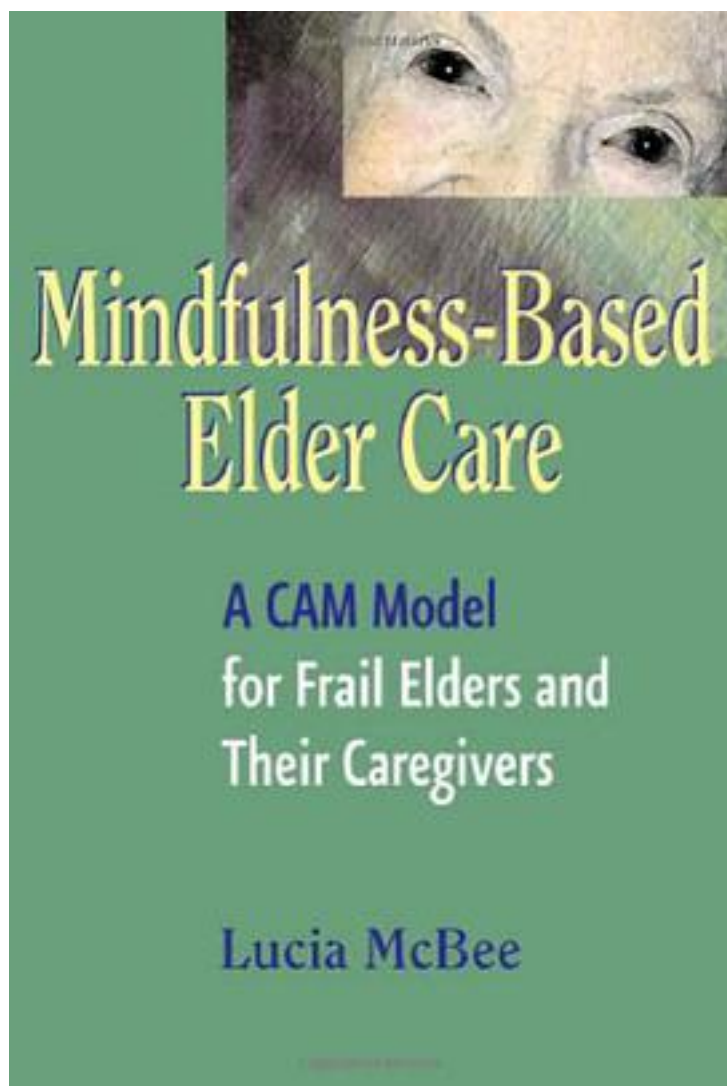


Mindfulness-Based Elder Care



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著者:McBee, Lucia

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"She shares with us her gold - the conception, trial and error implementation, and initial scientific investigation of a new, educationally-oriented treatment approach that she has named mindfulness-based elder care (MBEC)."-from the Foreword by Saki Santorelli, EdD, MA, Associate Professor of Medicine, Executive Director, Center for Mindfulness in Medicine, Health Care, and SocietyUniversity of Massachusetts Medical School Drawing on years of experience as a geriatric social worker and mindfulness-based stress reduction practitioner, the author has taken Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program and adapted it to the particular needs of elders, their families, and professional caregivers. Mindfulness practices focus on abilities, rather than disabilities, in order to provide paths to the inner strengths and resources that we all possess. McBee's "Mindfulness-Based Elder Care" conveys the benefits of mindfulness through meditation, gentle yoga, massage, aromatherapy, humor, and other creative therapies to this special population. She provides clear, concise instructions for her program, as well as a wealth of anecdotal and experiential exercises, to help readers at all levels of experience. Hers is the first book to fully explore the value of mindfulness models for frail elders and their caregivers. Features of this groundbreaking volume include:

Valuable tips for establishing programs to address each population's specific needs and restrictions Designed for short classes or 8-week courses Detailed experiential exercises for the reader Replete with case studies Clear, easy-to-follow instructions for elders and caregivers at all levels This innovative book is suitable for use with a variety of populations such as nursing home residents with physical and cognitive challenges, community-dwelling elders, direct-care staff, and non-professional caregivers.

作者介绍:

目录:

[Mindfulness-Based Elder Care_ 下载链接1](#)

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