

Living Breathing Thinking Responsive Buildings

The Living, Breathing, Thinking, Responsive Buildings of the Future
A Clinical Guide to the Treatment of the Human Stress Response
Culturally Responsive Methodologies
A Clinical Guide to the Treatment of the Human Stress Response
Trauma Responsive Educational Practices
Trauma-Responsive Practices for Early Childhood Leaders
Building Dynamics
The Stress Response
Tensional Responsiveness
Mindfulness-Based Cognitive Therapy for Depression, Second Edition
Responsive Performance Management Works
Mindfulness-Based Cognitive Therapy
Responsive Mentoring
Encyclopedia of Sustainable Technologies
Leading Culturally Responsive Gifted Programs
The Responsive Universe
Mindfulness Being Present
Your Body Knows
Healing the Heart
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one of the more exciting realities of 21st century life is that objects are now able with the help of embedded technology to sense think act and communicate very soon every building city and landscape component will be equipped with communicative and computational capacities we shall be surrounded by sentient architecture this book documents the role of architecture in

shaping this new reality in multiple research trajectories launched and guided by the authors at the university of toronto mit harvard graduate school of design and the university of hong kong the projects establish an interdisciplinary platform involving artists designers scientists and engineers spanning different institutions and continents in a technological approach to spatial problems that is attuned to the dynamics of living systems

this new edition emphasizes the unique contribution of this longstanding text in the integration of mind body relationships the concept of stress as defined and elaborated in chapter 1 the primary efferent biological mechanisms of the human stress response as described in chapter 2 and the link from stress arousal to disease as defined in chapter 3 essentially remains the same however updates in microanatomy biochemistry and tomography are added to these chapters all other chapters will be updated as well as there has been significant changes in the field over the past eight years

this book offers new methodologies that require the researcher to develop relationships that may enable them to intimately come to respect and know the other with whom they seek to study

this updated edition covers a range of new topics including stress and the immune system post traumatic stress and crisis intervention eye movement desensitization and reprocessing emdr critical incident stress debriefing cisd crisis management briefings in response to mass disasters and terrorism critical incident stress management cism spirituality and religion as stress management tools dietary factors and stress and updated information on psychopharmacologic intervention in the human stress response it is a comprehensive and accessible guide for students practitioners and researchers in the fields of psychology psychiatry medicine nursing social work and public health

no educator can ignore the effects of traumatic stressors on students this is especially true for those in schools serving racially and ethnically marginalized or low income children every day millions of students in the united states go to school weighed down by interpersonal traumas community traumas and the traumatic effects of historical and contemporary race based oppression a wide range of adverse childhood events including physical verbal emotional and sexual abuse chronic bullying community or domestic violence and food and housing insecurity can lead to a host of negative outcomes however when schools provide developmentally supportive responses to these challenges post traumatic growth becomes possible in trauma responsive educational practices micere keels examines the neurobiology of trauma presents mindfulness

strategies that strengthen student self regulation and extend professional longevity and demonstrates how to build pedagogically caring relationships psychologically safe discipline and an emotionally safe classroom learning climate keels also shows educators how to attend to equity and use trauma as a critical lens through which to plan instruction and respond to challenging situations with coregulation it s important to understand that trauma is subjective and complex treatment is not prescriptive and recovery takes time this book helps educators support students on that road not merely to survive trauma but to focus on their strengths and flourish with effective coping skills

specifically designed for administrators and leaders working in early childhood education this practical guide offers comprehensive resources for creating trauma responsive organizations and systems throughout this book you ll find exercises and tools for identifying the strengths and areas in need of change within your program school or agency reflection questions and sample conversations rich vignettes from programs already striving to create healthier trauma responsive environments the guidance in this book is explained with simple easy to implement strategies you can apply immediately to your own practice and is accompanied by brainstorming questions to help educational leaders both new to and experienced with trauma informed practices succeed

buildings are increasingly dynamic equipped with sensors actuators and controllers they self adjust in response to changes in the external and internal environments and patterns of use building dynamics asks how this change manifests itself and what it means for architecture as buildings weather programs change envelopes adapt interiors are reconfigured systems replaced contributors including chuck hoberman robert kronenburg david leatherbarrow kas oosterhuis enric ruiz geli and many others explore the changes buildings undergo and the scale and speed at which these occur examining which changes are necessary useful desirable and possible the first book to offer a coherent comprehensive approach to this topic it draws together arguments previously only available in scattered form featuring the latest technologies and design approaches used in contemporary practice the editors provide numerous examples of cutting edge work from leading designers and engineering firms working today an essential text for students taking design studio classes or courses in theory or technology at any level as well as professionals interested in the latest mechatronic technologies and design techniques

the stress response offers readers a dialectical behavior therapy dbt approach to overcoming stress related symptoms that decrease readers quality of life and lead to unhealthy avoidance

behaviors by learning the core dbt techniques mindfulness distress tolerance emotion regulation and interpersonal effectiveness readers can learn to process stress in healthy and productive ways

how we sense and move our bodies shapes how we relate with each other current socio economic practices are reducing generative qualities of relating doerte weig shows how bodily capacities for sensitive tensional responsiveness are relevant to re generative cultures the future of work lifelong learning sharing healing and well being she draws together her own experience of living with baka egalitarian foragers in north eastern gabon her corporate experience and her studies on bodying somatics and our connective tissue system fascia interweaving neurophysiological shifting sliding with a radically different ecosystemic awareness opens up potentials for bodying beyond current legal and political limits into enchantingly vibrant and ecosomatically alive futures

this acclaimed work now in a new edition has introduced tens of thousands of clinicians to mindfulness based cognitive therapy mbct for depression an 8 week program with proven effectiveness step by step the authors explain the whys and how tos of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse clinicians are also guided to practice mindfulness themselves an essential prerequisite to teaching others forty five reproducible handouts are included purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices meditations and mindful movement plus all of the reproducibles ready to download and print in a convenient 8 1 2 x 11 size a separate website for use by clients features the audio recordings only new to this edition incorporates a decade s worth of developments in mbct clinical practice and training chapters on additional treatment components the pre course interview and optional full day retreat chapters on self compassion the inquiry process and the three minute breathing space findings from multiple studies of mbct s effectiveness and underlying mechanisms includes studies of adaptations for treating psychological and physical health problems other than depression audio files of the guided mindfulness practices narrated by the authors on two separate pages one for professionals together with the reproducibles and one just for clients see also the authors related titles for clients the mindful way through depression demonstrates these proven strategies in a self help format with in depth stories and examples the mindful way workbook gives clients additional explicit support for building their mindfulness practice following the sequence of the mbct program plus for professionals mindfulness based cognitive therapy with people at risk of suicide extends and refines mbct for

clients with suicidal depression

performance management is an evolving field of management and merely making it excellence driven is not adequate in the emerging vuca environment no doubt agile performance management is the need of the day but many organizations may not find it feasible to go for it all of a sudden there are a number of conceptual and process requirements which an organization can prepare in a planned manner this book devotes its efforts on enhancing readiness to go for a truly agile performance management therefore a viable option is to go for a responsive pms the core of responsiveness appears to be the ability to sense the implicit and explicit needs of others and responding quickly and positively for satisfaction of needs the mechanisms or components of responsive performance management may not be entirely new perhaps these are the familiar ones but the meaning aim emphasis and treatment may be different seven components have been identified performance planning performance enabling performance appraisal performance feedback counseling and identification of training development needs rewards reinforcement and potential appraisal in addition a number of related concepts and practices have been described this book giving examples of real life working of pms has brought immense clarity on the issues involved the performance improvement interventions have been dealt in depth the multidisciplinary background of the author has brought a formidable blend of theory and practice on one hand and content and process on the other strong analytical skills of industrial engineering and systems deep insights in to human process skills within a strong framework of human resource management human resource development and organizational development have enabled a unique treatment to traditional and emerging aspects of performance management in addition to the 12 chapters eight appendices several figures formats and tables are expected to facilitate easy understanding and encouragement to experiment with evolving appropriate and novel interventions

this new edition of mindfulness based cognitive therapy distinctive features mbct provides a concise straightforward overview of mbct fully updated to include recent developments the training process underpinning mbct is based on mindfulness meditation practice and invites a new orientation towards internal experience as it arises one that is characterised by acceptance and compassion the approach supports a recognition that even though difficulty is an intrinsic part of life it is possible to work with it in new ways the book provides a basis for understanding the key theoretical and practical features of mbct and retains its accessible and easy to use format that made the first edition so popular with 30 distinctive features that characterise the approach mindfulness based cognitive therapy distinctive features will be

essential reading for professionals and trainees in the field it is an appealing read for both experienced practitioners and newcomers with an interest in mbct

mentoring plays a very effective role in the current environment which is described as vuca volatile uncertain complex ambiguous in order to cope with this environment organizations have to be responsive and for this people in the organization have to be responsive a responsive person quickly reacts to people or events and shows emotions such as pleasure and affection spontaneously while working with or for people a responsive leader is driven to understand people and enhance their readiness to appropriately react or respond such leaders equipped with the necessary competencies can mentor others to transform them to become responsive therefore such leaders and mentors can trigger a multiplying effect in the organization to create many more mentors like them mentoring gives one the opportunity to use one's valuable possessions knowledge skills attitudes values and other attributes respectfully in developing others nothing gives such a strong boost to one's self esteem and experience of self actualization as seeing the achievements of those in whose development he/she has invested responsive mentors put others first and care about their needs this builds goodwill strengthens relationships and cultivates trust and mutual concern mentoring cannot be understood and practiced in isolation it is very closely related to a few other interventions like coaching feedback counseling and pygmalion a number of appropriate behavioral skills help mentoring unleash its tremendous potential this book conceived after over 50 years of managerial experience in diverse fields especially in developing people and organizations is a valuable resource for being an exemplary mentor and also encouraging and developing others to become responsive and also become mentors the process has been so vividly described that any organization can initiate mentoring smoothly written in simple language with a formidable blend of theory and practice on one hand and content and process on the other this book will be highly beneficial to mentors mentees line managers hr hrd professionals management faculty teachers and trainers

encyclopedia of sustainable technologies eight volume set provides an authoritative assessment of the sustainable technologies that are currently available or in development sustainable technology includes the scientific understanding development and application of a wide range of technologies and processes and their environmental implications systems and lifecycle analyses of energy systems environmental management agriculture manufacturing and digital technologies provide a comprehensive method for understanding the full sustainability of processes in addition the development of clean processes through green chemistry and engineering techniques are also described the book is the first multi volume reference work to employ both life cycle

analysis lca and triple bottom line tbl approaches to assessing the wide range of technologies available and their impact upon the world both approaches are long established and widely recognized playing a key role in the organizing principles of this valuable work provides readers with a one stop guide to the most current research in the field presents a grounding of the fundamentals of the field of sustainable technologies written by international leaders in the field offering comprehensive coverage of the field and a consistent high quality scientific standard includes the life cycle analysis and triple bottom line approaches to help users understand and assess sustainable technologies

written by experienced leaders in gifted education this book is a foundational guide for supervisors administrators and districts seeking to create culturally responsive and equity focused gifted policies and programs engaging chapters supported by real world vignettes and interactive contemplation corners outline key elements of culturally responsive leadership and the administrative actions necessary for disrupting systems of oppression within gifted programs topics covered include culturally responsive gifted education multitiered systems of support authentic family engagement the use of data to inform systemic change and more featuring authentic applications of culturally responsive gifted leadership practices and an innovative tool to evaluate gifted program inclusivity this book is essential reading for all current and future leaders in gifted education

the responsive universe is a handbook to enlightenment within these pages are refreshing and insightful revelations wisdom practices designed to help the reader find happiness in a world of indifference through instinctual energy and insight the responsive universe offers a succinct vision of your true nature your intrinsic immortal potential for reaching enlightenment that exists within the mind of every sentient being much like clouds can obscure blue sky the responsive universe illuminates a less trodden path of mindfulness and clarity with the goal of suffering less and connecting to that inner voice within that speaks wisdom and truth within the inviting realm of the responsive universe john c bader will discuss living with an open mind creation de construction of organized religion karma energy healing coping with loss abuse and a complete life changing shift in social mainstream perception additionally a portion of the profits for this book will be donated to help fight and cure cancer join john c bader on your very own journey to self actualization and enlightenment are you ready to leave the social static of the ego driven world and embrace true illumination happiness and understanding your journey begins now and as you will soon find positivity and possibility are boundless when you live in a responsive universe

explores mindfulness from its roots in buddhist psychology to its role in contemporary psychological science in depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing

free yourself from unhelpful thoughts and emotions and learn to live peacefully in the present provides practical exercises meditations and reflections centered on mindfulness breath and immersion in nature to simplify your life and anchor you in the present learn to use your body as a tool for raising consciousness work with occurrences like tiredness illness and pain as spiritual teachers as well as identify and release addictions including harmful thought patterns can be integrated with any religion or spiritual teaching with examples pertaining to everyday experiences in the western world offering a synthesis of spiritual teachings viewed through the lens of modern personal experiences darren cockburn provides practical insight into how to cultivate a peaceful mind live skillfully and nurture a spiritual connection through the power of the present moment the author shares practical exercises meditations and reflections revealing how to free yourself from becoming lost in unhelpful thoughts and emotions while bringing acceptance to what life presents you with he explains how to generate true mindfulness through connection to your breath as well as immersion in nature he details how to use your body as a tool for raising your level of consciousness as well as how to weave exercise diet breathing techniques and sexuality into your spiritual practice he explores how to work with occurrences like tiredness illness and pain as spiritual teachers for enriching your presence of mind and being the author explains how simplifying life where possible will also bring a better understanding to all types of existing addictions including harmful thought patterns providing precious breathing space for our overly busy minds in addition he shows how a stable practice of mindful presence can enhance the quality of communication with others be it with family with friends or at work alongside an introduction to meditation techniques and supportive wisdom teachings from buddhist and other spiritual traditions cockburn provides useful guidance on successfully integrating a regular spiritual practice into your day to day activities he also includes pointers on how to create your own unique and personal structure in order to support your ongoing spiritual practice the fruits of which will ultimately be a peaceful calmer and more connected experience of life

your body knows provides the foundation actors need to move with ease and power it is a practical guide to movement starting at the very beginning knowing your body and experiencing how it works through the work of f m alexander rudolf laban and michael chekhov this book offers basic training in movement fundamentals its step by step process supports the actor s

work in any acting or movement training program and as a working professional the book focuses on three main areas of exploration body facts know your body and its design for movement let go of misinformed ideas about your body move more freely avoid injury and develop a strong body mind connection movement facts what is movement discover the movement fundamentals that can serve your art explore new ways of moving creative inspiration connect your body mind and imagination to liberate authentic and expressive character movement your body knows a movement guide for actors is an excellent resource for acting students and their teachers promoting a strong onstage presence and awakening unlimited potential for creative expression

the prevalence of trauma permeates america s families and no one is immune to its impact natural disasters community and institutional violence adverse childhood experiences these events impact the developing brains and bodies of our youth this book for parents and educators pulls together the research on adverse childhood experiences and other traumatic events positive psychology and resilience to provide parents and educators specific tools to help their trauma impacted children move from surviving to thriving presented in an easy to read conversational style healing the heart uses evidence based strategies inspirational stories and role playing scenarios to provide parents and educators the information and tools needed to heal the negative impact of traumatic events with specific strategies to address diverse forms of trauma and diverse populations this book is a must read resource for anyone wanting to reestablish safety increase resilience and help heal the long term impact of trauma

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