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Current Perspectives on Social Comparisons and Their Effects Sviatlana Kamarova,Nikos

Chatzisarantis,Athanasios Papaioannou,2021-12-01 The impact of art therapy on mental health and well-being Helena José,Joao Apostolo,Luciano Vitorino,Luis Manuel Mota de Sousa,Martina Giusti,2023-12-22 In 2019 the WHO came out with a scoping review related to the evidence on the role of the arts in improving health and well being In the last yeast in fact literature has recognized the direct and indirect benefits of art in the prevention and promotion of mental and physical health and in the management and treatment of disease Although some countries have made progress in developing policies that make use of the arts to support health and well being many have not yet addressed the opportunities that exist for using the arts to support health and for others policy activities have been time limited Nonetheless the relationship between art and health has existed since the birth of medicine itself and has strongly influenced its history and its evolution Art therapy is the main expression of art in health care The integration of art in traditional health assistance paths sustains the need to have a holistic approach to health wellness and well being both of patients and other stakeholders including caregivers and healthcare professionals Currently the main area of art therapy application is mental health with especially regards to disability both in developmental age and in elderly and both to cognitive and physical impairment and dementia However it is important to remark that mental health does not only refer to mental illness but also to people s emotional psychological and social well being These last cases have particularly worsened with the long lockdown periods due to the COVID 19 pandemic

Present and Future of EMDR in Clinical Psychology and Psychotherapy, volume II Gianluca Castelnuovo,Antonio

Onofri,Christopher William Lee,Luca Ostacoli,Markus Stingl,2023-03-28 *A Clinical Guide to the Treatment of the Human Stress Response* George S. Everly, Jr.,Jeffrey M. Lating,2019-03-05 This comprehensive update of the now classic text applies the most current findings across disciplines to the treatment of pathogenic human stress arousal New and revised chapters bring together the art and science of intervention based in up to date neuroscience starting with an innovative model tracing the stress to disease continuum throughout the systems of the human body The authors detail the spectrum of physiological and psychological treatments for the stress response including cognitive therapy neuromuscular relaxation breathing exercises nutritional interventions and pharmacotherapy They also assess the strengths and limitations of widely used measures of the stress response and consider the value of personality factors cultural considerations and resilience in stress mediation Included in the coverage The anatomy and physiology of the human stress response Advances in neuroscience implications for stress Crisis intervention and psychological first aid Neurophysiological rationale for the use of the relaxation response Physical exercise and the human stress response The pharmacological management of stress reactions Disaster Mental Health Planning Cultural Awareness and Stress The Fourth Edition of *A Clinical Guide to the Treatment of Human Stress Response* offers readers a dual perspective exceedingly useful in examining the origins of the stress response

and in preventing and treating the response itself This rich integrative volume will join its predecessors in popularity among practitioners and students across disciplines and specialties

Global Excellence in Public Mental Health: Asia and Australasia Volume II Liye Zou,Jing Sun,Liping Li,2023-06-02

Mechanisms and pathways of action for nutritional effects on brain health Daniel Joseph Lampert,Claire Williams,2023-06-30

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