

# 12 Strategie Rivoluzionarie Per Favorire Lo Sviluppo Mentale Del Bambino

To Have Or To Be? Erich Fromm 2013-06-27 Fromm gennemgår forskellen mellem begreberne at have og at være og mener, at hvis alle tilslutter sig en "værende" livsform, vil et nyt og sundere samfund opstå

*The Opposite of Worry* Lawrence J. Cohen 2013-09-10 "The most helpful book on childhood anxiety I have ever read."—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's "security system": alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing,

writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* “The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.”—New England Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen’s main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.”—Publishers Weekly “Here’s the help parents of anxious children have been looking for! Dr. Cohen’s genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children’s confidence. While reading, I found myself thinking, ‘I’d like to try that for myself!’”—Patty Wipfler, founder and program director, Hand in Hand Parenting “If you want to understand your child’s anxiety—and your own parental worries—you must read Larry Cohen’s brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “*The Opposite of Worry* offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, *Aware Parenting*, and author of *Attachment Play*

12 strategie rivoluzionarie per favorire lo sviluppo mentale del bambino. Una guida pratica con esercizi, schede e giochi Daniel J. Siegel 2016

Saying No Asha Phillips 2008 Child Rearing.

Errori da non ripetere Daniel J. Siegel 2019-09-05T00:00:00+02:00 Nuova edizione In questa edizione aggiornata del classico Errori da non ripetere, Daniel Siegel, psichiatra infantile di fama internazionale, e Mary Hartzell, educatrice e psicologa, evidenziano quanto le esperienze infantili influenzino il modo di essere genitori. Si tratta, per i genitori, di non ripetere modelli di interazione inadeguati, non compatibili con le relazioni di cura e amore immaginate per i propri figli. Basandosi sugli studi più recenti nel campo della neurobiologia interpersonale, gli autori mostrano come le prime interazioni del bambino con le figure di riferimento abbiano un impatto diretto sulla struttura e sul funzionamento del cervello. Un attaccamento sicuro nei confronti di un adulto in grado di rispondere alle richieste primarie del bambino è di fondamentale importanza per il suo sviluppo cognitivo ed emotivo. Unendo la competenza di Daniel Siegel come studioso della mente e l'esperienza di Mary Hartzell come educatrice, questo libro aiuta a costruire con i propri figli relazioni fondate su sicurezza e amore. "Perché abbiamo con i nostri figli gli stessi comportamenti che da bambini ci hanno fatto soffrire?" "Come liberarci dai vincoli del passato che continuano a condizionarci nel presente?"

**Your Self-Confident Baby** Magda Gerber 2002 "As the founder of Resources for Infant Educators (RIE), Magda Gerber has spent decades helping new mothers and fathers give their children the best possible start in life. Her successful parenting approach harnesses the power of this basic fact: Your baby is unique and will grow in confidence if allowed to develop at his or her own pace. The key to successful parenting is learning to observe your child and to trust him or her to be an

initiator, an explorer, a self-learner with an individual style of problem solving and mastery. ..."--  
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**Here I Am! Who Are You?** Jesper Juul 2012-07-31 In this excellent, short and instructive book - maybe one of Jesper Juul's best - he explains how to handle yourself as an adult in conflict with children. The many ideas, concepts and practical suggestions apply whether you are a parent or a professional working in the educational system. The title summarizes the essence of true dialogue and through plenty of everyday examples this book provides adults with alternatives to shouting, criticizing and blaming - while respecting the personal integrity of everyone involved. Jesper Juul shows how to use personal language and thereby develop relationships built on equal dignity. Ultimately, this book helps adults become more authentic so children can be treated as real people.

La sfida della disciplina Daniel J. Siegel 2020-05-05T08:47:00+02:00 Daniel Siegel e Tina Payne Bryson, autori del bestseller «12 strategie rivoluzionarie per favorire lo sviluppo mentale del bambino», si occupano ora, con la stessa competenza e lo stesso approccio innovativo, della sfida più importante per chi cresce un figlio: la disciplina. Il testo chiarisce il rapporto tra lo sviluppo cerebrale del bambino e il modo dei genitori di reagire ai suoi cattivi comportamenti, offrendo un valido piano d'azione per affrontare, senza violenza ma con comprensione, tensioni e crisi di collera. Partendo dal reale significato del termine "disciplina" (istruire e insegnare, non rimproverare), gli autori mostrano come entrare in sintonia con il bambino e incanalare le sue emozioni per trasformare una crisi di rabbia o di pianto in un'opportunità di crescita. Così si potrà spezzare il circolo vizioso di capricci del bambino e punizioni del genitore, sostituendolo con strategie più efficaci e adeguate a ogni fase dello sviluppo. Grazie alle spiegazioni semplici e chiare, ai consigli pratici, ai fumetti e ai disegni accattivanti che chiariscono con immediatezza le indicazioni degli

autori, questo libro costituisce una grande risorsa per ogni famiglia.

**The Ancestor Syndrome** Anne Ancelin Schutzenberger 2014-02-25 In *The Ancestor Syndrome* Anne Ancelin Schutzenberger explains and provides clinical examples of her unique psychogenealogical approach to psychotherapy. She shows how, as mere links in a chain of generations, we may have no choice in having the events and traumas experienced by our ancestors visited upon us in our own lifetime. The book includes fascinating case studies and examples of 'genosociograms' (family trees) to illustrate how her clients have conquered seemingly irrational fears, psychological and even physical difficulties by discovering and understanding the parallels between their own life and the lives of their forebears. The theory of 'invisible loyalty' owed to previous generations, which may make us unwittingly re-enact their life events, is discussed in the light of ongoing research into transgenerational therapy. Anne Ancelin Schutzenberger draws on over 20 years of experience as a therapist and analyst and is a well-respected authority, particularly in the field of Group Therapy and Psychodrama. First published as *Aie, mes Aieux* this fascinating insight into a unique style of clinical work has already sold over 32,000 copies in France and will appeal to anyone working in the psychotherapy profession.

*Il Pianeta Me* Aseel Roberto Barison 2021-09-16 Un racconto illustrato e una parte integrativa a carattere pedagogico destinata a genitori, insegnanti, educatori e adulti in genere costituisce questo prezioso libro nato per accompagnare "piccoli" e "grandi" in un'esplorazione delle dinamiche del proprio sé e nella ricerca dell'equilibrio tra mente, corpo e cuore. Il testo apre in particolare una finestra sul mondo della scuola, cercando di dare validi strumenti sia ai bambini, per riconoscere e integrare alcuni aspetti di sé, che agli adulti, per apprendere strumenti efficaci al fine di supportare i più piccoli in una crescita e una formazione equilibrate. Questo lavoro è un sincero impegno per

contribuire allo sviluppo della consapevolezza in ambito educativo e formativo e per la diffusione di un approccio più integrato delle componenti mente, corpo e cuore in ogni persona. “Che tu sia un bambino, una bambina, un genitore, un insegnante, non avere mai paura di essere te stesso, esattamente così come sei, ma non smettere mai di cercare un equilibrio, il Pianeta Me ha bisogno di questo, e mentre lo cerchi, un po’ lo hai già trovato”. (Raje Anna Dal Pan) “Questo libro è frutto della collaborazione di tre adulti che sottolineano un semplice e intelligente suggerimento: invece che forzare un modello educativo standard, appliciamone uno su misura che si adatti alle diverse tipologie caratteriali dei bimbi, rispettandole in quanto uniche e impagabili risorse che arricchiscono il singolo”. (Arshad Moscogiuri)

Psychoanalytic Case Formulation Nancy McWilliams 1999-03-26 What kinds of questions do experienced clinicians ask themselves when meeting a new client for the first time? What are the main issues that must be explored to gain a basic grasp of each individual's unique psychology? How can clinical expertise be taught? From the author of Psychoanalytic Diagnosis, the volume takes clinicians step-by-step through developing a dynamic case formulation and using this information to guide and inform treatment decisions. Synthesizing extensive clinical literature, diverse psychoanalytic viewpoints, and empirical research in psychology and psychiatry, Nancy McWilliams does more than simply bring assessment to life - she illuminates the entire psychotherapeutic process.

*Dark Side of Love* Rafik Schami 2010-10-15 A dead man hangs from the portal of St Paul Chapel in Damascus. He was a Muslim officer and he was murdered. But when Detective Barudi sets out to interrogate the man’s mysterious widow, the Secret Service takes the case away from him. Barudi continues to investigate clandestinely and discovers the murderer’s motive: it is a blood feud

between the Mushtak and Shahin clans, reaching back to the beginnings of the 20th century. And, linked to it, a love story that can have no happy ending, for reconciliation has no place within the old tribal structures. Rafik Schami dazzling novel spans a century of Syrian history in which politics and religions continue to torment an entire people. Simultaneously, his poetic stories from three generations tell of the courage of lovers who risk death sooner than deny their passions. He has also written a heartfelt tribute to his hometown Damascus and a great and moving hymn to the power of love.

**24h nel cervello di tuo figlio** Erwan Deveze 2020-04-10 Che cosa succede nella mente dei nostri figli? Quali sono le tappe del loro sviluppo cerebrale? E come possono i genitori e gli altri adulti di riferimento aiutarli a esprimere al meglio il loro potenziale di apprendimento e le loro abilità sociali? Calandoci in una giornata di Pierre, Samantha e dei loro tre figli di 17, 8 e 2 anni, questo libro descrive, alla luce delle scoperte più recenti delle neuroscienze, che cosa accade concretamente nel cervello dei bambini e degli adolescenti (ma anche nel nostro), nei diversi contesti del quotidiano così come in alcune importanti sfide della vita. Famiglia, scuola, relazioni, sonno, dipendenze, sessualità, alimentazione... sono alcuni temi affrontati dall'autore, che suggerisce un innovativo percorso per accompagnare la crescita dei nostri figli con una consapevolezza e una sensibilità nuove.

**Mindsight** Daniel J. Siegel 2010-01-12 From a pioneer in the field of mental health comes a groundbreaking book on the healing power of "mindsight," the potent skill that allows you to make positive changes in your brain—and in your life. Foreword by Daniel Goleman, author of Emotional Intelligence • Is there a memory that torments you, or an irrational fear you can't shake? • Do you sometimes become unreasonably angry or upset and find it hard to calm down? • Do you ever

wonder why you can't stop behaving the way you do, no matter how hard you try? • Are you and your child (or parent, partner, or boss) locked in a seemingly inevitable pattern of conflict? What if you could escape traps like these and live a fuller, richer, happier life? This isn't mere speculation but the result of twenty-five years of careful hands-on clinical work by Daniel J. Siegel, M.D. A Harvard-trained physician, Dr. Siegel is one of the revolutionary global innovators in the integration of brain science into the practice of psychotherapy. Using case histories from his practice, he shows how, by following the proper steps, nearly everyone can learn how to focus their attention on the internal world of the mind in a way that will literally change the wiring and architecture of their brain. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients. And now he has written the first book that will help all of us understand the potential we have to create our own lives. Showing us mindsight in action, Dr. Siegel describes • a sixteen-year-old boy with bipolar disorder who uses meditation and other techniques instead of drugs to calm the emotional storms that made him suicidal • a woman paralyzed by anxiety, who uses mindsight to discover, in an unconscious memory of a childhood accident, the source of her dread • a physician—the author himself—who pays attention to his intuition, which he experiences as a "vague, uneasy feeling in my belly, a gnawing restlessness in my heart and my gut," and tracks down a patient who could have gone deaf because of an inaccurately written prescription for an ear infection • a twelve-year-old girl with OCD who learns a meditation that is "like watching myself from outside myself" and, using a form of internal dialogue, is able to stop the compulsive behaviors that have been tormenting her. These and many other extraordinary stories illustrate how mindsight can help us master our emotions, heal our relationships, and reach our fullest potential.

*Modello Evolutivo dei Bisogni (B.E.M.)* Ivano Marco Orofino 2017-05-25 Il libro descrive i risultati di una ricerca-azione iniziata nel 2011 che ha coinvolto oltre 1.000 adulti e oltre 250 bambini. Offre una classificazione approfondita dei bisogni, li compara con altri modelli teorici, trova forti connessioni con le conoscenze sull'attaccamento e sugli stili genitoriali, indica come si sviluppano i bisogni dall'infanzia all'età adulta. E' arricchito da strumenti innovativi per l'osservazione e l'intervento educativo in ottica relazionale, sistemica, pedagogica. Il modello inquadra i bisogni fondamentali presenti in tutti i bambini tra 0 e 6 anni mantenendosi flessibile e rifiutando approcci riduzionistici e deterministici. Comprendere i bisogni ci permette di evolvere in umanità, ascolto, maggior senso dell'altro e del bene comune.

**Parenting from the Inside Out** Daniel J. Siegel MD 2013-12-26 An updated edition—with a new preface—of the bestselling parenting classic by the author of "BRAINSTORM: The Power and Purpose of the Teenage Brain" In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children. Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's decades of experience as a child-development specialist and parent educator, this book guides parents through creating the necessary foundations for loving and secure relationships with their children.

*The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Norton Series on

*Interpersonal Neurobiology*) Daniel J. Siegel 2007-04-17 A new framework for maintaining mental health and well-being. From the author of the internationally-acclaimed best-selling text *The Developing Mind*, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

**The Developing Mind, Second Edition** Daniel J. Siegel 2015-02-04 Daniel J. Siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal relationships in forging key connections in the brain. He presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters. New to This Edition \*Incorporates significant scientific and technical advances. \*Expanded discussions of cutting-edge topics, including neuroplasticity, epigenetics, mindfulness, and the neural correlates of consciousness. \*Useful pedagogical features: pull-outs, diagrams, and a glossary. \*Epilogue on domains of integration--specific pathways to well-being and therapeutic change.

*Mind ACT Genitori Manuale d'uso per i genitori consapevoli.* Suni Falaschi 2014-05-30 Un genitore mindful e essenzialmente un genitore consapevole e accettante. Una persona che a partire dalla

consapevolezza della propria storia di figlio e del rapporto con i suoi genitori riesce ad accettare la quotidiana complessità di essere genitore. Tali accettazione e consapevolezza si inseriscono in un quadro più ampio in cui l'accoglimento del proprio figlio nasce dal rispetto del bambino concreto che cresce, chiede e si sviluppa entro una determinata famiglia. Quello che abbiamo cercato di fare con questo piccolo manuale è dare strumenti immediati e concreti al genitore che si pone domande sulla educazione dei propri figli entro una prospettiva più ampia in cui la sua competenza ed autostima possano rinforzarsi e svilupparsi in modo autonomo

**Parto in arrivo** A.A.V.V. 2016-11-25 Un libro leggero e al tempo stesso profondo, che racconta in modo preciso che cosa aspettarsi nel periodo immediatamente successivo al parto, in ospedale – quei giorni vissuti in camicia da notte in cui ha inizio la tua storia di madre – e una volta tornata a casa. Giorni cruciali perché, in modo diverso, e allo stesso tempo uguale, i temi iniziali della maternità continueranno a riproporsi per tutta la vita. Aspetti questo bambino in gravidanza, aspetterai che cresca in peso e in altezza, lo accoglierai a braccia aperte quando comincerà a camminare e poi ti ritroverai ad aspettarlo fuori da una discoteca, pensando a quale mai sarà la giusta distanza tra la tua preoccupazione di madre e il suo gusto per l'avventura. E forse sfoglierai questo libro anche in altri momenti della tua vita, ripensando con un sorriso a quel rocambolesco inizio e a come il “meccanismo” sia sempre il medesimo nonostante i contenuti si trasformino nel tempo. Una lettura adatta non solo per le donne – meglio se fatta prima di partorire – ma anche per i loro compagni, per comprendere come e dove “posizionarsi” dopo la nascita del figlio in questo nuovo equilibrio familiare. E utile pure per chi si prende cura della salute della donna in gravidanza e nel post-partum: medici, ostetriche, infermieri, puericultrici, psicologi... Un libro sugli scenari psicologici del post-partum che nasce dall'esperienza delle autrici, psicologhe e psicoterapeute, nel reparto di

Maternità e di Neonatologia della Clinica Mangiagalli di Milano, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico.

*L'età dello tsunami* Barbara Tamborini 2017-01-17 Il primo libro interamente dedicato alla preadolescenza, raccontata e indagata da due grandi esperti di psicologia dell'età evolutiva, con il rigore scientifico e il tono divulgativo che li ha resi celebri. Tutto è iniziato con l'ingresso alle scuole medie. Fino a ieri vostro figlio era un bambino angelico, e ora di colpo è pronto a darvi battaglia su tutto, pensa solo a divertirsi e vive di emozioni intense e improvvise, come sulle montagne russe. Lo tsunami che vi sta travolgendo si chiama preadolescenza, e sapete fin da subito che non c'è cura; ma un segreto per sopravvivere, sì: capire cosa sta succedendo in un cervello in piena evoluzione, che funziona in modo diverso rispetto a quello di un adulto. Barbara Tamborini e Alberto Pellai ne sanno qualcosa: esperti di psicologia dell'età evolutiva e genitori di due figli preadolescenti (e di altri due che stanno per diventarlo), sapranno introdurvi alle meraviglie di quest'età e darvi i consigli giusti per ritrovare un canale di comunicazione che vi sembra impossibile. Non solo. Vi aiuteranno anche a guardarvi dentro e a capire che tipo di genitori siete e vorreste diventare, per essere mamme e papà "sufficientemente buoni", capaci di riflettere sui propri errori e aggiustare il tiro. Senza prendersi troppo sul serio, perché la perfezione non è di questo mondo.

**No-Drama Discipline** Daniel J. Siegel 2016-07-12 NEW YORK TIMES BESTSELLER • The pioneering experts behind *The Whole-Brain Child* and *The Yes Brain* tackle the ultimate parenting challenge: discipline. "A lot of fascinating insights . . . an eye-opener worth reading."—Parents Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene. Defining the true meaning of

the “d” word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you’ll discover • strategies that help parents identify their own discipline philosophy—and master the best methods to communicate the lessons they are trying to impart • facts on child brain development—and what kind of discipline is most appropriate and constructive at all ages and stages • the way to calmly and lovingly connect with a child—no matter how extreme the behavior—while still setting clear and consistent limits • tips for navigating your child through a tantrum to achieve insight, empathy, and repair • twenty discipline mistakes even the best parents make—and how to stay focused on the principles of whole-brain parenting and discipline techniques Complete with candid stories and playful illustrations that bring the authors’ suggestions to life, *No-Drama Discipline* shows you how to work with your child’s developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family. Praise for *No-Drama Discipline* “With lucid, engaging prose accompanied by cartoon illustrations, Siegel and Bryson help parents teach and communicate more effectively.”—Publishers Weekly “Wow! This book grabbed me from the very first page and did not let go.”—Lawrence J. Cohen, Ph.D., author of *The Opposite of Worry*

**Understanding Power** Noam Chomsky 2003-06 In a series of enlightening and wide-ranging discussions, published here for the first time, the author radically reinterprets the events of the past three decades, covering topics from foreign policy during the Viet-nam war to the decline of the welfare under the Clinton administration. Characterized by Chomsky's accessible and informative style, this is the ideal book for those new to his work as well as those who have been listening for

years.

**The Power of Showing Up** Daniel J. Siegel 2021-01-05 Parenting isn't easy. Showing up is. Your greatest impact begins right where you are. Now the bestselling authors of *The Whole-Brain Child* and *No-Drama Discipline* explain what this means over the course of childhood. "There is parenting magic in this book."—Michael Thompson, Ph.D., co-author of the New York Times bestselling classic *Raising Cain* One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's: • Safe: We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be able to take the needed risks for growth and change. • Seen: Truly seeing a child means we pay attention to his emotions—both positive and negative—and strive to attune to what's happening in his mind beneath his behavior. • Soothed: Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone. • Secure: When a child knows she can count on you, time and again, to show up—when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive! Based on the latest brain and attachment research, *The Power of Showing Up* shares

stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

Voyage au coeur des émotions des adolescents Enrico Castelli 2019-08-14 Joie, espoir, curiosité, peur, enthousiasme, ennui, colère, changement, amour, empathie. Cet ouvrage constitue une véritable exploration de l'adolescence qui permettra, au travers de dix émotions différentes, de mieux comprendre les enfants à cet âge de transition et de les accompagner au mieux vers la maturité. Une discussion captivante sur la relation entre adultes et adolescents, sur le respect des rôles de chacun, sur la valeur indispensable de l'écoute, sur l'illusion d'égalité et la recherche de la juste distance. Une histoire par étapes qui invite les adultes à marcher avec les en-fants sur le chemin de la compréhension et de la sagesse, le seul qui mène véritablement à la sérénité. Enrico Castelli, l'un des protagonistes de School of Happiness, le documentaire produit par Sky TV, applique au quotidien avec ses élèves les principes de l'éducation émotionnelle.

Tutta la vita davanti Maurizia Scaletti 2019-04-30 Il cambiamento è il principale motore della vita in tutte le sue forme. Accoglierlo, conoscerlo, saperlo affrontare e interpretare sono capacità necessarie per l'essere umano, soprattutto in alcune fasi delicate della propria esistenza. In questo libro Maurizia Scaletti, esperta di Coaching per lo sviluppo delle potenzialità e passioni, attinge ad un vasto mondo narrativo, dall'autobiografico al fantasioso - con alcune storie adatte ai più piccini, anche se hanno un significato metaforico universale - e al contempo descrive alcuni processi

psicologici che sono alla base di comportamenti tipici. Tra gli spunti più interessanti, l'elaborazione del dolore che può portare ad una nuova visione di vita e farci evolvere come essere umani, e la proposta di un uso consapevole dei cinque sensi, che va oltre il livello fisico e si trasferisce nel mondo mentale, per creare idee e costruzioni di una nuova realtà. Un libro che non è un manuale di risposte chiuse e definitive, ma uno stimolo a porsi nuove domande per cercare in se stessi, con l'aiuto di metodi specifici, la strada per vivere in modo positivo il cambiamento. Questo è uno dei principali motivi per cui ho deciso di scrivere un libro sul cambiamento: la nostra sfida evolutiva in questo millennio è accettare il cambiamento come ineluttabile nella vita, come qualcosa di quotidiano, come positivo per la nostra sopravvivenza e proprio per questo, non solo accettarlo, ma volerlo, cercarlo e provocarlo. Se cambieremo noi come persone, come esseri umani, il nostro modo di vedere e vivere le situazioni della vita e la quotidianità, avremo fatto molto per cambiare il mondo intero in termini energetici, oltre che materiali. Il cambiamento è positivo nell'essenza della vita, è la nostra idea, o percezione, del cambiamento ad essere negativa e a farci paura.

*Terapia EMDR* Ana M. Gómez 2020-06-11T00:00:00+02:00 Questo volume offre una vasta gamma di strategie, concrete e dettagliate, per l'utilizzo della terapia EMDR da parte dei professionisti della salute mentale che lavorano con bambini con grave disregolazione emozionale secondaria a maltrattamento e abusi. L'obiettivo è quello di fornire al terapeuta strumenti avanzati che possano essere utilizzati all'interno di terapie EMDR con bambini vittime di traumi complessi, disturbi dell'attaccamento, sintomi dissociativi e seria compromissione del coinvolgimento sociale. Proponendo un approccio "passo per passo", l'autrice presenta ed esplora a fondo le otto fasi della terapia EMDR, suggerendo un'ampia varietà di tecniche chiare, pratiche e creative per una popolazione di bambini notoriamente difficile da curare. Caratteristica innovativa dell'approccio di

Ana M. Gómez è l'integrazione, all'interno di un trattamento EMDR completo, di strategie estrapolate da altri approcci terapeutici, quali Play Therapy, Sandtray Therapy, Psicoterapia Sensomotora, Theraplay e Internal Family Systems (IFS).

Esserci Daniel J. Siegel 2020-03-24T08:23:00+01:00 Uno dei dati scientifici che consentono di prevedere con più affidabilità l'esito positivo dello sviluppo del bambino è il fatto che ci sia stata nella sua vita almeno una persona capace di essere presente con regolarità per lui. In un'epoca di distrazioni digitali e impegni pressanti, esserci per un figlio potrebbe sembrare un compito davvero arduo. Ma, rassicurano Daniel Siegel e Tina Payne Bryson, essere presenti non richiede necessariamente grandi quantità di tempo e di energia. Esserci significa offrire al bambino una presenza di qualità, semplice da assicurare se si tiene conto di quel che serve per un sano sviluppo infantile: protezione, comprensione, conforto e sicurezza, il "poker dell'attaccamento". Basato sulle ultime scoperte delle neuroscienze, questo volume contiene racconti, "piani d'azione", semplici strategie e suggerimenti per fornire al bambino il "poker dell'attaccamento" in ogni situazione: quando incontra difficoltà o, invece, riesce brillantemente in un compito e anche quando ci scusiamo per le volte in cui non ci siamo stati per lui. Una guida preziosa per coltivare nel bambino un sano paesaggio emotivo.

The Bottom Line for Baby Tina Payne Bryson 2020-09-01 Apply the best science to all your parenting decisions with this essential A-Z guide for your biggest questions and concerns from the New York Times bestselling co-author of The Whole-Brain Child and No-Drama Discipline Every baby- and toddler-care decision sends parents scrambling to do the right thing, and often down into the rabbit hole of conflicting advice. Dr. Tina Payne Bryson has sifted through the reliable research (including about all those old wives' tales) and will help you make a manageable molehill out of the mountain of

information and answer more than sixty common concerns and dilemmas, including • Breast or bottle? Or breast and bottle? Will that cause nipple confusion? • What's the latest recommendation for introducing solids in light of potential allergies? • Should I sign us up for music and early-language classes? • What's the evidence for and against circumcision? • When is the right time to wean my baby off her pacifier? • How do I get this child to sleep through the night?! Dr. Bryson boils things down with authority, demystifying the issues in three distinct sections: an objective summary of the schools of thought on the topic, including commonly held pros and cons; a clear and concise primer on "What the Science Says"; and a Bottom Line conclusion. When the science doesn't point clearly in one direction, she guides you to assess and apply the information in a way that's consistent with your family's principles and meets your child's unique needs. Full of warmth, expert wisdom, and blessedly bite-sized explanations, The Bottom Line for Baby will help you prioritize what you really need to know and do during the first year of precious life.

**Touchpoints** T. Berry Brazelton 1995

Yes Brain Daniel J. Siegel 2020-04-02T00:00:00+02:00 Quando si trovano ad affrontare situazioni sgradite come fare i compiti o andare a dormire, oppure discussioni sul tempo consentito per stare davanti alla TV o al PC, i bambini si fanno prendere spesso dalla rabbia o si chiudono a riccio, adottando un comportamento reattivo. Gli adulti di riferimento possono contrastarlo favorendo lo sviluppo di uno *yes brain*, di un atteggiamento di apertura e curiosità nei confronti degli altri e della vita; possono alimentare la capacità di dire sì al mondo e di accogliere tutto ciò che la vita ha da offrire, anche nei momenti difficili. I bambini ricettivi, rispetto a quelli reattivi, sono più curiosi e ricchi d'inventiva, maggiormente portati a osare e a esplorare, meno preoccupati di commettere errori. Sono anche più competenti sul piano delle relazioni, più inclini alla flessibilità e alla resilienza

davanti alle avversità e alle emozioni intense. In questo volume, gli autori forniscono a genitori e operatori gli strumenti (idee, strategie, “piani d’azione”) per accompagnare i bambini di ogni età nel percorso verso una positività ricca di straordinari benefici.

**YOUR COMPETENT CHILD** Jesper Juul 2011-09-30 Readers' comments: A Fabulous, Important Book. Jesper Juul provides parents with such an amazing and absolutely vital approach to raising children that it rings true on every page. Some of what he suggests we as parents do is difficult, but all of it is right on about how we can raise confident, healthy, whole humans, right from the start. I was thrilled to have discovered a book that allowed me to see different possibilities with child raising. Anyone with a child will gain immensely from reading this book, seeing themselves in his numerous examples, and learning how to move on from there. I am grateful for this book and highly recommend it. No Parent Should Be Without It. With tremendous wisdom and a warm, pragmatic eye, Mr. Juul helps us redefine the ways we look at a child's behavior and our relationship to our children and ultimately, each other. This is a book that doesn't offer easy answers or 'tricks' to help in the raising of your child. This is a book that helps you see with a child's eye, hear with a child's ear, and feel with a child's heart in ways that feel so natural and obvious, you will wonder why you haven't thought of them before. It is a book that offers day-to-day skills along with the thinking that helps generate them. This groundbreaking book should be on the shelf of all parents everywhere. I cannot recommend it highly enough. If you have children - read this book! This is an amazing book that will surely turn upside down any thoughts you ever had about raising children. Even though you may not agree with all the views in this book, there is so much food for thought and new ideas that you will return to this book again and again for interesting and mind blowing advice.

**Disarmare il narcisista** Wendy T. Behary 2022-09-30T00:00:00+02:00 È il nostro partner, nostro

figlio o una persona a noi vicina: il narcisista fa parte della nostra quotidianità, eppure siamo coscienti della difficoltà di dialogare con lui, di farci ascoltare, di superare gli ostacoli che impediscono di stabilire un rapporto affettivo sereno. Pensiamo di conoscerlo, ma non sappiamo come interagire. Wendy T. Behary offre un manuale chiaro ed efficace che ci aiuta a comprendere che tipo di soggetto abbiamo davanti, da cosa deriva questo disturbo e come affrontare le specificità di una tale relazione.

*Nati, e poi? Istruzioni per il viaggio della vita* Pierluigi Spatola 2020-04-09 Un testo di scorrevole lettura che si situa a metà tra un romanzo e un manuale di psicologia serio e rigoroso, il lettore troverà utili strumenti sia per riflettere su di sé, sia per accompagnare chi sta crescendo nel processo di esplorazione e consapevolezza personale. Questo “viaggio”, è compiuto combinando tra loro in modo armonico le più recenti scoperte delle scienze evolutive unite a storie di vita vissuta, interviste immaginarie con personaggi storici che molto hanno ancora da dirci, poesie e brevi meditazioni guidate.

Crescere lettori appassionati Nancy Newman 2020-07-03 Finalmente anche nel nostro paese un libro rivolto ai genitori su come trasmettere l'amore per la lettura. Perché tutti i genitori possono insegnare ad amare i libri. L'autrice illustra 5 semplici azioni da mettere in atto per trasformare i propri figli in lettori voraci. Azioni che lei stessa, lettrice appassionata e insegnante di lingua, ha sperimentato con successo con figli e allievi. Parlare ai propri figli fin da piccolissimi, giocare con le parole e il linguaggio, leggere loro tanti libri, ascoltarli e incoraggiarli quando iniziano il percorso di apprendimento della lettura sono solo alcune delle strategie spiegate nel manuale. Leggere è un piacere che può essere appreso e insegnato, soprattutto durante la prima fase, quando la fatica di riconoscere le parole è maggiore del divertimento.

*12 strategie rivoluzionarie per favorire lo sviluppo mentale del bambino* Daniel J. Siegel 2012  
*Giocate all'aria aperta!* Angela J. Hanscom 2017-06-26 Oggi è raro vedere bambini che si rotolano giù dai pendii erbosi o si arrampicano sugli alberi per divertimento. Preoccupazioni legate alla sicurezza ci hanno indotto a eliminare giostrine e altalene. Ma mentre la vita dei nostri figli è sempre più "virtuale" e ruota attorno agli schermi di Tv, smartphone e computer, gli insegnanti notano una diminuzione dell'attenzione e i dottori denunciano un aumento allarmante dei disturbi emotivi e sensoriali. E dunque, come assicurare ai nostri bambini un pieno coinvolgimento di mente, corpo e tutti i sensi? In *Giocate all'aria aperta!* Angela Hanscom - ergoterapeuta pediatrica e fondatrice di TimberNook - getta una luce sulla silenziosa epidemia che affligge i bambini moderni, spiega perché il movimento e il gioco libero all'aperto sono vitali per lo sviluppo cognitivo e fisico dei nostri figli, e offre persino strategie divertenti e coinvolgenti che li aiutino a trasformarsi in adulti sani, equilibrati e resilienti.

Scrivere fa bene. Il potere terapeutico della scrittura: tradurre in parole le emozioni Giada Cipolletta 2020-06-16T00:00:00+02:00 Le parole hanno il potere di distruggere e di creare, le puoi colorare, rendere maiuscole o minuscole, dubbiose, puoi sospenderle o affermarle perentoriamente. Le parole imprinono il tuo presente, il tuo adesso emozionale, ti fanno rivivere il passato per affrontare al meglio il futuro. Questo è scrivere: vivere nel tempo. Scriviamo sempre di più e, sempre di più, lo facciamo per gli altri, alterando strategicamente tono, stile e contenuto per esigenze di comunicazione. A volte però perdiamo il contatto con i nostri pensieri e le nostre emozioni più vere. In questo libro la parola ritorna a essere espressione delle tue emozioni, un veicolo di introspezione, un flusso spontaneo, un atto di libertà. Un viaggio alla scoperta del potere taumaturgico della scrittura espressiva per tradurre le emozioni in parole, con il supporto di psicologia e neuroscienze e

molti esercizi pratici, per imparare ad accoglierti, conoscerti, abbracciarti e liberarti, grazie alla danza delle dita che si muovono sulla tastiera.

*Appunti di Mindfulness per Assistenti Sociali* Carmela Viggiano 2019-05-06 L'ebook che hai tra le mani è stato scritto da due assistenti sociali di differenti generazioni, ma entrambi alle prese con le sfide dello stress e del burnout. Ci siamo accorti, che il mondo dei servizi sociali e dei servizi sanitari erano in preda spesso ad una sorta di pilota automatico e che le parole ricorrente era "crisi", "stress", "burnout", "lavoro in emergenza". E' noto il famoso mantra della "crisi" del Welfare, e pare che da quando sono nati gli assistenti sociali, il Welfare sia sempre stato in crisi. Gli studiosi cercano di capire se la " crisi" denunciata negli anni '90, fosse reale o se erano solo delle criticità vedendo la crisi attuale che sembra persino riportarci all'anno zero del lavoro sociale: nuove e vecchie povertà in aumento, esternalizzazione selvaggia dei servizi, precariato, incertezza, insicurezza. Il problema delle morti nel mediterraneo, l'aumento dei cittadini che sono sotto la soglia della povertà, la disoccupazione giovanile, l'aumento dell'utilizzo di droghe nelle giovani generazioni, l'abbandono scolastico, l'aumento delle violenze sulle donne e così via, una sorta di apocalisse a cui nessuno sembra più tener testa o di un nuovo vaso di Pandora. Di fronte a queste nuove sfide gli assistenti sociali entrano in burn out e grandi periodi di stress, più che mai servono nuovi strumenti per preservarsi e tutelare il proprio benessere. Così un giorno mentre eravamo ad un corso di aggiornamento ci siamo detti che avremmo dovuto fare qualcosa e facemmo una promessa a noi stessi: "Vorrei diventare un assistente sociale diverso senza pilota automatico per poter poi riuscire ad attivare processi di cambiamento!" Buona lettura! Furio Panizzi e Carmela Viggiano. Furio Panizzi è assistente sociale ed opera da più di venti anni nella capitale romana in diversi settori dei servizi sociali.. Carmela Viggiano, assistente sociale specialista, assistente sociale formatrice, con

master in HR ed euro progettazione. Ideato e svolto un progetto, articolato in due edizioni, per bambini dai 4 ai 10 anni e ha lavorato con bambini in contesti educativi all'interno dei quali ha utilizzato la mindfulness. Si occupa di formazione per adulti e orientamento nelle scuole. Immagine di copertina realizzata da Carmela Viggiano

**#Esserepadrioggi** Girolamo Grammatico 2019-12-12T00:00:00+01:00 #esserepadrioggi è una guida per papà che desiderano essere genitori consapevoli. In un mix di narrativa, filosofia e coaching umanistico, si delineano strumenti utili per definire il padre che si sogna di diventare e per chiarire il progetto educativo che si desidera per i propri figli. Piccole gag familiari strappano un sorriso e insieme segnano le tappe di questo percorso, aprendo le porte a riflessioni sul significato della genitorialità. La base di partenza è sempre l'etimologia delle parole più importanti di cui è costituita la relazione genitoriale, dalle quali germoglia la narrazione unica e personale di ogni papà. Attraverso la pratica del coaching, l'autore ci fornisce un metodo per diventare il "papà migliore che possiamo essere", allenando le proprie risorse e i propri talenti. Perché per sostenere i propri bambini a compiere la propria vocazione diventando adulti liberi e autonomi è necessario che i padri realizzino se stessi, a partire dalle loro potenzialità. Un libro trasversale che aiuta a far chiarezza, a porsi le domande giuste e a costruire la cornice di riferimento necessaria all'agire consapevole.

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