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Breathing exercises and mindfulness in therapy are very much part of a client's inner dialogue that then is canvassed onto a dialogue and communication with the therapist, the client/patient can create such images with their mind, exploring their aims and creating a safe place that can be reached when feeling overwhelmed and/or distressed, one way or another. Important aspects to keep in mind ...

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Fletcher-Cook, who has totally revised the chapter on Breathing Exercises and those on the Neurophysiological basis of movement. Finally, there are many updated sections as well.

Exercise Therapy in the Management of Musculoskeletal Disorders covers the fundamentals of using exercise as a treatment modality across a broad range of pathologies including osteoarthritis, inflammatory arthropathies

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and osteoporosis. As well as offering a comprehensive overview of the role of exercise therapy, the book evaluates the evidence and puts it to work with practical ideas for the management of musculoskeletal disorders in different areas of the body, for differing pathologies and for a range of patients. Part 1 introduces the reader to the role of exercise in managing musculoskeletal disorders and covers measurement and assessment. Part 2 looks at the regional application of exercise therapy with chapters on areas of the body such as the cervical spine, the

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shoulder complex and the knee. Part 3 examines specific populations: the developing child, the cardiac and respiratory patient, obesity and osteoporosis. Exercise Therapy in the Management of Musculoskeletal Disorders is an invaluable resource for student physiotherapists as well as clinicians designing rehabilitation programmes for their patients. KEY FEATURES Concise and comprehensive Team of expert contributors Offers practical guidance Evaluates the evidence

This accessible book comprises a collection of 80

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tried-and-tested exercises, with guidelines for applying them and advice for devising new ones. Liesl Silverstone offers a variety of exercises for a diverse and multicultural client base, such as guided fantasies, one-to-one and group work focusing on the group dynamic, and some examples of working with adults with learning difficulties and children. Focusing on the non-directive, non-interpretive person-centred approach to art therapy, this inspirational book is the perfect complement to *Art Therapy – The Person-Centred Way*, also by Liesl Silverstone and published by

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Jessica Kingsley Publishers.
Art Therapy Exercises is an invaluable book for art therapists and art therapy students, counsellors, psychotherapists and all professionals working in the field of human development.

Offers advice on fitness, exercise, and health-care

Practical Physiotherapy for Small Animal Practice provides a concise and accessible introduction to physiotherapy that demonstrates its benefits to both veterinary patients and practitioners. One of the fastest growing specialties in veterinary medicine, this

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It can be difficult to be spontaneous during every art therapy group. It is helpful to have a resource full of creative and inspiring ideas that can be utilized as needed. This broad-ranging collection of projects injects variety into art therapy sessions. A Practical Art Therapy is written in an easy-to-read format that is filled with practical creative experiences for therapists to use with individuals and groups. Chapters cover

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various media and methods, including murals, collages, sculpture and drawing, making it easily accessible for even the busiest therapist. Susan Buchalter includes practical art projects using everyday objects, and follows them through with a list of materials needed, a procedure plan and aims of the project. The creative exercises draw on situations and ideas that children and adults can relate to - for example, drawing wishes and goals, sculpting their own stress and creating a collage self-portrait. The author suggests ways of expanding art-making

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activities, such as drawing to music and creating personal logos. This book is suitable for those new to the arts therapies field, practising art therapists, counselors and social workers.

By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands

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who need it.

This book is for therapists involved in exercise therapy for the prevention and treatment of disease. It covers exercise assessment, current prescription guidelines, precautions, exercise design and clinical case studies. The book also includes exercises to increase strength, power, local muscle endurance, range of movement and aerobic capacity and will be relevant to all areas of therapy practice. In addition to the general guidelines, considerations for exercise groups and exercise at home as well as

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exercise in special patient populations are addressed. This allows therapists who are expert in one area to become familiar with exercise prescription in another. The book underpins therapeutic exercise in general and also addresses specific considerations for particular clinical situations within current guidelines and practical considerations. Underpinning exercise physiology Physical principles of exercise design Guidelines for exercise training Clinical exercise prescription Limitations to exercise in common conditions Example case studies

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