

Silence Your Mind Dr Ramesh Manocha

Hachette Uk 2013

How Values Education Can Improve Student and Teacher Wellbeing Understanding
Youth Mental Health: Perspectives from Theory and Practice Roger Packham Ellis
Hennessy

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presenting values education as a solution to major challenges in education such as student disengagement and teacher burnout this book provides a wealth of practical advice about how to implement the education in human values approach in schools promoting wellness and improved educational outcomes values education is a world wide movement and comes in several forms this book explains the need for and nature of values education provides practical easy strategies for implementing the education in human values ehv approach and outlines the educational theories that underpin it the practical strategies in this book can be implemented in small increments in all aspects of school life the focus is on both student and teacher wellbeing the methods can also be used by teachers to address their own professional and personal challenges and to help them cope with difficult situations that cannot be changed written for teachers teacher educators and teachers in training this book is the one stop shop for gaining a better understanding of values education how it can support whole school wellbeing and how to implement it effectively

this is an incredibly useful and timely resource for those studying and working in the field of youth mental health sara evans lacko phd care policy and evaluation centre london school of economics and political science uk understanding youth mental health covers the full spectrum of what is needed understanding youth mental health is a welcome and important building block patrick mcgorry professor of youth mental health university of melbourne australia executive director orygen national centre for youth mental health this practical textbook with contributions from established international experts provides a comprehensive guide to contemporary theory research and practice in youth mental health dr louise doyle associate professor in mental health nursing trinity college dublin ireland understanding youth mental health offers a new and comprehensive approach to youth mental health that highlights the significance of development during adolescence and early adulthood the book centres on the experiences of young people as service users drawing attention to the distinctive challenges being faced in the 21st century and emphasising the importance of supporting young people s well being and improving

mental health literacy in a succinct and practical way understanding youth mental health introduces students to a new conceptual model for understanding young people's mental health incorporates chapters on the key features of new model services in Australia Ireland and the UK including youth engagement input from families and service design provides comprehensive epidemiological data on mental disorders and a clear focus on the importance of early intervention in psychosis includes chapters from leading academics working in the area of youth mental health augmented with short accounts of personal experiences from young people and their families written by world leading experts from eight countries with diverse research and clinical experience understanding youth mental health draws on findings from around the globe and equips readers with the information required to develop as researchers and practitioners with a view to improving service provision in a range of contexts ideal for those embarking on careers or study in this field the book provides key learnings from theory and practice which can be deployed and developed within your own service provision

Ellis Hennessy is a professor of developmental psychology in University College Dublin Ireland Caroline Heary is an associate professor in developmental psychology at the National University of Ireland Galway Maria Michail is a Marie Curie Global Fellow and an associate professor in the Institute for Mental Health University of Birmingham UK

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