

Nathalie Baste

AIDE-MÉMOIRE

Sophrologie

en 68 notions

- Les principales techniques détaillées
- Les différentes prises en charge
- De nombreux exemples et exercices

DUNOD

Aidemeacutemoire Sophrologie En Notions Psychologie

Catherine Aliotta



Aide-mémoire Sophrologie En Notions Psychologie:

Aide-mémoire - Sophrologie -2e éd. Nathalie Baste, 2020-02-05 Imprimé de pratiques ancestrales yoga bouddhisme tibétain zen japonais de l'hypnose ou encore du training autonome la sophrologie a émergé et s'est développée depuis plus de cinquante ans Plurielle elle représente une méthode particulièrement intéressante et créative et concerne les champs aussi variés que la thérapie au sens large la prophylaxie la pédagogie et le social Elle fait partie des méthodes psychocorporelles qui apportent une réponse pertinente aux souffrances contemporaines Très didactique cet aide-mémoire synthétise les notions essentielles de la sophrologie en trois parties les concepts généraux les principes méthodologiques les applications thérapeutiques Mieux connaître les principes fondamentaux de la sophrologie les pratiques individuelles ou groupales les techniques clés les champs et domaines d'intervention stress douleurs addictions au travail l'écouter apprendre construire des séances de sophrologie cet ouvrage répertorie toutes les notions connaître et constitue ainsi un outil précieux de formation Public professions médicales et paramédicales psychologues quels que soient leurs champs d'activité

Sophrologie Nathalie Baste, 2014 Imprimé de pratiques ancestrales yoga bouddhisme tibétain zen japonais de l'hypnose ou encore du training autonome la sophrologie a émergé et s'est développée depuis plus de cinquante ans Plurielle elle représente une méthode particulièrement intéressante et créative et concerne les champs aussi variés que la thérapie au sens large la prophylaxie la pédagogie et le social Elle fait partie des méthodes psychocorporelles qui apportent une réponse pertinente aux souffrances contemporaines Très didactique cet aide-mémoire synthétise les notions essentielles de la sophrologie en trois parties les concepts généraux les principes méthodologiques les applications thérapeutiques Mieux connaître les principes fondamentaux de la sophrologie les pratiques individuelles ou groupales les techniques clés les champs et domaines d'intervention stress douleurs addictions au travail l'écouter apprendre construire des séances de sophrologie cet ouvrage répertorie toutes les notions connaître et constitue ainsi un outil précieux de formation

Sophrologie Richard Esposito, Dominique Aubert, Pascal Gautier, Bernard Santerre, 2011-06-17 Fondée dans les années 1960 par Alfonso Caycedo le neuropsychiatre colombien la sophrologie a connu de fortes évolutions initiées à la fois par son fondateur et par ses nombreux disciples entraînant un manque de clarification des notions Pour qui cherche à répondre rigoureusement la question Qu'est-ce que la sophrologie cet ouvrage dans une démarche pistologique ouverte intègre la diversité des enseignements des multiples écoles et des champs d'application médicale générale obstétrique psychologie psychomotricité orthophonie pédagogie monde du travail et monde sportif Il met en perspective les liens qui unissent la sophrologie aux autres disciplines yoga zen physiologie hypnose psychologie psychiatrie neurologie philosophie scientifique Qu'entend-on par entraînement sophrologique Qu'est-ce que l'espace phrénique Quelles sont les complémentarités de l'hypnose et de la sophrologie Autant de réponses apportées par les auteurs psychologue kinésithérapeute professeur de philosophie tous formateurs et sophrologues qui font de cet ouvrage une référence et un outil de travail l'usage de l'étudiant et du praticien l'usage de l'étudiant et du praticien un outil complet de travail rédigé par une équipe pluridisciplinaire qui présente

les termes les concepts et les techniques de la sophrologie tout en intégrant la diversité des enseignements des multiples écoles et des champs d'application multidimensionnelle obstétrique psychologie psychomotricité etc les liens qui l'unissent aux autres disciplines yoga zen physiologie hypnose psychologie etc

Manuel de Sophrologie - 2e éd. Catherine Aliotta, 2018-01-24

Professionnel de la relation d'aide le sophrologue accompagne ses clients dans leurs recherches des clés de leur bien-être et de leur autonomie. Qu'il intervienne auprès d'équipes médicales pédagogiques ou en entreprise il s'adresse aux personnes âgées aux sportifs aux enfants ou toute personne souhaitant améliorer son quotidien. La diversité de ces rencontres est l'une des grandes richesses de cette profession qui met l'individu au cœur de sa pratique. Ce manuel donne les clés pour se former ce métier. Il expose les concepts de la sophrologie et met en avant les compétences fondamentales pour réussir. Il détaille les champs d'application de la sophrologie et décrit étape par étape des déroulés de séances figures l'appui. Il contient également un guide pratique pour devenir indépendant et s'installer comme sophrologue.

Manuel de Sophrologie Catherine Aliotta, 2018-01-24

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