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Mind-Body Health Interventions for Schools: Guilford Practical Interventions Series

The purpose of this book is to provide a practical guide for applying scientifically supported and evidence-based mind-body health techniques in school settings. After a short introduction to the history and science behind mind-body health, the book guides readers through how to use specific mind-body health interventions. Direct instructions are provided for the techniques which are introduced thematically by strategy area, alongside explanatory vignettes, and downloadable materials, in order to facilitate best implementation in school settings. Case examples are also included to illustrate the ways in which these mind-body health techniques can be applied within a tiered service delivery model to promote positive outcomes for students, teachers, and other related school personnel.

The bulk of the book is spent conveying practical instructions for the mind-body health techniques covered in the text. The techniques are broken out into the following five strategy-based themes: grounding, visualization, meditation, movement, and expressive. Thematic breakout of the strategies facilitates brief explanation of how the techniques, within the strategy area, operate on the mind and body with citation from the research specifically supporting each technique.