

Healthy Sexuality By Blonna

Health Counseling: A Microskills Approach for Counselors, Educators, and School Nurses - Richard Blonna 2011-01-28

Health Counseling: A Microskills Approach for Counselors, Educators, and School Nurses, Second Edition teaches the basic skills of health counseling to non-professionally trained counselors. Merging theory and practice with specific applications to common health problems, this reader-friendly text provides a sound theoretical framework for the practice of health counseling and allows students to practice, review, and apply the information presented. The text follows Ivey's Microskills Model, which breaks counseling down into discrete skills that can be mastered individually and then applied collectively. Healthy People Objectives throughout the chapters link the content with the nation's leading health problems.

Sex Act - Richard Blonna 2012-06-01

According to the author, everything people need to enjoy sex and have a satisfying and stimulating sexual life exists within them. They only need to learn how to unleash the power of their sexual minds through Acceptance Commitment Therapy.

Body and Soul - Marvin M. Ellison 2008-07-01

Ellison and Thorson-Smith have coedited a collection of essays--in collaboration with two dozen prominent theologians--that plays off the controversial 1991 Presbyterian study they coauthored entitled Keeping Body and Soul Together: Sexuality, Spirituality, and Social Justice; and takes stock of sexuality, religion, and ethics at the beginning of the new millennium. The cutting-edge analyses address the possibilities--and demands--of a justice-love ethic for individuals, church, and society.

Healthy Sexuality - Richard Blonna 2010

The first text to truly emphasize the dimensions of health and wellness in

its discussions of human sexuality, HEALTHY SEXUALITY integrates a personal decision-making model throughout each chapter. HEALTHY SEXUALITY includes the latest research, as well as a number of activities that encourage students to develop critical thinking skills as they apply their knowledge. Case studies with critical thinking questions are integrated throughout the text and provide students the perfect opportunity to reflect on their own feelings and beliefs as they relate to the real-life experiences of other individuals from a wide variety of ethnic backgrounds and sexual orientations. HEALTHY SEXUALITY is the ideal less-expensive, comprehensive text for any human sexuality course. It encourages students to see the importance of the course as it relates to healthy living and positive attitudes.

Healthy Sexuality - Lillian Carter 2017-08-04

Healthy Sexuality an Abstinence-based Curriculum for Middle Schools - Richard Blonna 2009

Seven Weeks to Conquering Your Stress - Richard Blonna 2009-11-18

In the first edition of this book I mentioned that the shelves at popular booksellers are filled with books about stress and asked you why we needed another one. These books promote the latest gimmick or new formula to control or eliminate stress from your life. Not much has changed in the three years since I wrote the first edition of this book. If anything, there are even more books on the market today claiming the same thing. The main reason I wrote the first edition and am this updated version is to dispel the myth that you can control or eliminate 100% of your stress. Stress is here to stay. You'll never learn how to manage your stress with gimmicks or simplistic approaches based on one

formula or technique. Simplistic, gimmicky approaches to stress management are doomed to fail because stress is a complex, multi-faceted, personal phenomenon. To manage your stress effectively you need a multi-dimensional approach that is based on your values, goals, and personality. The multi-dimensional, personalized approach to stress management I present in this book is easy to understand and is based on my proven framework, the Five R's of Coping Model. I first introduced the model in 1995 in my best-selling college textbook; *Coping With Stress in a Changing World* and since then thousands of students and clients around the world have it to conquer their stress. The five R's of coping (Reorganize, Relax, Release, Rethink, and Reduce) work together to provide a synergistic effect in helping you conquer your stress. Each R represents a different level and approach to coping with stress. This is very important because not all stressors (things that are capable of causing you stress) can or should be managed the same way. Many stress-management books and programs fail because they provide a cookie-cutter approach to coping, assuming that all stressors can be managed the same way by everyone. Nothing could be further from the truth. People respond differently to stressors and approaches to coping. In this new edition I've integrated a powerful new Rethink tool, Acceptance and Commitment Therapy (ACT). ACT is such a good fit with my Five R's Framework that I could not feel comfortable selling another copy of the original book without including it. ACT is based on the latest research concerning how your mind works when confronted with potential stressors. I've incorporated a few ACT techniques from my latest book, *Stress Less, Live More: Using Acceptance and Commitment Therapy to live a Busy but Productive Life* (New Harbinger Press, 2010). To make room for this new ACT material I've eliminated some content, simplified my seven week program, and made the format easier to understand and apply. This new edition clearly illustrates how to use the information and exercises over a seven week period to learn how to manage your stress more effectively. I've cut a lot of the overly dry and technical information about the physical and psychological consequences of stress. I've also eliminated material (such as the section on massage)

that you can't perform yourself. After seven weeks of work you'll have a good idea of what stress is, how it manifests itself in your life, and what to do to conquer it. I know you can use the ideas in this book to conquer your stress. You've come this far and not only bought this book, you've read the introduction and are on your way to learning how to conquer your stress. As you work your way through the chapters and the exercises try to enjoy the process. Instead of thinking ahead and getting caught up in "finishing" the seven week program try savor each step along the way. Good luck and enjoy the journey! Dr. Richard Blonna
September 2010

2015 U.S. Higher Education Faculty Awards, Vol. 2 - Faculty Awards
2022-09-01

Created by professors for professors, the Faculty Awards compendium is the first and only university awards program in the United States based on faculty peer evaluations. The Faculty Awards series recognizes and rewards outstanding faculty members at colleges and universities across the United States.

Exploring the Dimensions of Human Sexuality - Jerrold Greenberg
2010-03-10

Exploring the Dimensions of Human Sexuality, Fourth Edition addresses all aspects of sexuality—biological, spiritual, psychological, and sociocultural—and presents the information both factually and impartially. Throughout the text, students will find an emphasis on health and well-being based on the assumption that we are all sexual beings and that sexuality should be viewed in its totality. Students are encouraged to explore the varied dimensions of human sexuality and see how each affects their own personal sexuality, sexual health, and sexual responsibility.

Sexual Mindfulness - Richard Blonna 2019-04-30

Sexual Mindfulness shows you how to apply the principles and practices of mindfulness to explore your sexual identity and enhance your sexual relationship with your partner. It provides a road map for achieving great sex with fun, easy to master exercises and information that guide you through each chapter. According to Blonna "mindfulness is best

described as nonjudgmental moment-by-moment awareness where you are fully engaged in the present moment with all five of your senses." In Sexual Mindfulness, Dr Blonna shows you how to use moment-by-moment awareness to have the best sex possible, regardless of your age or how long you've been with your partner.

Instructor's Manual for Blonna/Levitan's Healthy Sexuality, 2nd - Blonna 2004-07

Whether you have been teaching for years or are just getting into the classroom, the Instructor's Manual includes a variety of tools that may be useful for any instructor as he or she prepares for course lectures.

Included are chapter outlines, suggested Web site URLs instructors and/or students can go to for additional information, a variety of classroom activities and teaching strategies, and transparency masters.

Health Counseling - Richard Blonna 2005

Health & Wellness

50 Great Myths of Human Sexuality - Pepper Schwartz 2015-04-20

50 Great Myths of Human Sexuality seeks to dispel commonly accepted myths and misunderstandings surrounding human sexuality, providing an enlightening, fascinating and challenging book that covers the fifty areas the author's believe individuals must understand to have a safe, pleasurable and healthy sex life. Dispels/Explores commonly accepted myths and misunderstandings surrounding human sexuality Includes comparisons to other countries and cultures exploring different beliefs and how societies can influence perceptions Areas discussed include: pre-marital sex, masturbation, sexual diseases, fantasy, pornography, relationships, contraception, and emotions such as jealousy, body image insecurity, passionate love and sexual aggression Covers both heterosexual and same-sex relationships

Healthy Sexuality - Rj Health Consultants Staff 2013-08-21

Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy - Richard Blonna 2011-05

In Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy, Richard Blonna provides professional life coaches

with the skills they need to effectively apply acceptance and commitment therapy (ACT) principles to their coaching practices, helping clients to get "unstuck" from the mental barriers that hold them back, stay motivated, and achieve goals aligned with their personal values.

Study Guide for Blonna/Levitan's Healthy Sexuality - Blonna/Levitan 2004-08

An excellent aid to students' understanding of the text! It contains learning objectives, key terms, chapter review questions, and practice tests for each chapter.

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Gender Mainstreaming in HIV/AIDS - 2002

Women, especially young women, have increasing infection rates from HIV/AIDS and the death rate among women is now almost as high as men.

Exploring the Dimensions of Human Sexuality - Jerrold S. Greenberg 2007

Exploring The Dimensions Of Human Sexuality, Third Edition, Has Been Extensively Updated To Include Information And Statistics About Recent Developments. This Text Continues To Encourage Students To Explore The Varied Dimensions Of Sexuality And To See How Each Affects Their Personal Sexuality, Sexual Health, And Sexual Responsibility. All Aspects Of Sexuality--Biological, Spiritual, Psychological, And Sociocultural--Are

Presented Factually And Impartially.

Stress Less, Live More - Richard Blonna 2010

In Stress Less, Live More, a health education specialist presents a

comprehensive, effective plan for stress reduction that incorporates acceptance and commitment therapy (ACT) and classic relaxation strategies.

Healthy Sexuality By Blonna:

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