

360 wellness clinic peterborough

360 Wellness Clinic Peterborough: Your Holistic Health Journey Starts Here

Feeling overwhelmed, stressed, or just not quite yourself? Are you searching for a holistic approach to wellness in Peterborough? Then you've come to the right place! This comprehensive guide dives deep into the 360 Wellness Clinic in Peterborough, exploring what makes it unique, the services offered, and why it could be the perfect fit for your health journey. We'll cover everything from their philosophy to client testimonials, so you can make an informed decision about your wellbeing. Get ready to discover how 360 Wellness Clinic can help you achieve optimal health and a vibrant life.

Understanding the 360 Approach to Wellness

The 360 Wellness Clinic in Peterborough isn't your average medical clinic. They understand that true wellness encompasses far more than just the absence of disease. Their holistic approach takes into account the interconnectedness of your physical, mental, and emotional health. They believe that achieving optimal wellbeing requires addressing all aspects of your life, creating a truly integrated and personalized plan for each client. This 360-degree perspective sets them apart, providing a comprehensive and supportive environment for lasting change.

A Wide Range of Services Tailored to You

What sets the 360 Wellness Clinic apart is their wide array of services, all designed to cater to diverse needs. They don't offer a one-size-fits-all approach. Instead, they work collaboratively with each client to create a personalized wellness plan. Here's a glimpse into some of the key services they offer:

1. Nutritional Therapy: Forget fad diets! Their registered nutritional therapists work with you to understand your dietary needs and preferences, helping you create a sustainable and enjoyable eating plan that supports your overall health goals. Whether you're aiming for weight loss, improved energy levels, or managing a specific health condition, they'll guide you every step of the way.

2. Counseling & Psychotherapy: Mental and emotional wellbeing are crucial components of holistic health. The clinic offers a range of counseling and psychotherapy services to help you navigate life's challenges, build resilience, and develop coping mechanisms for stress and anxiety. They provide a safe and supportive space for self-discovery and growth.

3. Physiotherapy and Rehabilitation: Dealing with physical pain or recovering from an injury? The 360 Wellness Clinic offers expert physiotherapy and rehabilitation services. Their experienced physiotherapists develop personalized treatment plans to help you regain mobility, reduce pain, and improve your overall physical function.

4. Massage Therapy: Relaxation and stress reduction are vital for overall health. The clinic offers various massage therapies, including Swedish massage, deep tissue massage, and sports massage, to help you unwind, relieve muscle tension, and improve circulation.

5. Acupuncture and Traditional Chinese Medicine: For a more holistic approach to pain management and overall wellness, the clinic also integrates acupuncture and traditional Chinese medicine practices. This complements other therapies, addressing imbalances in the body's energy flow.

Client Testimonials: Real People, Real Results

Don't just take our word for it. The 360 Wellness Clinic boasts numerous positive testimonials from satisfied clients who have experienced significant improvements in their health and wellbeing. Many share stories of overcoming chronic pain, reducing stress levels, and achieving lasting lifestyle changes. These testimonials highlight the clinic's commitment to providing personalized care and achieving tangible results. You can often find these testimonials on their website or social media pages.

The Convenient Location and Accessibility of 360 Wellness Clinic Peterborough

Located in the heart of Peterborough, the clinic offers easy accessibility for residents across the city. Convenient parking and public transportation options make it easy to reach, regardless of your location. The clinic's welcoming atmosphere and friendly staff create a comfortable and supportive environment, ensuring you feel at ease throughout your health journey.

Booking Your Appointment at 360 Wellness Clinic Peterborough

Ready to embark on your wellness journey? Booking an appointment at the 360 Wellness Clinic is straightforward. You can typically do so through their website, by phone, or even in person. They offer a variety of appointment times to accommodate your busy schedule. Don't hesitate to contact them to discuss your needs and find the best fit for your wellness plan.

Conclusion

The 360 Wellness Clinic Peterborough is more than just a clinic; it's a holistic health center dedicated to empowering you to achieve your optimal wellbeing. With its comprehensive range of services, personalized approach, and commitment to client care, it's a leading provider of holistic wellness in the Peterborough area. If you're seeking a transformative approach to your health, take the first step and contact the 360 Wellness Clinic today.

FAQs

1. Does the 360 Wellness Clinic accept insurance? You should contact the clinic directly to inquire about their insurance policies. Many clinics work with various providers, but it's essential to verify your coverage.
1. What are the clinic's hours of operation? The clinic's hours are usually detailed on their website or can be obtained by calling them directly. Check their contact information for the most up-to-date details.
1. Do I need a referral to see a specialist at the clinic? Referral requirements vary depending on the

specific service. It's best to contact the clinic directly to clarify any referral needs for your desired treatment.

1. What payment methods does the clinic accept? Most clinics accept various payment methods, including credit cards and possibly debit cards. Contact the clinic for their accepted payment options.
1. What if I have a specific health concern not listed on their website? It's always best to contact the clinic directly to discuss your specific health concern. They can assess your needs and advise whether their services are suitable or recommend alternative options.

360 wellness clinic peterborough: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

360 wellness clinic peterborough: *The Tweakments Guide* Alice Hart-Davis, 2019-02-19 The first comprehensive guide to the fast-growing field of non-surgical cosmetic treatments. Alice Hart-Davis is a multiple award-winning journalist, widely considered by doctors to be the UK's leading non-medical expert in this field. She has tried these tweakments herself and provides clear unbiased information on how tweakments work.

360 wellness clinic peterborough: *Neurostructural Integration Technique* Michael J. Nixon-Livy, 1996

360 wellness clinic peterborough: *Membership Directory* , 1999

360 wellness clinic peterborough: *Biodiversity and Health in the Face of Climate Change* Melissa R. Marselle, Jutta Stadler, Horst Korn, Katherine N. Irvine, Aletta Bonn, 2019-06-11 This open access book identifies and discusses biodiversity's contribution to physical, mental and spiritual health and wellbeing. Furthermore, the book identifies the implications of this relationship

for nature conservation, public health, landscape architecture and urban planning – and considers the opportunities of nature-based solutions for climate change adaptation. This transdisciplinary book will attract a wide audience interested in biodiversity, ecology, resource management, public health, psychology, urban planning, and landscape architecture. The emphasis is on multiple human health benefits from biodiversity – in particular with respect to the increasing challenge of climate change. This makes the book unique to other books that focus either on biodiversity and physical health or natural environments and mental wellbeing. The book is written as a definitive ‘go-to’ book for those who are new to the field of biodiversity and health.

360 wellness clinic peterborough: *Stacking the Deck* Bruce Curtis, Harry Smaller, D. W. Livingstone, 1992-01-01 Introduction Chapter One So Many People: Ways of Seeing Class Differences in Schooling Chapter Two The Origins of Educational Inequality in Ontario Chapter Three Streaming in the Elementary School Chapter Four Streaming in the Secondary School Chapter Five Unstacking the Deck: A New Deal for Our Schools Abstract Bibliography

360 wellness clinic peterborough: High Quality Care for All Secretary of State for Health, 2008 This review incorporates the views and visions of 2,000 clinicians and other health and social care professionals from every NHS region in England, and has been developed in discussion with patients, carers and the general public. The changes proposed are locally-led, patient-centred and clinically driven. Chapter 2 identifies the challenges facing the NHS in the 21st century: ever higher expectations; demand driven by demographics as people live longer; health in an age of information and connectivity; the changing nature of disease; advances in treatment; a changing health workplace. Chapter 3 outlines the proposals to deliver high quality care for patients and the public, with an emphasis on helping people to stay healthy, empowering patients, providing the most effective treatments, and keeping patients as safe as possible in healthcare environments. The importance of quality in all aspects of the NHS is reinforced in chapter 4, and must be understood from the perspective of the patient's safety, experience in care received and the effectiveness of that care. Best practice will be widely promoted, with a central role for the National Institute for Health and Clinical Excellence (NICE) in expanding national standards. This will bring clarity to the high standards expected and quality performance will be measured and published. The review outlines the need to put frontline staff in control of this drive for quality (chapter 5), with greater freedom to use their expertise and skill and decision-making to find innovative ways to improve care for patients. Clinical and managerial leadership skills at the local level need further development, and all levels of staff will receive support through education and training (chapter 6). The review recommends the introduction of an NHS Constitution (chapter 7). The final chapter sets out the means of implementation.

360 wellness clinic peterborough: *Headquarters USA* Omnigraphics, 2007-10

360 wellness clinic peterborough: Human Resource Management John Bratton, Jeff Gold, Andrew Bratton, Laura Steele, 2021-12-30 Authoritatively and expertly written, the new seventh edition of Bratton and Gold's Human Resource Management builds upon the enduring strengths of this renowned book. Thoroughly updated, topical and accessible, this textbook explores the theory and practice of human resource management and will encourage your students to reflect critically on the realities of the ever-changing world of work. The new edition truly captures the zeitgeist of contemporary human resource management. With coverage of the Covid-19 pandemic in relation to business ethics, physical and mental wellbeing, inequality and the rise of the gig-economy and precarious work, students will feel connected to the complex issues that face workers, organisations and wider society. This edition also includes expanded coverage on the ever-palpable effects of globalization and technological change and explores the importance of sustainable practice. Students will gain critical insight into the realities of contemporary HRM, engaging with the various debates and tensions inherent in the employment relationship and understanding the myriad of different theories underpinning human resource management. New to this edition: - New 'Ethical Insight' boxes explore areas of current ethical concern in trends and practice - New 'Digital Spotlight' boxes explore innovations in technology, analytics and AI and the impact on workers and

organisations - Topical coverage on job design and the rise of the gig economy and precarious work - A critical discussion of the core themes and debates around human resource management in the post-Covid-19 era, including mental health and wellbeing. - A rich companion website packed with extra resources, including video interviews with HR professionals, work-related films, bonus case studies, links to employment law, and vocab checklists for ESL students make this an ideal text for online or blended learning.

360 wellness clinic peterborough: *Contemporary Perspectives on Ageism* Liat Ayalon, Clemens Tesch-Römer, 2018-05-22 This open access book provides a comprehensive perspective on the concept of ageism, its origins, the manifestation and consequences of ageism, as well as ways to respond to and research ageism. The book represents a collaborative effort of researchers from over 20 countries and a variety of disciplines, including, psychology, sociology, gerontology, geriatrics, pharmacology, law, geography, design, engineering, policy and media studies. The contributors have collaborated to produce a truly stimulating and educating book on ageism which brings a clear overview of the state of the art in the field. The book serves as a catalyst to generate research, policy and public interest in the field of ageism and to reconstruct the image of old age and will be of interest to researchers and students in gerontology and geriatrics.

360 wellness clinic peterborough: Sports Massage Susan Findlay, 2010-03-23 On the field, post-event, or in the clinic, Sports Massage is the essential resource for developing and perfecting your sports massage technique! Sports Massage provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough instructions and over 130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for your client. This practical guide explains the foundations of sports massage as a profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program). Sports Massage emphasizes proper therapist mechanics, including working posture, proper table height, and effective client positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special "Client Talk" boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo gallery index provides quick reference for checking techniques and their application. Organized for quick reference, Sports Massage explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions. In addition, discussion of equipment, hygiene, and safety considerations will help you be prepared for each therapy session. A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. Sports Massage also discusses considerations in administering the technique to special populations, including individuals with spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events. Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. Sport Massage provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with sensitivity. With its emphasis on correct body mechanics and effective client positioning, Sports Massage will help you improve your technique, reduce strain as you work, and provide a better quality of touch.

360 wellness clinic peterborough: *Gut and Psychology Syndrome* Dr. Natasha

Campbell-McBride, M.D., 2018-11-29 Dr. Natasha Campbell-McBride set up The Cambridge Nutrition Clinic in 1998. As a parent of a child diagnosed with learning disabilities, she is acutely aware of the difficulties facing other parents like her, and she has devoted much of her time to helping these families. She realized that nutrition played a critical role in helping children and adults to overcome their disabilities, and has pioneered the use of probiotics in this field. Her willingness to share her knowledge has resulted in her contributing to many publications, as well as presenting at numerous seminars and conferences on the subjects of learning disabilities and digestive disorders. Her book Gut and Psychology Syndrome captures her experience and knowledge, incorporating her most recent work. She believes that the link between learning disabilities, the food and drink that we take, and the condition of our digestive system is absolute, and the results of her work have supported her position on this subject. In her clinic, parents discuss all aspects of their child's condition, confident in the knowledge that they are not only talking to a professional but to a parent who has lived their experience. Her deep understanding of the challenges they face puts her advice in a class of its own.

360 wellness clinic peterborough: Biodiversity and Health Serge Morand, Claire Lajaunie, 2017-11-27 There is a gap between the ecology of health and the concepts supported by international initiatives such as EcoHealth, One Health or Planetary Health; a gap which this book aims to fill. Global change is accelerated by problems of growing population, industrialization and geopolitics, and the world's biodiversity is suffering as a result, which impacts both humans and animals. However, Biodiversity and Health offers the unique opportunity to demonstrate how ecological, environmental, medical and social sciences can contribute to the improvement of human health and wellbeing through the conservation of biodiversity and the services it brings to societies. This book gives an expansive and integrated overview of the scientific disciplines that contribute to the connection between health and biodiversity, from the evolutionary ecology of infectious and non-infectious diseases to ethics, law and politics. - Presents the first book to give a broad and integrated overview of the scientific disciplines that contribute to health - From evolutionary ecology, to laws and policies, this book explores the links between health and biodiversity - Demonstrates how ecological sciences, environmental sciences, medical sciences, and social sciences may contribute to improve human health

360 wellness clinic peterborough: The Easy Way to Stop Smoking Allen Carr, 2004 The author offers a step-by-step approach to stop smoking without the use of nicotine substitutes.

360 wellness clinic peterborough: Saunders Comprehensive Review for NCLEX-RN Linda Anne Silvestri, 1999 An easy-to-read text focusing on all areas of nursing to aid in successful preparation for the NCLEX-RN. A unique feature of this book is the test-taking strategies included in each chapter. Additionally, students will find content review, practice tests at the end of each chapter with answers and rationales for right and wrong answers and a free CD-ROM that includes the 2,700 practice questions from the text plus 600 additional practice questions.

360 wellness clinic peterborough: An Illustrated History of Health and Fitness, from Pre-History to our Post-Modern World Roy J. Shephard, 2014-11-27 This book examines the health/fitness interaction in an historical context. Beginning in primitive hunter-gatherer communities, where survival required adequate physical activity, it goes on to consider changes in health and physical activity at subsequent stages in the evolution of "civilization." It focuses on the health impacts of a growing understanding of medicine and physiology, and the emergence of a middle-class with the time and money to choose between active and passive leisure pursuits. The book reflects on urbanization and industrialization in relation to the need for public health measures, and the ever-diminishing physical demands of the work-place. It then evaluates the attitudes of prelates, politicians, philosophers and teachers at each stage of the process. Finally, the book explores professional and governmental initiatives to increase public involvement in active leisure through various school, worksite, recreational and sports programmes.

360 wellness clinic peterborough: Social Psychology in Action Kai Sassenberg, Michael L.W. Vliek, 2019-07-01 This timely and applied textbook brings together leading scientists to

illustrate how key theories and concepts in social psychology help to predict and explain behavior, and can be successfully applied to benefit social and practical problems. It focuses on robust theories and models known for their successful applications and covers a diverse range of settings—spanning classroom interventions, health behavior, financial decision making, climate change and much more. Each chapter comprises of a theoretical section to define the key concepts and summarize the theory, providing evidence for its reliability and limitations from basic research, as well as an application section that summarizes research in an applied context and provides details about a particular study including the respective application setting. The textbook expertly shows how theory can make meaningful predictions for real world contexts, and isn't afraid to explain the potential hurdles and pitfalls when applying a theory and its underlying set of concepts in a certain context. Crucially, this format moves towards theory testing in applied contexts, enabling a closer examination of why and under what circumstances interventions may be successful in obtaining a desired behavioral or psychological end-state. Among the topics explored: Mindset theory of action phases and if-then planning Quality of motivation in self-determination theory The focus theory of normative conduct Social identity theory and intergroup contact theory Intergroup forgiveness Social Psychology in Action is a critical resource for advanced undergraduate and graduate students in social and cultural psychology, as well as students of behavioral economics seeking to develop a deeper understanding of major theories and applications of the fields. Practitioners working in the areas of organizational behavior and management, health communication, social work, and educational science and pedagogy will also find the volume pertinent to their work.

360 wellness clinic peterborough: The Overactive Pelvic Floor Anna Padoa, Talli Y. Rosenbaum, 2015-12-01 This textbook provides a comprehensive, state-of-the art review of the Overactive Pelvic Floor (OPF) that provides clinical tools for medical and mental health practitioners alike. Written by experts in the field, this text offers tools for recognition, assessment, treatment and interdisciplinary referral for patients with OPF and OPF related conditions. The text reviews the definition, etiology and pathophysiology of non-relaxing pelvic floor muscle tone as well as discusses sexual function and past sexual experience in relation to the pelvic floor. Specific pelvic floor dysfunctions associated with pelvic floor overactivity in both men and women are reviewed in detail. Individual chapters are devoted to female genital pain and vulvodynia, female bladder pain and interstitial cystitis, male chronic pelvic and genital pain, sexual dysfunction related to pelvic pain in both men and women, musculoskeletal aspects of pelvic floor overactivity, LUTS and voiding dysfunction, and anorectal disorders. Assessment of the pelvic floor is addressed in distinct chapters describing subjective and objective assessment tools. State of the art testing measures including electromyographic and video-urodynamic analysis, ultrasound and magnetic resonance imaging are introduced. The final chapters are devoted to medical, psychosocial, and physical therapy treatment interventions with an emphasis on interdisciplinary management The Overactive Pelvic Floor serves physicians in the fields of urology, urogynecology and gastroenterology as well as psychotherapists, sex therapists and physical therapists.

360 wellness clinic peterborough: *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins, 2017-11-17 Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments. This deepened understanding of the nature of psychological disorders, their causes, and their symptoms has led to the development of new, comprehensive treatment programs that are effective for whole classes of disorders. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders is one such program. Designed for individuals suffering from emotional disorders, including panic disorder, social anxiety disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive compulsive disorder, and depression, this program focuses on helping you to better understand your emotions and identify what you're doing in your responses to them that may be making things worse. Throughout the course of treatment you will learn different strategies and

techniques for managing your emotional experiences and the symptoms of your disorder. You will learn how to monitor your feelings, thoughts, and behaviors; confront uncomfortable emotions; and learn more effective ways of coping with your experiences. By proactively practicing the skills presented in this book-and completing the exercises, homework assignments and self-assessment quizzes provided in each chapter, you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life.

360 wellness clinic peterborough: Consumer Action Handbook, 2010 Edition U.S.

Services Administration, 2010 Use this guide to get help with consumer purchases, problems and complaints. Find consumer contacts at hundreds of companies and trade associations; local, state, and federal government agencies; national consumer organizations; and more.

360 wellness clinic peterborough: Quantum-Touch Richard Gordon, 2011-03-22

Quantum-Touch is the touch-based healing technique that uses the chi of both practitioner and client, bringing them into harmony to allow the body to heal itself. Quantum-Touch differs from other healing techniques because it does not require long years of study and presents none of the common hurdles of understanding or application; anyone can learn to use it to become a healer, both of others and of self. In this new edition of his best-selling guide, Richard Gordon leads the reader step by step, clearly explaining how to use breathing and body-focusing techniques to raise one's energy levels. Once that is achieved, the healer can correct posture and alignment, reduce pain and inflammation, help balance emotional distress, and even heal pets. Above all, Quantum-Touch can be used in tandem with all other healing modalities, including Western medicine, and its efficacy has been attested to by physicians, acupuncturists, chiropractors, and other healing professionals.

360 wellness clinic peterborough: Homelessness, Housing, and Harm Reduction Deborah

Kraus, Michael Goldberg, Canada Mortgage and Housing Corporation, Luba Serge, 2006 The purpose of this study was to investigate the effectiveness of innovative housing programs for persons who are homeless or at risk of homelessness and who use substances (e.g. drugs, alcohol or other substances). The research specifically examined which housing interventions and factors that incorporate a harm reduction approach best help this population access and maintain stable housing. Three research questions were addressed: 1. How effective are innovative or alternative residential housing programs for homeless people with substance use issues, especially those that incorporate high-tolerance or harm reduction into a supported living environment? 2. To what degree is secure and stable housing crucial to successful substance use treatment models? 3. Do harm reduction strategies, as part of supportive housing, enhance the stability and longevity of housing tenure for homeless people with substance use issues?

360 wellness clinic peterborough: Valences of Interdisciplinarity Raphael Foshay, 2011 The

modern university can trace its roots to Kant's call for enlightened self-determination, with education aiming to produce an informed and responsible body of citizens. As the university evolved, specialized areas of investigation emerged, enabling ever more precise research and increasingly nuanced arguments. In recent decades, however, challenges to the hegemony of disciplines have arisen, partly in response to a perceived need for the university to focus greater energy on its public vocation--teaching and the dissemination of knowledge. Valences of Interdisciplinarity presents essays by an international array of scholars committed to enhancing our understanding of the theoretical underpinnings and the practical realities of interdisciplinary teaching and research. What is, and what should be, motivating our reflections on (and practice of) approaches that transcend the conventional boundaries of discipline? And in adopting such transdisciplinary approaches, how do we safeguard critical methods and academic rigour? Reflecting on the obstacles they have encountered both as thinkers and as educators, the authors map out innovative new directions for the interdisciplinary project. Together, the essays promise to set the standards of the debate about interdisciplinarity for years to come.

360 wellness clinic peterborough: Native Americans on Film M. Elise Marubbio, Eric L.

Buffalohead, 2013-01-01 Looks at the movies of Native American filmmakers and explores how they

have used their works to leave behind the stereotypical Native American characters of old.

360 wellness clinic peterborough: Understanding Sociology in Nursing Helen Allan, Michael Traynor, Daniel Kelly, Pam Smith, 2016-03-10 Provides students with insights into key contemporary debates and events to demonstrate the relevance of sociology and its practical application to modern nursing. This textbook helps student nurses make the leap from a narrow focus on the physical problems of their patients to a broader understanding of the whole person and the contexts of care which will help them succeed as compassionate nurses. Written directly for nurses, it focuses on the individuals and families in their care, the organisations they work in, and the factors which affect their practice. Key features include: Case studies and scenarios to help students relate sociology to real-life examples Reflection points to help students critically engage with the discussion Learning outcomes and chapter summaries for revision Definitions of key terms in each chapter

360 wellness clinic peterborough: Spark Your Inner Truth Vanessa Sieger, 2021-09-30 When was the last time you had a true, pure, conversation with yourself about what has created the person that you are today? Spark Your Inner Truth is a Guided Journal filled with 150+ thought provoking questions and challenges that focus on self exploration, gratitude, manifestation, inner child work and more. Situations and events throughout our lives shape our internal programming and we rarely have a chance to reflect on what we grow through. There is no right or wrong way to complete this journal. The journey is yours, you can scratch out your answers or you can rip, burn and destroy what you have written - page by page or the whole book.

360 wellness clinic peterborough: Anarchist Pedagogies Robert H. Haworth, 2012-08-01 Education is a challenging subject for anarchists. Many are critical about working within a state-run education system that is embedded in hierarchical, standardized, and authoritarian structures. Numerous individuals and collectives envision the creation of counterpublics or alternative educational sites as possible forms of resistance, while other anarchists see themselves as “saboteurs” within the public arena—believing that there is a need to contest dominant forms of power and educational practices from multiple fronts. Of course, if anarchists agree that there are no blueprints for education, the question remains, in what dynamic and creative ways can we construct nonhierarchical, anti-authoritarian, mutual, and voluntary educational spaces? Contributors to this edited volume engage readers in important and challenging issues in the area of anarchism and education. From Francisco Ferrer’s modern schools in Spain and the Work People’s College in the United States, to contemporary actions in developing “free skools” in the U.K. and Canada, to direct-action education such as learning to work as a “street medic” in the protests against neoliberalism, the contributors illustrate the importance of developing complex connections between educational theories and collective actions. Anarchists, activists, and critical educators should take these educational experiences seriously as they offer invaluable examples for potential teaching and learning environments outside of authoritarian and capitalist structures. Major themes in the volume include: learning from historical anarchist experiments in education, ways that contemporary anarchists create dynamic and situated learning spaces, and finally, critically reflecting on theoretical frameworks and educational practices. Contributors include: David Gabbard, Jeffery Shantz, Isabelle Fremeaux & John Jordan, Abraham P. DeLeon, Elsa Noterman, Andre Pusey, Matthew Weinstein, Alex Khasnabish, and many others.

360 wellness clinic peterborough: Food Is Not the Problem: Deal with What Is! Michelle Morand M.A., Michelle Morand, 2007-03 Do you use food to cope? Are you ready to have a free and easy relationship with food and with yourself? This book will show you how.

360 wellness clinic peterborough: Transforming Nursing Through Knowledge Doris Grinspun, Irmajean Bajnok, 2018 From conceptual and programmatic underpinnings to lived experiences of faculty, students, nurse executives, and bedside nurses, Transforming Nursing Through Knowledge allows readers to gain a full understanding of a nurse's role in developing, using, and evaluating the impact of knowledge tools in healthcare.

360 wellness clinic peterborough: After the Flight Shiva Nourpanah, Morgan Poteet,

2016-06-22 Knowledge of the integration process for refugees is often subsumed under the broader category of “immigrants”. This book focuses on this process for refugees, including the structural and systemic challenges they face as they integrate in their new host societies, and how they respond to such challenges. The book provides a critical analysis of Canada’s approach to integrating refugees with additional chapters focused on refugee integration in Australia, Northern Ireland, and the United States. This collection of work critically addresses a range of topics and employs a variety of qualitative approaches to gain a better understanding of the lived experience of integration for refugees, including the ways in which refugees view integration and the attendant challenges and opportunities encountered during the integration process. Departing from viewing refugees as a “burden” that must be shared by the international community, the contributors to this collection explore the complex dynamics of race, class, gender, ethnicity, age, generation and legal status for refugees in a selection of local contexts of reception. The work begins a dialogue about the long-term dynamics of refugee settlement and integration with implications for the viability of future resettlement programs and practices. How the world responds to the ongoing plight of the growing numbers of displaced people will be a defining feature of the contemporary global order. This collection shifts the discourse about refugees from one of victimhood to one of refugee agency and rights. The book will be of primary interest to academics in the field of refugee and migration studies, to practitioners in the settlement sector, and to those involved in making refugee policies. It will also be useful for those who work in social services and education in countries of the global north that receive refugees and refugee claimants, and anyone with an interest in refugee lives.

360 wellness clinic peterborough: Little Eyes, Little Ears Alison J. Cunningham, Linda Lillian Baker, 2007 Coping and survival strategies of young people; Roles children may assume; Services; Supporting women as parents; How to help; The need for differential response; Responding to child disclosures; Barriers to child disclosure; Reporting child maltreatment; Taking care of yourself ; How can I make a difference?; Where to get more information; References cited.

360 wellness clinic peterborough: Chickenpox and Shingles Alvin Silverstein, Virginia B. Silverstein, Laura Silverstein Nunn, 1998 The Silversteins detail the highly contagious disease of chicken pox, which is mainly a disease in children. It also discusses shingles and its relationship with the chicken pox virus. The book outlines the symptoms, treatment, prevention, and future areas of research for the diseases. Real life stories are mixed in throughout the book.

360 wellness clinic peterborough: *Your Child's Best Shot* Dorothy L. Moore, 2014-12

360 wellness clinic peterborough: *AMETHYST COUNTRY* Mary Lennon, 2022-06-28
Devastated by the collapse of her marriage, Helen Bradshaw flees London for Achill Island on the West Coast of Ireland hoping that her new job researching painter, Grace Henry, will offer her an escape. Achill is wild and beautiful, but island life poses many challenges, she feels isolated, lonely.

360 wellness clinic peterborough: Old Age Psychiatry Bart Sheehan, Salman Karim, Alistair Burns, 2009-01-29 Psychiatric disorders like dementia and depression are very common among older people. Written by experts in clinical practice, this handbook provides an easy to use and comprehensive account of what is known about these conditions, how clinicians can respond to given situations, and how services can be best organised.

360 wellness clinic peterborough: A Research Agenda for DSM-V David J. Kupfer, Michael B. First, Darrel A. Regier, 2002 Produced as a partnership between the American Psychiatric Association and the National Institute of Mental Health, the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse, this thought-provoking collection of white papers: Examines nomenclature issues. Reviews genetic, brain imaging, postmortem, and animal model research and includes strategic insights for a new research agenda Outlines recent progress in developmental neuroscience, genetics, psychology, psychopathology, and epidemiology, focusing on the turbulent first two decades of life. Suggests a research agenda for personality disorders that uses a dimensional rather than the current categorical approach to diagnosis. Proposes a research agenda to evaluate the clinical utility and validity of adding relational disorders to DSM-IV. Reevaluates the relationship between mental disorders and disability, proposing that diagnosis and

disability be uncoupled. Examines the importance of culture in psychopathology and the main cultural variables at play in the diagnostic process.

360 wellness clinic peterborough: *The Housing Enabler* Susanne Iwarsson, Björn Slaug, 2001

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