

Chiara Valenti and Alessandro Antonietti

ENHANCING THE HUMAN POTENTIAL Psychological Interventions in Different Settings

Preface

PART I: MENTAL VISUALISATION

1. Processing Visual Images to Solve Problems

- 1.1. Why Can Mental Visualisation Enhance Problem Solving?
- 1.2. Mental Imagery in Problem Solving
- 1.3. Are People Aware of the Usefulness of Visualisation? 1.4. Cognitive and Metacognitive Aspects of Mental Visualisation in Problem Solving

2. Mental Visualisation in Sport Training

- 2.1. Motor Imagery Training in Sport 2.2. Motor Imagery in Basketball
- 2.3. Perspectives of Mental Visualisation in Sport

3. Mental Visualisation in Rehabilitation

- 3.1. The Verbaliser-Visualiser Cognitive Style3.2. The Influence of the Verbaliser-Visualiser Style in Patients with Cognitive Deficits3.3. Associations Between the Visual vs. Verbal Cognitive Styles and Sites of Lesions in Patients with Brain Injuries
- 3.4. The Influence of Rehabilitation on the Verbaliser-Visualiser Style in Brain-Lesioned Patients
- 3.5. Relevance of Cognitive Styles in Neuropsychology

PART II: MUSIC

- 4. Music in Motor Learning
 - 4.1. Embodiment and Rehabilitation
 - 4.2. Motor Learning, Music, and Rehabilitation
 - 4.3. The Role of Observation and Music in Motor Learning

5. Music in Rehabilitation

- 5.1. Music and Rehabilitation
- 5.2. Music as a Multimodal Tool
- 5.3. Music in Post-Stroke Rehabilitation 5.4. The Benefits of Rehabilitation

PART III: REFLECTION

- 6. A Reflective Approach to Creativity
 - 6.1. Enhancing the Creative Potential in Children
 - 6.2. A Training Program
 - 6.3. Efficient Approaches to the Enhancement of Creativity

7. Reflection in Emergency Medicine

- 7.1. Are People Good Decision-Makers?
- 7.2. Two Systems of Cognitive Functioning
- 7.3. The Importance of Heuristics
- 7.4. Doctors' Decisions and Heuristics
- 7.5. How Can Doctors Manage the Three systems?

PART IV: TECHNOLOGICAL ARTIFACTS

- Self-regulation in Multimedia Learning 8.1. The Influence of Metacognition and Cognitive Styles in Multimedia Learning
 - 8.2. Cognitive Styles, Metacognition, and Multimedia Presentations
 - 8.3. Multimedia Learning in an Ecological Setting
 - 8.4. How Can Students Learn from Multimedia Tools?

9. Virtual Reality in Technical Training

- 9.1. Multimedia Tools and Education
- 9.2. The Best Way to Train Naive Students
- 9.3. The Efficacy of Virtual Lathe for Future Engineers9.4. What We Have Learned About the Integration of Virtual Reality and Hypermedia Tools

10. Multimedia Tools for ADHD Patients

- 10.1. Why Using Hypermedia Tools with ADHD?
- 10.2. Comparing Students with Cognitive Impairments
- 10.3. The Benefits of Hypermedia Learning for ADHD Students

References