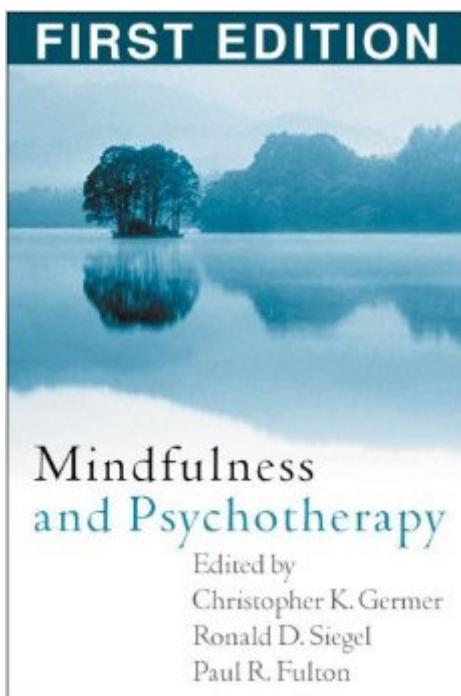


The book was found

# Mindfulness And Psychotherapy



## **Synopsis**

Responding to growing interest among psychotherapists of all theoretical orientations, this practical book provides a comprehensive introduction to mindfulness and its clinical applications. The authors, who have been practicing both mindfulness and psychotherapy for decades, present a range of clear-cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression, anxiety, chronic pain, and other problems. Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. The book reviews the philosophical underpinnings of mindfulness and presents compelling empirical findings. User-friendly features include illustrative case examples, practice exercises, and resource listings.

## **Book Information**

Hardcover: 333 pages

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Average Customer Review: 4.3 out of 5 starsÂ  [See all reviewsÂ \(15 customer reviews\)](#)

Best Sellers Rank: #531,739 in Books (See Top 100 in Books) #106 inÂ Books > Textbooks > Humanities > Religious Studies > Buddhism #226 inÂ Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric #303 inÂ Books > Medical Books > Nursing > Psychiatry & Mental Health

## **Customer Reviews**

I discovered this fantastic book, quite by accident. I was perusing online psych education resources for a challenging, advanced level course, for contact hours. I was delighted to see a course offering with this book as the reference guide. Not only was this the best course I have taken in recent years, it was also one of the most challenging. I have been a student of Buddhist philosophy, mindfulness practice, and yoga, for many years, but I have not carried it into my psychiatric workplace, which is dominated by a medical model. I was very interested in learning more about the potential clinical applications, but mostly, I wanted to advance my own mindfulness practice to assist in dealing with difficult patients; to stay completely in the moment during counseling, and assistive

sessions. The emotionally fragile can perceive a moment of drift, or lack of genuine connection, which is often difficult to avoid. I also needed to learn when to step back, and take a little meditative break, in order to return refreshed, attentive, and truly empathetic to my patient's needs. I learned ALL this and more with this course. But, it will take continued practice throughout the remainder of my career. In 'Mindfulness and Psychotherapy,' you will learn to distinguish mindfulness traditions from Western psychotherapy and how the blending of the traditions enhances therapeutic relationships. Various disorders are explored, with exercises for establishing interventions and goals. You will have a review of the historical roots of Western psychotherapy and might be surprised to find that, although only recently reaching growing popularity, mindfulness has always been an element of the developing history of psychotherapy, although it may have been explored in different manners.

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