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Titolo	Mindfulness for therapists : understanding mindfulness for professional effectiveness and personal well-being // Gerhard Zarbock [and three others]
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ISBN	1-118-76043-3 1-118-76041-7 1-118-76038-7 1-118-76039-5
Descrizione fisica	1 online resource (198 p.)
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Soggetti	Psychotherapists - Mental health Meditation - Therapeutic use Awareness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: Welcome -- Mindfulness -- Week 1: Introduction to Mindfulness -- Week 2: The five elements of mindfulness -- Week 3: Integrating mindfulness into every day life -- Week 4: Mindfulness as a way of life -- Week 5: Mindfulness as a home base for therapists -- Week 6: Mindfulness of the body -- Week 7: Integrating mindfulness into therapeutic practice -- Week 8: Review and next steps -- Week 9: Your Oasis -- Extending your practice -- Exercises in everyday personal and professional lives -- Mindfulness exercises for the helping role -- Mindful moments with your clients -- Short Manual for running a group based on the presented material.
Sommario/riassunto	"Presents the first complete mindfulness program designed to improve the personal and professional well-being and effectiveness of therapists themselves"--Provided by publisher.