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Tranquility, and Self-Control; Chapter 9: Open-Focus Meditation: Mindfulness; Chapter 10: No-Focus Meditation: Emptiness and Letting Be: Core Principle 10: Clear Your Mind. Invite the Natural Free Flow of Potential to Emerge
 Chapter 11: Cultivating Happiness through Compassion and Gratitude: Core Principle 11: Nurture Happiness by Practicing Compassion and Gratitude
 Chapter 12: Integrating Meditation into Therapy: Core Principle 12: Integrate Meditation into Most Forms of Therapy as an Adjunct or Stand-alone Method; Chapter 13: Meditations for Stress: Core Principle 13: Meditation Alters the Physical, Emotional, and Cognitive Components of Stress. Practice It to Calm, Manage, and Relieve Stress
 Chapter 14: Meditative Regulation of Emotions: Core Principle 14: The Paradox of Meditative Regulation Is That You Gain Control by Letting Go
 Chapter 15: Meditations for Depression: Core Principle 15: Meditation Can Help to Activate a Depressed Nervous System, Transforming Negative Rumination into Broader Awareness and Deeper Compassion; Chapter 16: Meditations for Bipolar Disorder; Chapter 17: Meditations for Anxiety: Core Principle 17: Counter the Negative Anticipation toward the Future Found in Anxiety Disorders. Center the Client in the Present Moment
 Chapter 18: Meditations for Trauma: Core Principle 18: Train the Mind and Brain after Trauma to Elicit Calm, Build Resilience, and Rediscover Well-being

Sommario/riassunto

"Use print, audio, and video to incorporate meditation techniques into clients' psychotherapeutic routines Core Principles of Meditation for Therapy: Improving the Outcome of Psychotherapeutic Treatment provides the multi-modal strategies and tools therapists need to guide their clients' adaptations of meditation into their lives. Complete with text, audio, and video content, this package introduces a variety of meditation routines and explains how, when, and why each technique should be used to reach specific goals. The availability of audio and video, as well as print, allows the therapist to customize each presentation to the client and the presenting problem. Meditation simultaneously engenders both relaxation and alertness, and regular practice can change brain function to permanently improve internal sensing. The three major meditation methods—focus (Yoga meditations and postures), open-focus (Mindfulness), and no-focus (clearing the mind Zen and Taoist flow)—are best suited to different kinds of problems. Core Principles of Meditation for Therapy explains them all, and details the most practical applications of each. This guide matches the meditation type to a therapeutic goal. Shows how to individualize meditation practice for each client Provides neuroscientific and clinical evidence for the efficacy of meditation Guides clients toward new problem-solving skills Consistent with the positive psychology movement, meditative practice puts people on a positive path and offers distinctive techniques to actualize change. This package's multi-sensory approach makes it adaptable to the needs of therapists and clients, supports their initiation, practice, and mastery of meditation for improved mental health. For clinicians seeking to integrate meditation and therapy, Core Principles of Meditation for Therapy is a complete guide to both theory and practice"--
 "Provides clinicians with neuroscientific and clinical evidence supporting the use of meditation to improve client's mental health"--
