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Nota di contenuto	Cover; Title page; Copyright page; Contents; List of Figures; List of Tables; Acknowledgments; Introduction; Part I: Foundations; 1: Mindfulness and Acceptance Approach to Biofeedback; Sam's Fight for Control; Jack's Struggle with the Present Moment; Bethany's Failure; What Are Mindfulness and Acceptance?; Research Findings; The Practical: How Do You Integrate Mindfulness into Your Biofeedback Practice?; Giving up the futile effort of trying to control; Getting unstuck; Changing the intention; Mindful language; Mindfulness practice; Concerns clients may have about mindfulness practices Step-by-step guide for integrating mindfulness into biofeedbackWhat to do about relaxation exercises; Using mindfulness to troubleshoot; Summary; References; 2: General Issues in Biofeedback; Brief Overview; Important Components of Biofeedback Treatment; A Few More Words about Using This Book; References; 3: Biofeedback Equipment; Large-Scale Comprehensive Professional Devices; Smaller Scale Devices; Inexpensive Easily Available Tools; Reference; Part II: Assessment; 4: Initial Evaluation; 5: Psychophysiological Stress Profile; Surface Electromyography Sensor Placement Guidelines Interpreting Results of the Stress AssessmentNorms; References; Stress Assessment Interpretation; 6: Psychophysiological Relaxation Profile; Interpretation of the Relaxation Profile Results; 7: Evidence-Based

Treatment Planning; Psychophysiological Stress Assessment in Treatment Planning; Common Profile Patterns; Empirical Evidence in Treatment Planning; References; Biofeedback Treatment Plan (Template); Part III: Biofeedback modalities; 8: Breathing; Physiology of Breathing; pH level; Physiology of normal breathing; Physiology of overbreathing; Breathing Assessment; Equipment Assessment procedures Breathing Training; References; Breathing Interview Checklist; 9: Heart Rate Variability; Relevant Physiology; Heart Rate Variability; Sources of HRV; Resonance Frequency; Selected Methods of Measurement of HRV; Determining Resonance Frequency (RF) Breathing Rate; Training breathing at resonance frequency; References; 10: Surface Electromyography; Physiology; Muscular Pain: Dysponesis and Muscle Spindle Trigger Points; Dysponesis; Muscle spindle trigger point model of chronic pain; Working with Muscle Tension; Sensor placement; sEMG Assessment Interpreting upper trapezius assessment results Interpreting the muscle recovery assessment; Interpreting the working-at-the-computer assessment; Treatment; More considerations for sEMG training; References; 11: Temperature; Physiology and Mindfulness in Temperature Biofeedback; Relationship between Stress and Peripheral Temperature: Explanation to Clients; Thermal Biofeedback Training; Thermal Biofeedback Protocol; References; 12: Skin Conductance; Physiology and Measurement; Assessment of Skin Conductance; Working with Skin Conductance; Reference; Part IV: Biofeedback application  
13: Anxiety

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Sommario/riassunto

A practical guide to the clinical use of biofeedback, integrating powerful mindfulness techniques. A definitive desk reference for the use of peripheral biofeedback techniques in psychotherapeutic settings, backed by a wealth of clinical research Introduces mindfulness and acceptance techniques and shows how these methods can be incorporated into biofeedback practice Step-by-step instructions provide everything a clinician needs to integrate biofeedback and mindfulness including protocols, exemplar logs for tracking symptoms, and sample scripts for mindfulness exe

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