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Titolo	Mindfulness-based therapy for insomnia // Jason C. Ong
Pubbl/distr/stampa	Washington, DC : , : American Psychological Association, , 2017
ISBN	1-4338-2242-3
Descrizione fisica	1 online resource (xii, 233 pages)
Disciplina	616.8/49820651
Soggetti	Insomnia - Treatment Mindfulness-based cognitive therapy Sleep Initiation and Maintenance Disorders - therapy Mindfulness Cognitive Behavioral Therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	I. Background -- II. Principles and practices of MBTI -- III. MBTI in the laboratory and the real world.
Sommario/riassunto	"Insomnia is a pervasive problem among adults that impairs cognitive abilities and the immune system, and it can intensify other mental and physical disorders. Yet, existing medical, psychological, and alternative treatments have only limited success in treating this persistent disorder. In this clinical guide, Jason Ong introduces mental health practitioners to an innovative, evidence-based form of treatment to treat chronic insomnia: mindfulness-based therapy for insomnia (MBTI). MBTI is an 8-session group intervention that combines mindfulness meditation with principles and strategies derived from cognitive behavioral therapy. Through guided meditations, group discussions, and daily activities performed at home, participants cultivate greater self-awareness and change their unhealthy thoughts and behaviors surrounding sleep to reduce stress, sleeplessness, and other insomnia symptoms long after treatment has ended. As well as teaching mental health professionals how to integrate MBTI into their own practices through detailed session-by-session guidelines, this book helps practitioners evaluate potential participants prior to treatment by assessing any physical and psychological issues that

underlie their insomnia and determining whether MBTI will be appropriate for them. Practitioner competency is also given special focus"--Publicity materials.

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Titolo	Bosnian studies / / Preporod
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Lingua di pubblicazione	Inglese
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Note generali	"Journal for research of Bosnian thought and culture = aspois za istraživanje bosanske misli i kulture." Issued by: Preporod, Bošnja ka zajednica kulture = Renaissance, Cultural Association of Bosniaks.