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Titolo	Mindfulness and Buddhist-Derived Approaches in Mental Health and Addiction // edited by Edo Shonin, William Van Gordon, Mark D. Griffiths
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ISBN	3-319-22255-4
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (429 p.)
Collana	Advances in Mental Health and Addiction, , 2570-3390
Disciplina	150
Soggetti	Health psychology Complementary medicine Social work Psychotherapy Counseling Health Psychology Complementary & Alternative Medicine Social Work Psychotherapy and Counseling
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 at the end of each chapters and index.
Sommario/riassunto	This book provides a timely synthesis and discussion of recent developments in mindfulness research and practice within mental health and addiction domains. The book also discusses other Buddhist-derived interventions – such as loving-kindness meditation and compassion meditation – that are gaining momentum in clinical settings. It will be an essential text for researchers and mental health practitioners wishing to keep up-to-date with developments in mindfulness clinical research, as well as any professionals wishing to equip themselves with the necessary theoretical and practical tools to effectively utilize mindfulness in mental health and addiction settings.

