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Titolo	Mindfulness for everyday living : a guide for mental health practitioners // Patrick R. Steffen, editor
Pubbl/distr/stampa	Cham, Switzerland : , : Springer, , [2020] Â©2020
ISBN	3-030-51618-0
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (IX, 124 p. 8 illus., 6 illus. in color.)
Collana	Mindfulness in behavioral health
Disciplina	158.13
Soggetti	Mindfulness (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Chapter 1. Introduction to Mindfulness -- Chapter 2. Mindfulness and Stress Reduction -- Chapter 3. Mindfulness and Positive Living -- Chapter 4. Mindfulness and Compassion -- Chapter 5. Mindfulness for Pediatric Health Conditions -- Chapter 6. Autism, Emotions, and Mindfulness -- Chapter 7. Mindful Parenting -- Chapter 8. Mindfulness Strategies to Improve Marriage -- Chapter 9. Strengthening Emotional and Physical Intimacy: Creating a Mindful Marriage -- Chapter 10. Mindful Counseling -- Chapter 11. Living Mindfully. .
Sommario/riassunto	This book presents practical approaches for integrating mindfulness principles into daily life. It examines how to incorporate mindfulness principles into interventions across various fields and with different client populations. In addition, the volume describes how to teach clients to integrate mindfulness techniques into daily living – from general stress reduction and compassionate positive living to working with children with medical conditions or autism to mindful parenting and healthy marriages. The book explains key concepts clearly and succinctly and details practical daily approaches and use. Each chapter presents cutting-edge research that is integrated into effective, proven interventions that represent the gold standard of care and are simple and powerful to use, and concludes with recommendations on how each individual can create his or her own personalized mindfulness approach that matches his or her needs and situation. This book is a must have resource for clinicians, therapists, and health professionals

as well as researchers, professors, and graduate students in clinical psychology, psychotherapy/counseling, psychiatry, social work, and developmental psychology.
