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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Acknowledgements -- Introduction -- Context -- A mindfulness model of therapy -- Building an authentic relationship -- Working with resistance -- The paradox of change -- Content -- Worldview and spirituality -- Core themes -- Skills -- Group facilitation -- Eliciting the actual -- Teaching mindfulness to high-risk adolescents -- Conclusion -- Appendix A. Mindfulness and meditation exercises -- Appendix B. Training resources for mental health professionals -- References.
Sommario/riassunto	A Mindfulness-Based Approach to Working With High-Risk Adolescents is an accessible introduction to a new model of therapy that combines the Buddhist concept of mindfulness with modern trends in psychotherapy. Drawing on years of experience working with at-risk adolescents, the chapters explore ways to develop authentic connections with patients: building relationships, working with resistance, and ways to approach change using mindfulness-based techniques. Real-life interactions and illustrations are used to show how a mindfulness-oriented therapist can approach working with adole