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ISBN	1-936128-68-3 1-936128-69-1
Descrizione fisica	1 online resource (220 p.)
Disciplina	616.891425
Soggetti	Mindfulness-based cognitive therapy Electronic books.
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 (pages 213-218).
Nota di contenuto	Introduction -- Tools for integrating mindfulness in practice -- Tools for teaching specific mindfulness skills -- Tools for using mindfulness skills for specific disorders -- Tools for tracking progress.
Sommario/riassunto	"Like no other resource, Mindfulness Skills Workbook combines the latest research and best practices--all in a simple guide to successfully teach mindfulness to your clients. This comprehensive workbook provides the theory behind each tool, a step-by-step process to implement, and expert guidance on processing client results"--Back cover.