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Strengths-Based Perspective Diana Coholic, PhD; Laurentian University; Chapter 7; Doing ACT Briefly: The Practice of Focused Acceptance and Commitment Therapy; Tom Linde, MSW; Private Practice Group Health Cooperative Family Medicine Residency, Seattle, Washington; Kirk Strosahl, PhD; Mountainview Consulting Group Central Washington Family Medicine, Family Medicine Residency, Yakima, Washington; Chapter 8; In Pursuit of Excellence: Developing Competencies for Delivery of Brief Interventions; Patricia J. Robinson, PhD Mountainview Consulting Group, Inc. Zillah, WA Brian Mundy, LCSW; Institute for Community Living New York, NY; Part 3; The Client in Context: Addressing Broader Systems; Chapter 9; Mindfulness and Engaged Buddhism: Implications for a Generalist Macro Social Work Practice; Michael Uebel, PhD, LCSW; Clayton Shorkey, PhD, LCSW; University of Texas at Austin; Chapter 10; Thinking Functionally and Contextually About Cultural Diversity in Mindfulness-Based Treatments; Akihiko Masuda, PhD; Georgia State University; Matthew S. Boone, LCSW; University of Arkansas at Little Rock; Mary L. Hill, MA Georgia State University Rebecca M. Pasillas, PhD; Texas Tech University Health Sciences Center, Paul L. Foster School of Medicine; Chapter 11; Contextual Behavioral Science and Social Work: A Natural and Effective Partnership?; Joanne Steinwachs, LCSW; Private Practice, Denver, Colorado; Matthew S. Boone, LCSW; University of Arkansas at Little Rock

Sommario/riassunto

Both social work and psychology stress the importance of understanding and addressing the contextual forces which contribute to human problems. Now, in Mindfulness and Acceptance in Social Work, a clinical social worker brings together the top voices in social work and mindfulness-based treatments in one volume. The book offers social workers an introduction to evidence-based mindfulness concepts and discusses how they can be applied to their profession. It also includes brief interventions that can bring mindfulness and acceptance into daily practice.