

1. Record Nr.	UNINA9910464994303321
Titolo	Mindfulness-based treatment approaches : clinician's guide to evidence base and applications // edited by Ruth A. Baer
Pubbl/distr/stampa	London, England : , : Academic Press, , 2014 ©2014
ISBN	0-12-391452-3
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (407 p.)
Collana	Practical Resources for the Mental Health Professional
Disciplina	615.8/52
Soggetti	Meditation - Therapeutic use Mindfulness-based cognitive therapy Behavior 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 at the end of each chapters and indexes.
Nota di contenuto	Part I. Introduction -- Part II. Current applications for psychological disorders in adults -- Part III. Applications across the lifespan -- Part IV. Applications with medical populations -- Part V. Applications for work-related stress.
Sommario/riassunto	The second edition of Mindfulness-Based Treatment Approaches discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorder