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Collana	Practical Resources for the Mental Health Professional
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Soggetti	Meditation - Therapeutic use Mindfulness-based cognitive therapy Behavior therapy
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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 disor