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Nota di contenuto	COVER; Contents; About the author; Acknowledgements; Introduction; PART ONE - Mindful therapies; 1. Mindful theory and practice; 2. Mindful therapy: the client,the counsellor, the relationship; 3. Integrating mindful therapy with other approaches; 4. Researching mindful therapies; PART TWO - Practising mindfully across issues; 5. Depression; 6. Stress and anxiety; 7. Addiction; 8. 'Psychotic' experiences; 9. The body: pain, sleep, eating, sex; 10. Relationships; 11. Concluding thoughts; Bibliography; Index
Sommario/riassunto	Responding to the growing popularity of Mindfulness, this is the first cross-modality textbook on using mindfulness approaches in counselling & psychotherapy.