

1. Record Nr.	UNINA9910791313803321
Autore	Pollak Susan M.
Titolo	Sitting together : essential skills for mindfulness-based psychotherapy // Susan M. Pollak, Thomas Pedulla, and Ronald D. Siegel
Pubbl/distr/stampa	New York : , : Guilford Press, , [2014] ©2014
ISBN	1-4619-5839-3 1-4625-1399-9
Descrizione fisica	1 online resource (258 p.)
Disciplina	232 232.1
Soggetti	Mindfulness-based cognitive therapy Meditation - Therapeutic use Psychotherapy
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 and index.
Nota di contenuto	Bringing mindfulness into psychotherapy -- Becoming a mindful therapist -- Cultivating mindfulness in the therapeutic relationship -- Concentration practice : focusing the mind -- Open monitoring : expanding the mind -- Loving-kindness and compassion practice: engaging the heart -- Equanimity practice : finding balance -- Making mindfulness accessible -- The art of sequencing -- Beyond symptom relief : deepening mindfulness.
Sommario/riassunto	This practical guide helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular patients, while avoiding those that are contraindicated. The authors provide a wide range of meditations that build the core skills of focused attention, mindfulness, and compassionate acceptance. Vivid clinical examples show how to weave the practices into therapy, tailor them to each patient's needs, and overcome obstacles. Therapists also learn how developing their own mindfulness practice can enhance the