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Autore	Brandsma Rob
Titolo	The mindfulness teaching guide : essential skills and competencies for teaching mindfulness-based interventions // Rob Brandsma
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ISBN	1-62625-617-9
Descrizione fisica	1 online resource (287 pages) : illustrations
Disciplina	616.891425
Soggetti	Mindfulness-based cognitive therapy Cognition - Study and teaching Meditation - Study and teaching Psychotherapy - Methodology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	How people learn during mindfulness training -- Creating a fertile learning setting -- Guiding mindfulness practices -- Inquiry -- Didactic presentations -- What the teacher brings to the training -- Appendix: Criteria for professional mindfulness teachers.
Sommario/riassunto	One must embody mindfulness in order to teach it well. As mindfulness-based interventions (MBI) grow in popularity, teachers need tools for effective teaching. The Mindfulness Teaching Guide offers a thorough and practical guide for mindfulness teachers and professionals, offering a systematic approach to developing the teaching methods, skills, and competencies needed to become a proficient mindfulness teacher.