1. Record Nr. UNINA9910793422203321 Autore Woods Susan L. Titolo Mindfulness-based cognitive therapy: embodied presence and inquiry in practice / / Susan L. Woods, Patricia Rockman, Evan Collins Pubbl/distr/stampa Oakland, CA:,: Context Press, an imprint of New Harbinger Publications, Inc., , [2019] ©2019 **ISBN** 1-68403-151-6 Descrizione fisica 1 online resource (223 pages) Disciplina 616.891425 Soggetti Mindfulness-based cognitive therapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Sommario/riassunto Mindfulness-based cognitive therapy (MBCT) is a powerful and evidence-based treatment for depression, anxiety, and other mental health conditions. At the heart of teaching this mindfulness-based program is the practice of embodied mindful presence--a focused awareness of experience. If you're looking to incorporate MBCT in your work with clients, this comprehensive professional guide will help you

gain the knowledge and confidence you need--