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Titolo	CFT made simple : a clinician's guide to practicing compassion-focused therapy / / Russell L. Kolts ; foreword by Paul Gilbert ; afterword by Steven C. Hayes
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ISBN	1-62625-310-2
Descrizione fisica	1 online resource (250 pages)
Collana	The Made Simple Series
Disciplina	616.8914
Soggetti	Emotion-focused therapy Compassion - Psychological aspects Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Origins and basic themes -- Introducing compassion -- Compassion relating: rolls of the therapist in CFT -- Compassionate understanding: how evolution has shaped our brains -- Compassionate understanding: three types of emotion -- Compassionate understanding: the social shaping of the self -- Compassionate awareness: cultivating mindfulness -- Committing to compassion: working with self-criticism -- Cultivating the compassionate self -- Compassion thinking and reasoning -- Using compassionate imagery -- Embodying compassion: chair work in CFT -- Exploring affect: the multiple selves practice -- Riding the third wave: integrating CFT into your therapy.