

1. Record Nr.	UNINA9910814818803321
Autore	Barker Meg
Titolo	Mindful counselling and psychotherapy : practising mindfully across approaches & issues / / Meg Barker ; Kate Wharton, editor ; Jennifer Crisp, cover design
Pubbl/distr/stampa	London, [England] : , : SAGE, , 2013
ISBN	1-4462-8724-6
Descrizione fisica	1 online resource (217 p.)
Disciplina	616.891425
Soggetti	Mindfulness-based cognitive therapy Psychotherapy - Religious aspects - Buddhism Buddhism - Psychology
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	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.