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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	About the authors -- Foreword -- Acknowledgments -- Theoretical background -- Introduction -- Schema therapy -- Mindfulness -- Training manual -- Framework -- Contraindications -- Training -- Pitfalls -- Conclusion -- Appendix: -- Part iii" participant workbook -- Participant workbook -- Appendix: homework sheets.
Sommario/riassunto	Mindfulness and Schema Therapy presents an eight-session + two follow up sessions protocol for schema mindfulness for therapists and their patients. Represents the first book to integrate the theory of schema therapy with the techniques of mindfulness Enhances schema therapy with techniques drawn from mindfulness-based cognitive therapy (MBCT) - a unique integration of two of the most popular treatment approaches in clinical psychology today.Merges two of the hottest topics in contemporary clinical psychology and psychotherapyOffers a practical guide for training and practice, with detailed