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Titolo	Mindfulness-based sobriety : a clinician's treatment guide for addiction recovery using relapse prevention therapy, acceptance and commitment therapy, and motivational interviewing // Nick Turner, Phil Welches, and Sandra Conti
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Altri autori (Persone)	WelchesPhil ContiSandra
Disciplina	362.29
Soggetti	Addicts - Rehabilitation Substance abuse - Relapse - Prevention Substance abuse - Treatment Mindfulness-based cognitive therapy
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Acknowledgments; Introduction; Pilot Project; Evidence-Based Practices; Organization of the Book; Use of Pronouns and References to Those in Treatment; Suggested Approach to Reading This Book; Therapeutic Model; Therapeutic Alliance; Therapeutic Frame; Contributing Models; MBS Approach to Relapse Prevention: Sobriety in the Service of Value-Based Living; Clinical Interventions That Complement Mindfulness-Based Sobriety; Conclusions; Mindfulness-Based Sobriety in a Continuum of Care; MBS Residential and Intensive Outpatient Curricula; Partial-Hospitalization Programs Mindfulness-Based Sobriety and ASAM Patient Placement CriteriaConclusions; Therapeutic Principles and Facilitation; Open-Group Curricula; General Facilitation Issues; Some Awareness Areas and Tips; Conclusions; Mindfulness-Based Sobriety: Intensive Outpatient (IOP) Curriculum; Open Group Therapy: Helping Clients in Different

Places; Check-In: Intensive Outpatient Model; Three-Hour IOP Session Outline; Mindfulness-Based Sobriety: Residential Treatment Curriculum; Session Setting and Materials; MBS in Residential Treatment Session Content; MBS in Residential Treatment Session Outline  
Residential-Group Topic Rotation: Mindfulness and Urge Surfing; Mindfulness Instructions; Urge Surfing: An Application of Mindfulness; Overview of the MBS Model and Principles; Value-Based Living Presentation; High-Risk Events and Scenarios (Experience in Situation); Glossary of Terms; Generations of Cognitive Behavioral Therapy; Recommended Readings; Appendix Outline; Acceptance and Commitment Therapy; Motivational Interviewing; Relapse Prevention Therapy; Empathy and Therapeutic Alliance; Mindfulness; Research Support  
Acceptance and Commitment Therapy and Other Contextual Behavioral Approaches  
Motivational Interviewing; Relapse Prevention Therapy; Empathy and Therapeutic Alliance; Mindfulness; References; About Gateway Foundation; Contact the Authors

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Sommario/riassunto

Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery for clinicians who treat clients recovering from substance abuse and addiction. The book combines relapse prevention therapy, acceptance and commitment therapy (ACT), and motivational interviewing to help clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction. The book also puts a strong emphasis on relapse prevention, so that clinicians can help client

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