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| Titolo                  | Mindfulness-based treatment approaches : clinician's guide to evidence base and applications // edited by Ruth A. Baer, Department of Psychology, University of Kentucky, Lexington, Kentucky  |
| Pubbl/distr/stampa      | London : , : Academic Press, , [2014]<br>2014  |
| ISBN                    | 0-12-391452-3  |
| Edizione                | [2nd ed.]  |
| Descrizione fisica      | 1 online resource (xiv, 391 pages)   |
| Collana                 | Practical Resources for the Mental Health Professional   |
| Disciplina              | 615.8/52   |
| Soggetti                | Meditation - Therapeutic use<br>Mindfulness-based cognitive therapy<br>Behavior therapy  |
| 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 at the end of each chapters and indexes.   |
| Nota di contenuto       | Part I. Introduction -- Part II. Current applications for psychological disorders in adults -- Part III. Applications across the lifespan -- Part IV. Applications with medical populations -- Part V. Applications for work-related stress.   |
| Sommario/riassunto      | The second edition of Mindfulness-Based Treatment Approaches discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disor |