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Titolo	Zen meditation in psychotherapy : techniques for clinical practice // C. Alexander Simpkins, Annellen M. Simpkins
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Descrizione fisica	xi, 258 p. : ill
Altri autori (Persone)	SimpkinsAnnellen M
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Soggetti	Psychotherapy - Religious aspects - Zen Buddhism Meditation - Therapeutic use
Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The psychology of meditation and its efficacy for clinical practice -- Neuroscience findings : how meditation can change the brain -- Zen traditions -- Zen philosophy -- Zen practices -- The way of Zen therapy : following the path for treatment -- Regulating affect for anger and depression -- Dissolving anxiety and trauma -- Taming impulse for addiction and weight management -- Fostering loving relationship -- Relieving stress and burnout -- Developing acumen -- Conclusion : living life as an art.
Sommario/riassunto	"Zen meditation presents a practical advantage to people undergoing psychotherapy as a practice providing tools for seeing directly and objectively, a skill which many clients lack. This inspiring guide provides clinicians with the neuroscientific and clinical evidence supporting the use of meditation and mindfulness to improve their clients' mental health. Filled with vivid case examples, traditional texts, modern interpretations, and meditation research, this book offers step-by-step guidance in performing and teaching meditation, mindfulness,

and focusing techniques clinicians can easily translate into their practice"--Provided by publisher.

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