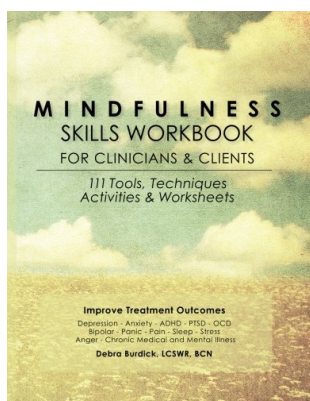


[PDF] Mindfulness Skills Workbook For Clinicians And Clients: 111 Tools, Techniques, Activities & Worksheets

Debra Burdick - pdf download free book



Books Details:

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Description:

Like no other resource, *Mindfulness Skills Workbook* combines the **latest research** and **best practices** -- all in a simple guide to successfully teach mindfulness to your clients.

This comprehensive workbook provides the theory behind each tool, a step-by-step process to implement, and expert guidance on processing client results.

Features:

- Experiential exercises you can integrate into practice
- Highly effective collection of mindfulness tools
- Special section to guide understanding of neurobiology behind mindfulness
- Dozens of reproducible activities, exercises, techniques and tools
- New meditations
- Steps for increasing client use at home
- Basic through advanced mindfulness skills
- Skills for specific disorders
- Journal prompts
- Unique templates to monitor progress

Improve Treatment Outcomes:

- Depression
 - Anxiety
 - ADHD
 - PTSD
 - OCD
 - Bipolar
 - Panic
 - Pain
 - Sleep
 - Stress
 - Anger
 - Chronic Medical and Mental Illness
-

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