

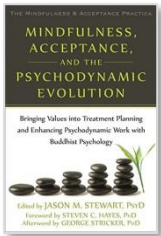
Library and Knowledge Services

Mindfulness

A selection of books from the four Trust libraries

Mindfulness, Acceptance, and the Psychodynamic Evolution

Jason M. Stewart

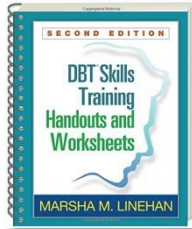


This book offers a unique perspective on client treatment that fuses psychodynamic psychotherapy, mindfulness and acceptance-based approaches, and Buddhist psychology. Using the insights in this powerful resource, you will help your clients gain psychological flexibility, connect with their values and

goals, and create a life that is purposeful, meaningful, and vital.

DBT Skills Training Handouts and Worksheets

Marsha Linehan



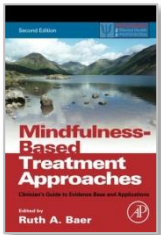
Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients in dialectical behavior therapy (DBT) skills training groups or individual therapy. All of the handouts and worksheets discussed in

Marsha M. Linehan's *DBT Skills Training Manual, Second Edition*, are provided, together with brief introductions to each module written expressly for clients.

Mindfulness-Based Treatment Approaches

Clinician's guide to evidence base and applications

Ruth A. Baer



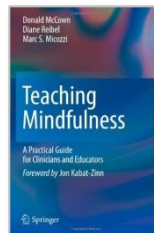
This book discusses conceptual foundation, implementation, and evidence base for four mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behaviour therapy (DBT) and acceptance and commitment therapy (ACT).

Eastern spiritual traditions maintain mindfulness meditation can improve well-being.

Teaching Mindfulness

A practical guide for clinicians and educators

Donald McCown, Diane Reibel, Marc Micozzi

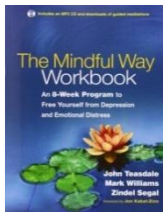


This book brings this increasingly important discipline into clearer focus, opening dialogue for physicians, clinical and health psychologists, clinical social workers, marriage and family therapists, professional counselors, nurses, occupational therapists, physical therapists, pastoral

counselors, spiritual directors, life coaches, organizational development professionals, and teachers and professionals in higher education, in short, everyone with an interest in helping others find their way into the benefits of the present moment.

The Mindful Way Workbook

John Teasdale, Mark Williams, Zindel Segal

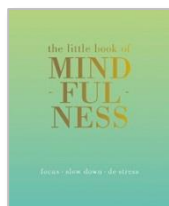


You can get the benefits of MBCT any time, any place, by working through this carefully constructed book. The expert authors introduce specific mindfulness practices to try each week, plus reflection questions, tools for keeping track of progress, and helpful comments from others going

through the program. Like a trusted map, this book guides you step by step along the path of change. Guided meditations are provided on the accompanying MP3 CD and are also available as audio downloads.

The Little Book of Mindfulness

Tiddy Rowan



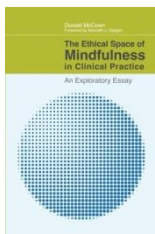
In this book, the author has gathered together a seminal collection of over 150 techniques, tips, exercises, advice, meditations and further resources that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and

boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The exercises in this book will lighten the mind and the spirit.

The Ethical Space of Mindfulness in Clinical Practice

An Explanatory Essay

Donald McCown



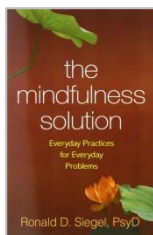
What does a secular ethics of mindfulness look like? Who is competent to work therapeutically with mindfulness, and how does one delimit areas and levels of competence? How do clinicians ethically understand the therapist-client relationship from the therapeutic position of mindfulness? And how do

clinicians respond when the necessary restraints of their professional role and ethics code come into conflict with the mindfulness-based relationship and therapeutic position?

The Mindfulness Solution

Everyday practices for everyday problems

Ronald Siegel

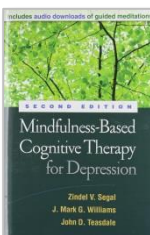


Flexible, step-by-step action plans will help you become more focused and efficient in daily life; cope with difficult feelings, such as anger and sadness; deepen your connection to your spouse or partner; feel more rested and less stressed; curb unhealthy habits; find relief from anxiety and depression; and resolve

stress-related pain, insomnia, and other physical problems. Free audio downloads of the meditation exercises are available at the author's website.

Mindfulness-Based Cognitive Therapy for Depression

Zindel Segal, Mark Williams, John Teasdale

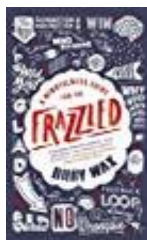


Step by step, this explains the 'whys' and 'how-tos' of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others.

More than 40 reproducible handouts are included.

A Mindfulness Guide for the Frazzled

Wax, Ruby



Five hundred years ago no one died of stress: we invented this concept and now we let it rule us. Ruby Wax shows us how to defrazzle for good by making simple changes that give us time to breathe, reflect and live in the moment. Let Ruby be your guide to a healthier, happier you. You've nothing to lose but your

stress.

Mindfulness for creativity : adapt, create and thrive in a frantic world

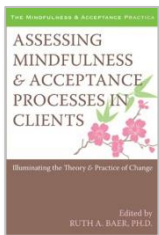
Penman, Danny



Work deadlines, to-do lists, family commitments, pressure to perform... Our frantic lives demand so much from us that we can often feel locked into a cycle of frustration, anxiety and stress, unable to tackle the tasks before us or see a way out of our habitual ways of thinking and doing things. Yet there is a way out. The simple mindfulness techniques at the heart of this book have been proven to enhance creativity, problem solving and decision making.

Assessing Mindfulness and Acceptance Processes in Clients

Ruth Baer (Ed.)

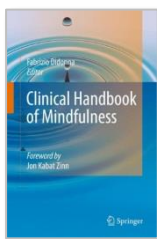


Articles by some of the most respected mindfulness researchers and therapists. Each contribution assesses the variables that represent potential processes of change, such as mindfulness, acceptance, self-compassion, spirituality, and focus on values, and determines the importance of each of these

processes to enhanced psychological functioning and quality of life.

Clinical Handbook of Mindfulness

Fabrizio Didonna

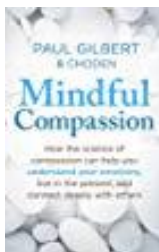


This book is a clearly written, theory-to-practice guide to this powerful therapeutic approach (and related concepts in meditation, acceptance, and compassion) and its potential for treating a range of frequently encountered psychological problems. Includes the contributions of some of the most important authors and researchers in the

field of mindfulness-based interventions.

Mindful compassion : using the power of mindfulness and compassion to transform our lives

Gilbert, Paul

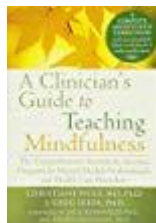


Professor Gilbert has spent the past twenty years developing a new therapy called Compassion-Focused Therapy (CFT) which has gained an international following. In recent years, mindfulness is being used increasingly to treat common mental health problems such as depression, stress and stress-related insomnia.

A clinician's guide to teaching mindfulness

The comprehensive session-by-session program for mental health professionals and health care providers

Wolf, Christiane Serpa, J. Greg



This breakthrough book provides professionals with a comprehensive, session-by-session guide to teaching mindfulness, complete with the scripts and training materials needed to teach introductory mindfulness in a wide variety of settings, despite theoretical

background.

Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing

Burch, Vidyamala, Penman, Danny

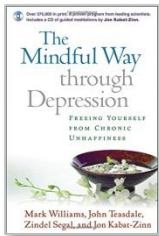


Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and also enhances the body's natural healing

systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness.

The Mindful Way Through Depression: Freeing yourself from chronic unhappiness

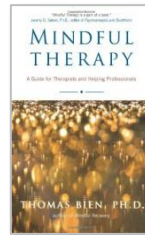
Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn



Through lessons drawn from both Eastern meditative traditions and cognitive therapy, experts demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame. Jon Kabat-Zinn gently and encouragingly narrates the accompanying CD of guided meditations.

Mindful Therapy: A guide for therapists and helping professionals

Thomas Bien

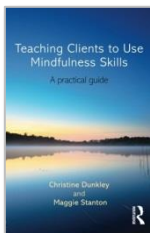


This book offers ways to bring the teachings of Buddhism into a psychotherapeutic practice with a thorough explanation of the benefits of doing so. The author suggests a model of integration of particular value to beginning therapists or those still in training, offering ways in which the therapist can mindfully care for

themselves amid the challenges of their practice. Tools useful to clients are also discussed.

Teaching clients to use mindfulness skills: A practical guide

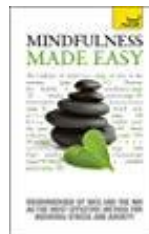
Christine Dunkley, Maggie Stanton



Incorporating a series of practical exercises and drawing on their own professional experience, the authors clearly demonstrate the most effective methods for presenting mindfulness techniques to those with no previous experience.

Mindfulness made easy

Langley, Martha



This straightforward guide gives step-by-step instructions on how to practice Mindfulness, showing you a variety of different exercises, before explaining exactly how to use Mindfulness to overcome almost anything, from depression and anxiety to over-eating and relationship difficulties.

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