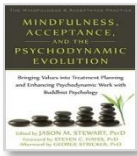


Library and Knowledge Services

Mindfulness

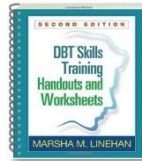
A selection of books from the four Trust libraries



Mindfulness, Acceptance, and the Psychodynamic Evolution

Jason M. Stewart

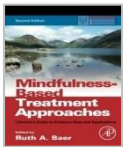
This book offers a unique perspective on client treatment that fuses psychodynamic psychotherapy, mindfulness and acceptance-based approaches, and Buddhist psychology. Using the insights in this powerful resource, you will help your clients gain psychological flexibility, connect with their values and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



DBT Skills Training Handouts and Worksheets

Marsha Lineham

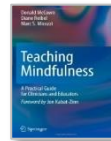
Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients in dialectical behavior therapy (DBT) skills training groups or individual therapy. All of the handouts and worksheets discussed in Marsha M. Linehan's *DBT Skills Training Manual, Second Edition*, 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

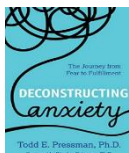
This book discusses conceptual foundation, implementation, and evidence base for four mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behaviour therapy (DBT) and acceptance and commitment therapy (ACT).



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, in short, everyone with an interest in helping others find their way into the benefits of the present moment.



Deconstructing Anxiety: The Journey From Fear to Fulfillment

Todd E Pressman

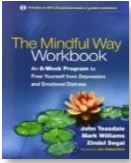
With strategically developed exercises, this book offers a unique, integrative approach to healing and growth, based on an understanding of how the psyche organizes itself around anxiety



Happiness and How it Happens: Finding Contentment Through Mindfulness

The Happy Buddha

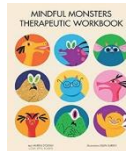
Happiness and How it Happens reveals how happiness—the state of being we all aspire to—is a natural state for us, and so is attainable for all. The Happy Buddha explores what happiness actually is and how we all can achieve it through the transformational practice of mindfulness meditation.



The Mindful Way Workbook

John Teasdale, Mark Williams, Zindel Segal

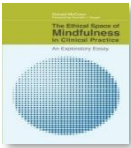
You can get the benefits of MBCT any time, any place, by working through this carefully constructed book. The expert authors introduce specific mindfulness practices to try each week, plus reflection questions, tools for keeping track of progress, and helpful comments from others going through the program..



Mindful Monsters Therapeutic Workbook : A Feelings Activity Book For Children

Lauren Stockly

How many times have you pushed away a painful emotion, like sadness, grief or anger? Accepting life's difficult feelings is a struggle for many of us, especially children. But with the right guidance and practice, emotional acceptance can become a habit that provides lifelong mental health benefits

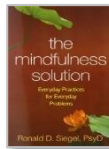


The Ethical Space of Mindfulness in Clinical Practice

An Explanatory Essay

Donald McCown

Interrogates the big cross-disciplinary ethical questions around working with mindfulness in different settings

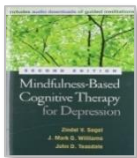


The Mindfulness Solution

Everyday practices for everyday problems

Ronald Siegel

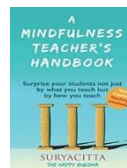
Flexible, step-by-step action plans will help you become more focused and efficient in daily life; cope with difficult feelings, such as anger and sadness; deepen your connection to your spouse or partner; feel more rested and less stressed; curb unhealthy habits; find relief from anxiety and depression;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



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 Teacher's Handbook: Surprise Your Students Not Just By What you Teach But By How You Teach

Suryacitta

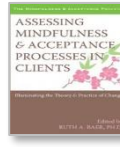
In this book, experienced teacher and teacher-trainer Suryacitta shows teachers how to give their students a unique and unforgettable experience of mindfulness. He covers all aspects of teaching a mindfulness course, offering a wealth of practical guidance that will enable you to enhance your teaching skills and communicate simply and directly with your students.



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.)

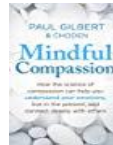
Articles by some of the most respected mindfulness researchers and therapists. Each contribution assesses the variables that represent potential processes of change, such as mindfulness, acceptance, self-compassion, spirituality, and focus on values, and determines the importance of each of these processes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



Mindfulness-Based Cognitive Therapy: Distinctive Features

Rebecca Crane

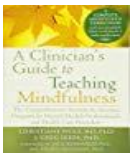
This new edition of Mindfulness-Based Cognitive Therapy: Distinctive Features (MBCT) provides a concise, straightforward overview of MBCT, fully updated to include recent developments.



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

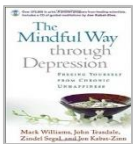
This breakthrough book provides professionals with a comprehensive, session-by-session guide to teaching mindfulness, complete with the scripts and training materials needed to teach introductory mindfulness in a wide variety of settings, despite theoretical background.



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

Burch, Vidyamala, Penman, Danny

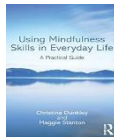
Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and also enhances the body's natural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

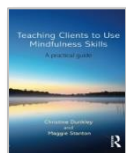
Through lessons drawn from both Eastern meditative traditions and cognitive therapy, experts demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame. Jon Kabat-Zinn gently and encouragingly narrates the accompanying CD of guided meditations.



Using Mindfulness Skills in Everyday Life: A Practical Guide

Christine Dunkley

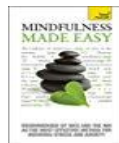
In the last decade, more mental health treatments have begun to incorporate mindfulness as a skill to help people with their problems. Despite this, not everyone is sure how to incorporate mindfulness effectively into their daily lives. Giving simple explanations, examples and exercises, *Using Mindfulness Skills in Everyday Life* shows clearly how this is done.



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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