

Five Senses Mindfulness Meditation



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Marco Casella



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Eating Disorders Information for Teens, 5th Ed. James Chambers, 2021-07-01 Consumer health information for teens about causes prevention and treatment of eating disorders along with tips for healthy eating Includes index and resource information

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Mindfulness and Psychotherapy, Second Edition Christopher K. Germer, Ronald D. Siegel, Paul R. Fulton, 2013-07-19 Responding to growing interest among psychotherapists of all theoretical orientations this practical book provides a comprehensive introduction to mindfulness and its clinical applications The authors who have been practicing both mindfulness and psychotherapy for decades present a range of clear cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression anxiety chronic pain and other problems Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship The book reviews the philosophical underpinnings of mindfulness and presents compelling empirical findings User friendly features include illustrative case examples practice exercises and resource listings

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The Adolescent Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2023-09-06 Quickly and efficiently create treatment plans for adolescents in a variety of treatment environments The newly revised sixth edition of

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