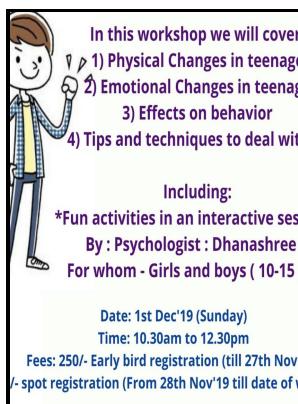


Psychotherapy, meditation and health - a cognitive-behavioural perspective ; proceedings of the first international conference on Psychotherapy, Meditation & Health ; March 16-18, 1990, Noordwijkerhout, the Netherlands

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Mindfulness

New York: The Guilford Press.

The Institute for Meditation and Psychotherapy

Free meditation instruction is available as well as daily sittings, frequent dharma talks, a wide variety of classes, and many weekend programs. In some cases, DBT is provided without the group, but still teaches mindfulness skills. In accessing CBT services, whether through a therapist or by practicing at-home skills, you can start feeling a bit better and getting back to the things that are most important to you.

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