



Mindfulness Skills Workbook for Clinicians Clients: 111 Tools, Techniques, Activities Worksheets

By Debra Burdick

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Paperback. 219 pages. Dimensions: 10.9in. x 8.5in. x 0.5in. 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 This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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