

***Sitting Together Essential Skills For Mindfulness Based  
Psychotherapy Susan M Pollak***

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### **Sitting Together Essential Skills For**

Sitting Together helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular clients and patients, while avoiding those that are contraindicated. Building on the foundation of a personal meditation practice, it introduces exercises designed to develop the core skills of concentration, open monitoring, and compassionate acceptance, and brings each to life with detailed clinical illustrations.

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Download Meditations Information on how and when to use these and other practices can be found in Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy. Please feel free to use these recordings and handouts for personal or clinical practice, but please do not otherwise reproduce them without permission.

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She is author of Self-Compassion for Parents (for general readers) and coauthor of Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy (for mental health professionals). Thomas Pedulla, LICSW, is a clinical social worker and psychotherapist in private practice in Arlington, Massachusetts, where he works with individuals and leads mindfulness-based cognitive therapy groups.

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### **<= PDF Format => Sitting Together Essential Skills For ...**

Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy. The authors provide a wide range of meditations that build the core skills of focused attention, mindfulness, and compassionate acceptance. Vivid clinical examples show how to weave the practices into therapy, tailor them to each patient's needs, and overcome obstacles.

### **Sitting Together: Essential Skills for Mindfulness-Based ...**

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Review of "Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy" written by Susan M. Pollak, Thomas Pedulla and Ronald D. Siegel. The authors draw on their expertise treating patients and historical research to detail a gradual process of utilizing mindfulness-based therapy.

### **Review of "Sitting Together: Essential Skills for ...**

Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy. This practical guide helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular patients, while avoiding those that are contraindicated.

**Sitting Together: Essential Skills for Mindfulness-Based ...**

6 SITTING TOGETHER awareness—such as the sensations of breathing or of the feet touching the ground—we turn our focus to whatever predominates in consciousness at the moment. Attention might shift from the breath to a sound, to a body ache, to the feeling of air on the face, or to sensations of sadness in the eyes and throat.

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**Sitting Together: Essential Skills for Mindfulness-Based ...**

Writer of the Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy By Susan M. Pollak EdD, Thomas Pedulla LICSW, Ronald D. Siegel PsyDis very smart in delivering message through the book. There are some stories that are showed in the book. Reader can get many real examples that can be great knowledge.

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Essential Skills of Mindfulness and More: An Interview with the Authors of Sitting Together. Susan, Ron and Tom: Lovingkindness and compassion practices can be helpful ways to work with depression, anxiety, trauma, eating disorders, shame, addictions, chronic pain and difficult relationships.

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