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The Mindful Path to Addiction Recovery Lawrence Peltz, 2013-03-12 Mindfulness the quality of attention that combines full awareness with acceptance of each moment just as it is is gaining broad acceptance among mental health professionals as an adjunct to treatment Because at the heart of addiction is the fear of painful emotional states addicts compulsively seek drugs and alcohol to avoid or escape emotional pain Mindfulness on the other hand helps us develop greater acceptance and ease with life s challenges as well as greater self compassion Here Dr Lawrence Peltz who has worked as an addiction psychiatrist for more than two decades draws from his clinical experience and on the techniques of mindfulness based stress reduction MBSR to explain the fundamental dynamics of addiction and the stages of the recovery process and also gives us specific mindfulness exercises to support recovery

The Mindful Social Worker Barbara Starns, 2025-02-28 Mindfulness and social work values go hand in hand and this book is the perfect guide in self care for social workers who want to incorporate mindfulness into their working lives to positive effect Looking after your mental health in your working life is so important so that you can do the best job you can and learning mindfulness is a great way to incorporate this Studies have suggested that mindful social workers can have greater emotional awareness with less emotional reactivity develop stronger interpersonal skills and other valuable skills that are important for a relationship based practice The Mindful Social Worker gives the reader mindfulness guidance to not only improve themselves but also see how this can have an impact on their work In this book the reader will be provided with practice tools such as meditation and relaxation techniques to help the practitioner to be more present and have a stronger propensity to reflection Case study reflection and self assessments are also used in this book to enable any practitioner from students and the newly qualified to the experienced social worker or care professional

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About the Author of **Mindfulness For Dummies** Shamash Alidina is a professional mindfulness trainer speaker and coach specializing in mindfulness training for therapists coaches and executives as well as the general public He has trained with Jon Kabat Zinn Thich Nhat Hanh and Matthieu Ricard and at Bangor University s Centre for Mindfulness He has over ten years of experience in teaching mindfulness

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A Solução Mindfulness: Práticas Diárias de Atenção Plena Para Problemas Cotidianos Siegel, Ronald D., **Positive Psychology and You** Alan Carr, 2019-08-13 This broad and innovative self development guide shows readers how they can use scientific findings from contemporary positive psychology to enhance their lives Containing dozens of practical exercises and real life examples it helps bring positive psychology findings from the lab into day to day life Divided into six parts and covering a wide array of themes this book is designed to help people with or without mental health problems enhance their well being It answers questions like what is well being What are the main determinants of well being and how can we sustain it There are also chapters on physical exercise progressive muscle relaxation and mindfulness meditation savouring pleasures creative solution finding and developing compassionate relationships This non technical and highly accessible book will be of interest to those from all backgrounds with an interest in self development as well as mental health workers and related professionals **Mindfulness-Based Cognitive Therapy** Stuart J. Eisendrath, 2016-06-01 This book brings together a cutting edge selection of the most current applications of mindfulness based cognitive therapy MBCT giving clinicians as well as researchers a concise guide to current and future directions Each chapter begins with an illustrative case study to give readers an example of how MBCT would be used in the clinical setting followed by an overview of the condition the theoretical rationale for using MBCT modifications of MBCT for that disorder evidence for MBCT use Chapters also discuss practical considerations of MBCT including patient selection home practice group size format and facilitator training Written by some of the world's leading physicians using MBCT Mindfulness Based Cognitive Therapy Innovative Applications is of great value to psychiatrists psychologists social workers and therapists

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