



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

Debra Burdick

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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

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