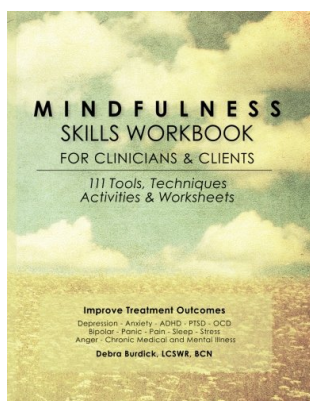


# [PDF] Mindfulness Skills Workbook For Clinicians And Clients: 111 Tools, Techniques, Activities & Worksheets

Debra Burdick - pdf download free book

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#### Books Details:

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#### Description:

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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