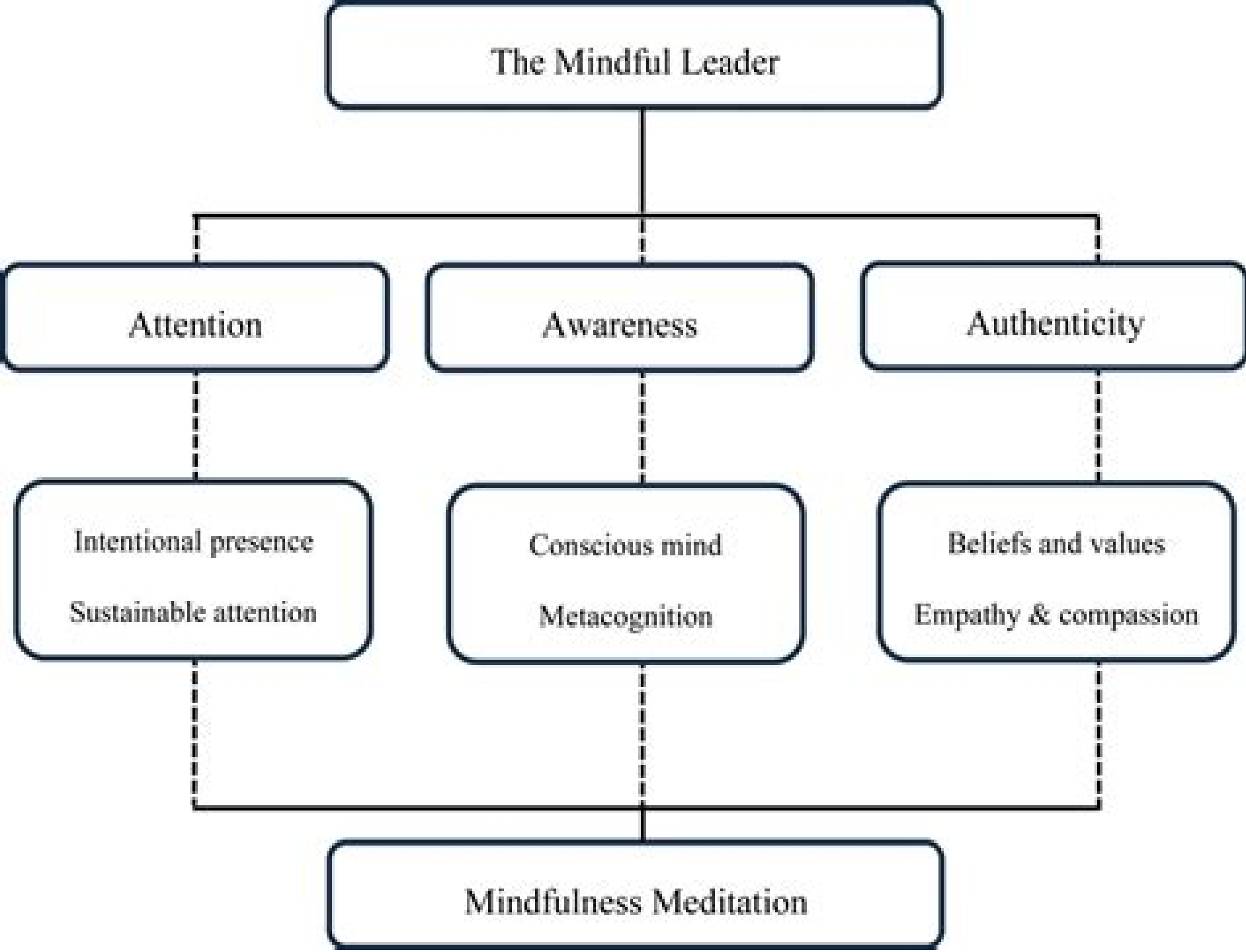




Mindfulness Meditation Framework

Marianne Marcus, Aleksandra Zgierska



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Meditation for Psychotherapists Alexander H. Ross,2024-10-15 Meditation for Psychotherapists provides students and practitioners of psychotherapy with specific meditation techniques Chapters offer a comprehensive theoretical and practical approach as an adjunct to established professional development tools This is the first time specific bespoke meditation techniques have been connected to different therapeutic modalities building on the author's already published work The book is accompanied by a website with audio guided meditations and courses directed to an international audience across multiple psychotherapy models www.arosspsychotherapy.com/meditation

Mindfulness-Related Treatments and Addiction Recovery Marianne Marcus,Aleksandra Zgierska,2013-09-13 While mindfulness meditation has been used in clinical settings as an adjunctive treatment for substance use disorders for some time there has been limited empirical evidence to support this practice Mindfulness Related Treatments and Addiction Recovery bridges this gap by reporting the findings of studies in which mindfulness practice has been combined with other behavioural treatments and or adapted to meet the needs of a variety of client populations in recovery Therapies used as

interventions in the described studies include Mindfulness Based Stress Reduction MBSR Mindfulness Based Cognitive Therapy MBCT Dialectical Behavior Therapy DBT Acceptance and Commitment Therapy ACT Mindfulness Based Relapse Prevention MBRP and Mindfulness Based Therapeutic Community MBTC treatment The book offers a glimpse into the many ways in which mindfulness strategies have been applied to various facets of the recovery process including stress craving anxiety and other relapse related factors Preliminary evidence while not conclusive suggests that mindfulness based therapies are effective safe satisfying to clients and that an individual at home mindfulness practice can be potentially sustained over time beyond the intervention duration This book was originally published as a special issue of Substance Abuse

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