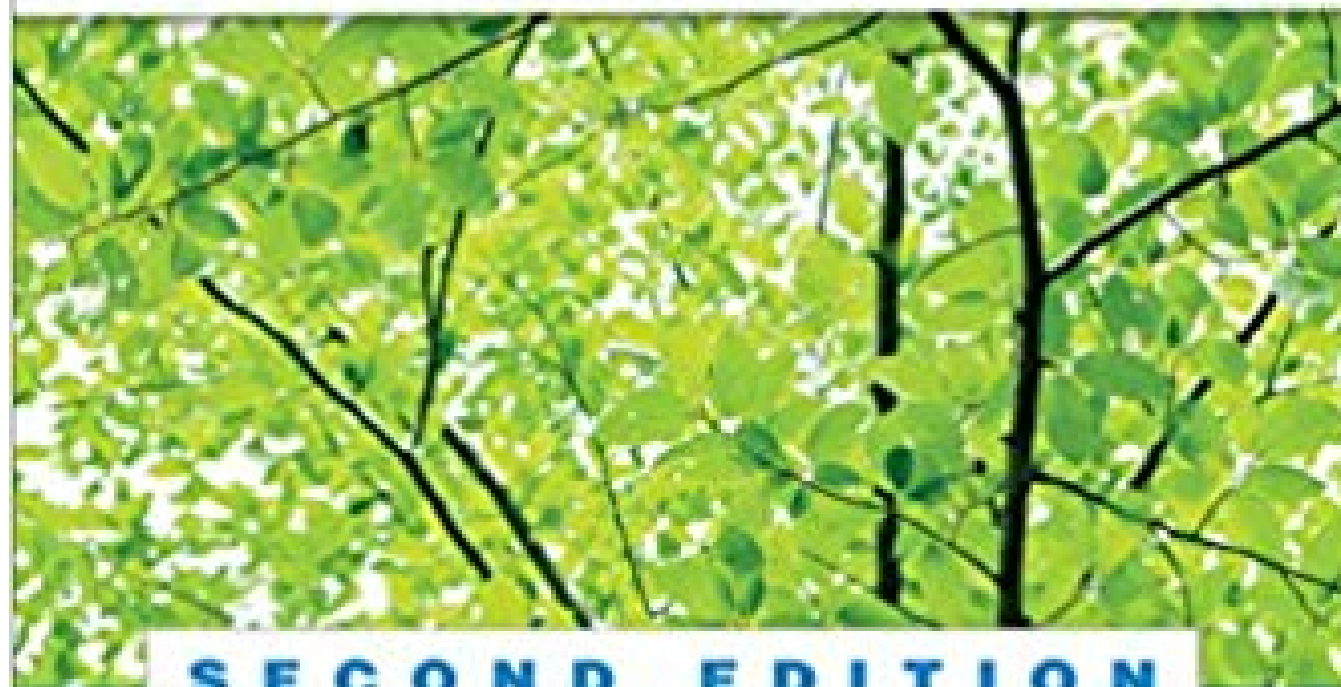


**Includes audio downloads
of guided meditations**



S E C O N D E D I T I O N

Mindfulness-Based Cognitive Therapy for Depression

**Zindel Segal
Mark Williams
John Teasdale**

Zindel V. Segal

Mindfulness-Based Cognitive Therapy for Depression, Second Edition



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This acclaimed work, now in a fresh edition, has introduced thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for melancholy, an 8-week program with proven effectiveness. Step by step, the authors clarify the "whys" worth of advancements in MBCT clinical practice and training.how-tos" related titles for clients: The Mindful Way through Depressive disorder demonstrates these confirmed strategies in a self-help structure, with in-depth tales and good examples. Clinicians are also guided to apply mindfulness themselves, an essential prerequisite to teaching others. *Findings from multiple research of MBCT' Purchasers access a companion site featuring downloadable sound recordings of the guided mindfulness practices (meditations and mindful motion), plus all the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. Another website for make use of by clients features the sound recordings only. Not used to This Edition *Incorporates a decade' and " *Chapters on self-compassion, the inquiry procedure, and the three-minute breathing space. *Chapters on additional treatment components: the pre-program interview and optional full-day retreat. Forty-five reproducible handouts are included.s effectiveness and underlying mechanisms. Includes studies of adaptations for treating psychological and physical health problems other than depression. *Audio data files of the guided mindfulness procedures, narrated by the authors, on two separate Internet pages--one for professionals, alongside the reproducibles, and one just for customers. The Mindful Way Workbook gives clients additional, explicit support for building their mindfulness practice, following sequence of the MBCT system. of conducting mindfulness practices and cognitive interventions which have been shown to bolster recovery from major depression and prevent relapse. See also the authors' Plus, for professionals: Mindfulness-Based Cognitive Therapy with People at Risk of Suicide extends and refines MBCT for customers with suicidal depression.



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Helpful Really beneficial to me in determining whether mindfulness-based cognitive therapy was best for me, particularly for the reason that it went through the motivations behind and stages in its development.. Great for practitioners Ideal for practitioners. It ended up convincing me of its usefulness but that MBCST was eventually a watered-down version of Buddhism, so I simply resumed Buddhist meditation rather.. Excellent.. read it do it :) Five Stars Important life-changing book. If you've looked for this kind of book, I'm assured that you've found the appropriate one. And, I love the additional perspective on therapy and using mindfulness together with it. The upgrade of a wonderful book!! The first edition was an extremely useful book for practitioner, however the second surpasses it.! This is an excellent primer on MBCT, great resource! This is a wonderful primer on using MBCT in the treatment of depression.however the information is useful. It covers all of the relevant topics with in-depth information organized within an available, well-created format. As a clinician I found this book really inspiring with concepts which were familiar if you ask me presented in a manner that was easy to then begin to integrate into my practice. Excellent Excellent content material, easy to follow. The Basic Reserve for anybody into MBCT If you are willing to and capable of working alone upon this challenging subject with the Intention of working in this field of therapy this is the book for you, along with Full Catastrophe Living by Kabat-Zinn. Excellent. Full of insights and practical.some material designed for them to use with clients during therapy sessions. superb update for a burgeoning therapeutic technique That is new revision of a classic text that brought MBCT to the attention of the mental health community. This book was slated as "new" however it did not . It also offers audio recordings of meditations which many will find quite helpful. It continues to color its subject matter in obviously outlined brush strokes that is clinically relevant to a wide audience. Overall, an important upgrade on a psychotherapy that is of growing importance. It offers updates on the study findings of days gone by 10 years like the latest theoretical implications... This book was slated as "new" nonetheless it did not are the audio of the mindfulness exercises as advertised. Five Stars Totally awesome Five Stars Fantastic!.



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