

THE SELF- COMPASSION DECK



50

MINDFULNESS-BASED PRACTICES

Christopher Willard and

The Self-Compassion Deck: 50 Mindfulness-Based Practices



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The practice of self-compassion has shown to: - Improve well-being - Regulate emotions - Reduce despair and nervousness The Self-Compassion Deck provides 50 mindfulness-based methods for use in the home, in the classroom, or therapy workplace. Invest in these easy, yet meaningful exercises in kindheartedness and gain a deeper appreciation for yourself and your existence. Cultivate kindness & compassion for yourself among others!



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Five Stars Format could use some work While the content on the cards is fairly good, the format needs a revamp. I find no reason to make these cards so huge. It might be much better if indeed they were more like nice handmade cards - smaller and sturdier with rounded corners - so you could keep one in a pocket during the day to think about. I use them at least one time a day in my own therapy office. I also utilized them with a teenager group plus they responded very positively. The writer Christopher Willard is an excellent psychologist! I'm taking his online mindfulness course now . If you are in need of something to check your meditation also to lightly remind you of how great you are, understand this.. These are fabulous! I just offered them to a pal for her birthday and we sat around the dining room table reading the cards and sharing our thoughts. Nearly 16 bucks! I'm acquiring his online mindfulness course right now and loving it! We used these in women's group very successfully. Willard! Great tool for my tool box I really like these cards, extremely thoughtful. I usually seem to chose the right cards for as soon as. Cheaply made, mine have a wave bend in the complete decks. I really like them as do my clients As a psychotherapist leading at least four organizations weekly, these cards are utilized frequently. I love them as perform my clients. They offer easy to discuss topics and in addition helps clients identify emotions that may be personal defeating- Great item! You don't have to be a qualified facilitator to utilize them. The author Christopher Willard is a wonderful psychologist! And these cards are in a flip top box, like regular handmade cards. Highly recommend for self or as something special. Card stock at best. I found hands mirrors at the dollar shop that worked great for that card. Nice for therapists.don't waste your money. So ideal for your spirit Love.. Definitely recommend I use this in my own therapy practice with clients all the time Anyone may use these, by yourself or in a group. Strategy to use Dr. Inexpensive card stock in a flip best box We're there free for a reviewing?. That's most likely the hardest exercise for folks to do and the most impactful.. They might be ideal for families to use. Thoughtful and helpful! Very useful for sparking discussions I've used these cards with individual clients to spark dialogue, as well as in therapy groups. Nice to use in sessions with customers.



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