



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

*Debra Burdick*

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## **Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets** Debra Burdick

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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#### **Thomas West:**

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets can be great book to read. May be it could be best activity to you.

#### **John Edmondson:**

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