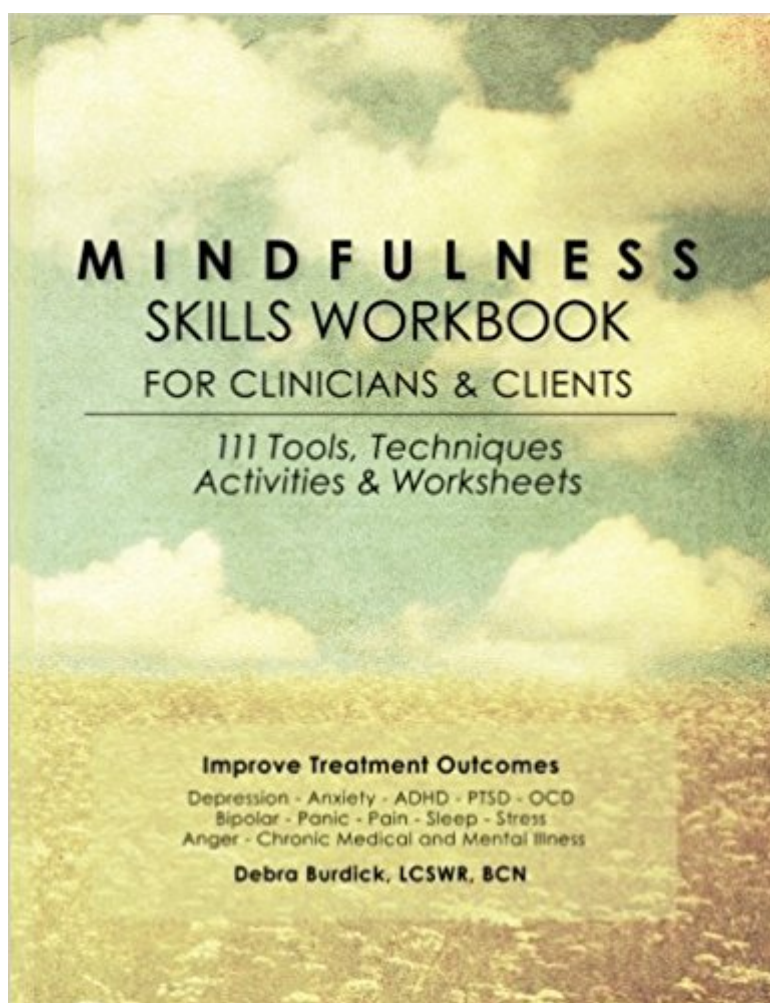


The book was found

Mindfulness Skills Workbook For Clinicians And Clients: 111 Tools, Techniques, Activities & Worksheets



Synopsis

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

Book Information

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Customer Reviews

Debra Burdick has written a gem of a book on mindfulness. As a guide for clinicians, the book has everything: no-nonsense, clear style; plenty of background info; tie-ins with research; excellent illustrations; and plenty of original experiential tools for introducing mindfulness and leveraging motivation and compliance. This is the kind of resource on mindfulness that you are not just going to skim through: you are going to copy and dog-ear and share this book with your colleagues and your clients. This just might be the last guide to teaching mindfulness that you buy. --Pavel Somov, Ph.D., author of Present Perfect, Reinventing the Meal and Anger Management Jumpstart

Debra Burdick, LCSWR, BCN, also known as "The Brain Lady", specializes in ADHD, depression, anxiety, stress, sleep, cognitive function, memory, relationships, and traumatic brain injury. She is a national speaker and has been featured in Self-Improvement Magazine, in newspapers, on TV and radio, as well as being the author of several other books.

Top notch Workbook. I will highly recommend this Workbook to others. Debra obviously has done her work and put together a user friendly book for Professionals & Laypeople .

Well done book for psycho-education purposes. Great for the newbie.

excellent product and delivery

I use many of these methods for grounding exercises with a group I work with. I love the diversity and I mix it up with what ever is going on with the group at the time.

Debra's work has changed my life, as well as lives of my patients. As a board certified sleep specialist and neurologist, I began to struggle when I had patients with stress induced symptoms. Initially coming out of medical school, I tried to help with what I was taught to use which is medications. It was very rewarding when it worked. But it was disheartening when it didn't, and even more disappointing when the patient would come back a few times and complain that all docs do is increase or change medications. Like many other physicians, I don't live in an academic university setting and there is a scarcity in the number of psychologist and counselors for the population of stress induced symptoms that we see. And then I took a full day webinar on the Mindfulness tool kit by Deb The Brain Lady. Within a month I was changing lives. I became more efficient in helping my clients achieve sleep, treat pain, and reduce stress. As I reviewed her skills workbook I was able to put together information to help my patients better. After conducting her techniques with my clients, I would say 90% of them would comment they felt more relaxed. The other 10% would say they felt different, but didn't know how they felt. These were high stressed clients that had forgotten how it is to feel relaxed, because when I would them directly ask them if they felt relaxed it is as a light bulb came up and they would say "yes". The Brain Lady's Mindfulness Skills Work Book will allow one to learn the basics of Mindfulness for an introduction, as well as target specific symptoms and challenges the patients are having. I encourage every clinician who wants to change lives to make yourself familiar with the work.

I'm very disappointed in the Kindle edition of this book. I can't download or print out any of the handouts/worksheets for my clients.

No fundamental theory. But possible helpful "tools".

Not as much in as we hoped

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