



Leading a Mindfulness-Based Recovery Group: A Manual for Therapists and Addiction Counselors (Paperback)

By Laurie a Silver Licsw

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This manual for leading a Mindfulness-Based Recovery Group is intended for therapists, including substance abuse counselors, who are comfortable with a cognitive-behavioral and solution-focused therapy style and have some familiarity with mindfulness practice. The manual provides directions and scripts that allow a clinical group leader to welcome treatment group members to mindfulness practice as a tool for recovery from an addiction or other compulsive behavior. The skill-building outlined in this guide is presented in a group setting that supports self-efficacy and healthful interdependence in a manner that is both individually affirming and mutually respectful. There is an expectation that the clinician who uses this manual to lead a treatment group will also engage in daily mindfulness practice. The group leader is asked to commit to the idea presented at each session that five minutes daily devoted to following the breath is both a minimum and good enough practice.



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Reviews

It in a of my personal favorite pdf. Of course, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.

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