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Meditation and Psychotherapy: A Professional Training Course for Integrating Mindfulness into Clinical Practice

By Tara Brach

SOUNDS TRUE INC, United States, 2011. CD-Audio. Condition: New. Language: English . Brand New.

Course objectives: Apply the R.A.I.N. technique in your work with clients Utilize mindfulness meditation to clear blockages that prevent living fully Discuss basic concepts of Buddhist psychology Recognize aspirations and intentions that support awakening Practice a variety of different guided meditations Adapt specific mindfulness practices to individual client needs Integrate mindfulness into your personal and professional life

Learning How to Face Our Tangled Emotions and Release Our Limiting Beliefs There are many skillful means that we can use to train ourselves and our clients to become aware, teaches Brach, a psychotherapist and meditator of more than 30 years. But they all lead to one essential question: Can I be here in this moment? Using her R.A.I.N. technique, a four-part process that helps us learn how to stop running away from our tangled emotions and start to lovingly face them, we ll investigate and unblock the beliefs that cause suffering. Guiding us through meditations and practices on mindfulness, loving-kindness, forgiveness, allowing, and more, Brach shares key tools and expert insights for moving through this liberating process so that we can open and allow our lives to unfold, moment by moment. Mindfulness can strengthen our...



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