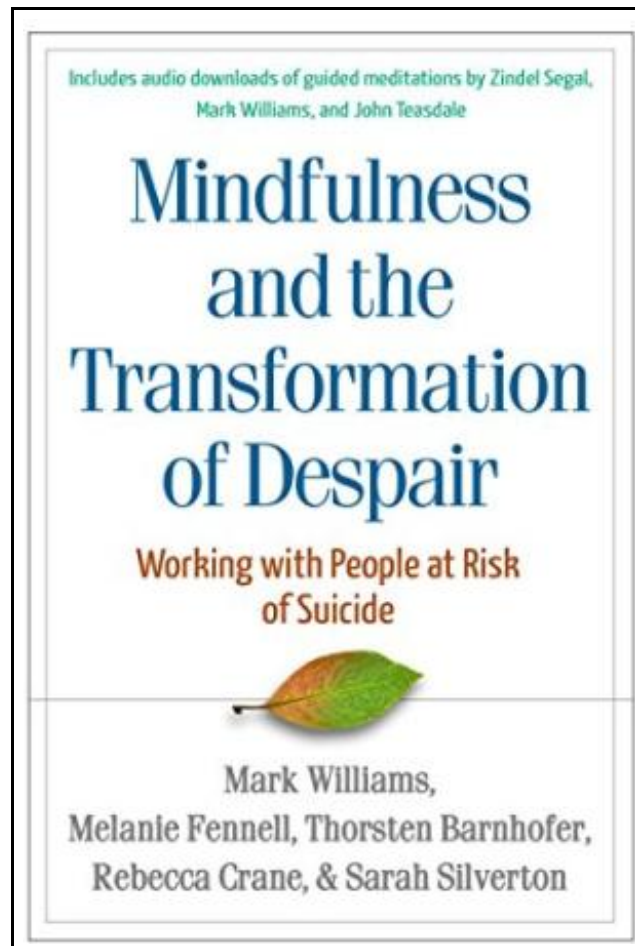


Mindfulness and the Transformation of Despair: Working with People at Risk of Suicide (Hardback)



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Reviews

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.


(Mrs. Josiane Collins)

MINDFULNESS AND THE TRANSFORMATION OF DESPAIR: WORKING WITH PEOPLE AT RISK OF SUICIDE (HARDBACK)



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Guilford Publications, United States, 2015. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Grounded in extensive research and clinical experience, this book describes how to adapt mindfulness-based cognitive therapy (MBCT) for participants who struggle with recurrent suicidal thoughts and impulses. Clinicians and mindfulness teachers are presented with a comprehensive framework for understanding suicidality and its underlying vulnerabilities. The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail, highlighting issues that need to be taken into account with highly vulnerable people. Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples. The book also discusses how to develop the required mindfulness teacher skills and competencies. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices, narrated by Zindel Segal, Mark Williams, and John Teasdale. See also *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*, by Zindel Segal, Mark Williams, and John Teasdale, the authoritative presentation of MBCT.

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