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The Compassionate Mind - Paul Gilbert 2010

The author of *Overcoming Depression* offers an alternative to the traditional western view of compassion, outlining findings about the value of compassion and how it works, and taking readers through basic mind training exercises to enhance the capacity for, and use of, compassion. Original.

Mindfulness-Based Cognitive Therapy for OCD - Fabrizio Didonna 2019-11-27

This book presents the first treatment program that adapts the proven practices of mindfulness-based cognitive therapy (MBCT) to meet the unique needs of people struggling with obsessive-compulsive disorder (OCD). Leading authority Fabrizio Didonna shows how techniques such as "mindful exposure" are uniquely suited to help OCD sufferers overcome intrusive thoughts and compulsive rituals while developing a new relationship to their internal experience. In a convenient large-size format, the book includes detailed instructions for implementing each of the 11 group sessions, complete with reproducible scripts for the guided mindfulness practices and 79 client handouts. Purchasers can download and print the reproducible materials at the companion website, which also provides audio recordings of the guided practices. A separate website for clients features the audio files and scripts only.

CFT Made Simple - Russell L Kolts 2016-07-01

For the first time ever, *CFT Made Simple* offers easy-to-apply tools to help clients develop self-compassion, learn mindfulness skills, and balance difficult emotions for greater treatment outcomes. Created by world-renowned psychologist Paul Gilbert, compassion-focused therapy (CFT) is extremely effective in helping clients work through painful feelings of shame and self-criticism. However, the theoretical aspects of this therapy—such as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice, either as a primary therapy modality or as an adjunctive approach to other therapies, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and more. CFT has unique strengths, and is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life's challenges and difficulties. This book articulates the theoretical basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor your CFT approach to specific client populations. As a clinician interested in the benefits of CFT but wary of the dense theoretical principles that lay behind it, you need a user-friendly guide that will let you hit the ground running. *CFT Made Simple* is that guide.

Compassion Focused Therapy - Paul Gilbert 2010-04-16

Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) - a process of developing compassion for the self and others to increase well-being and aid recovery - varies from other forms of Cognitive Behaviour Therapy. Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts - Theory and Compassion Practice - this concise book provides a clear guide to the distinctive characteristics of CFT. Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

Integrating CBT and Third Wave Therapies - Fiona Kennedy

2020-10-26

Integrating CBT and Third Wave Therapies offers a thought-through approach to integrating evidence-based therapies. It provides help for all of us who are developing or have expertise in a variety of evidence-based approaches. The theoretical part of the book briefly reviews four therapies, namely: CBT, DBT, ACT and CFT. The authors identify core processes of change and examine how each therapy contributes to each core process, helping in the integration of all four. The text considers the influence of early adversity on later mental wellbeing, the theoretical underpinnings of mindfulness, behaviour analysis, reliving and re-scripting and dissociation. Theory and practice chapters are illustrated using case vignettes. The book will be useful for therapists to structure sessions with clients. It demonstrates how to follow a theoretical approach and offers a therapeutic structure for integrated clinical work. It will be useful in reflective practice and supervision, and for students learning about a variety of therapeutic approaches.

Body Shame - Paul Gilbert 2014-01-02

Physical appearance plays a powerful role in social relationships. Those who feel shame regarding the way they look, and who think others view their appearance negatively, can therefore be vulnerable to impoverished social relationships and a range of psychological difficulties. However, there are a few books which look specifically at the many permutations of body shame and their differing treatments. In this book, researchers and therapists from a wide range of different disciplines and areas explore the role of shame in various physical and psychological disorders, and provide practical advice on management and treatment. Chapters are organised to address issues of conceptualisation, assessment and treatment, on topics such as: * definitional controversies * possible biopsychosocial and evolutionary origins of body shame * effects on adjustment to maturation and aging process * specific forms of disfigurement * the role of body shame in depression, eating disorders and body dysmorphic disorder. *Body Shame* gives the reader insight into the nature and mechanisms of shame, how it can focus on the body, how it can underlie a variety of psychological difficulties, and how to intervene to help resolve it. This book will be invaluable for practitioners from different disciplines working with people who have problems centred on their physical appearance and/or functions, and clinicians working with various mental health problems.

Cognitive Behavioural Chairwork - Matthew Pugh 2019-08-15

Cognitive Behavioural Chairwork: Distinctive Features provides a practical, accessible, and concise introduction to both the theory and practice of chairwork, one of the most powerful and exciting methods of intervention in cognitive behavioural therapy (CBT), and is the first book to synthesise its many applications in CBT and allied therapies. Part of the popular 'CBT Distinctive Features' series, this book contains a wealth of effective experiential procedures for working with automatic thoughts, emotions, behaviours, core beliefs, ambivalence, strengths, well-being, and cognitive processes such as worry and self-criticism. Readers will also learn how chairwork is applied in other areas, such as clinical supervision and associated psychotherapeutic approaches including compassion focused therapy, schema therapy, positive psychotherapy, and motivational interviewing. Techniques are presented in an easy-to-understand format and illustrated using clinical examples and therapy transcripts. The result is a comprehensive guide which demystifies chairwork and places it at the heart of CBT's continued evolution. Created for practising clinicians, researchers, and training therapists, *Cognitive Behavioural Chairwork: Distinctive Features* will appeal to both individuals who are new to chairwork and those who are familiar with its techniques.

Single-Session Integrated CBT (SSI-CBT) - Windy Dryden
2016-12-01

Until quite recently, therapist training was predicated on the notion that therapy is an ongoing process. Single-Session Integrated CBT (SSI-CBT) questions this. In this book, Windy Dryden takes long standing research on SSI therapy and transfers it to the field of CBT in a timely and conceptual application. Based on his extensive work demonstrating the benefits of single-session CBT to public and professional audiences, Dryden has developed a single-session approach for work in the therapy and coaching fields. Comprising 30 key points, and divided into two parts - Theory and Practice - this concise book covers the key features of SSI-CBT. It will offer essential guidance for students and practitioners experienced in CBT, as well as practitioners from other theoretical orientations who require an accessible guide to the distinctive theoretical and practical features of this exciting new approach.

Compassion - Paul Gilbert 2017-04-21

Paul Gilbert brings together an international line-up of leading scholars and researchers in the field to provide a state-of-the-art exploration of key areas in compassion research and applications. Compassion can be seen as a core element of prosocial behaviour, and explorations of the concepts and value of compassion have been extended into different aspects of life including physical and psychological therapies, schools, leadership and business. While many animals share abilities to be distress sensitive and caring of others, it is our newly evolved socially intelligent abilities that make us capable of knowingly and deliberately helping others and purposely developing skills and wisdom to do so. This book generates many research questions whilst exploring the similarity and differences of human compassion to non-human caring and looks at how compassion changes the brain and body, affects genetic expression, manifests at a young age and is then cultivated (or not) by the social environment. Compassion: Concepts, Research and Applications will be essential reading for professionals, researchers and scholars interested in compassion and its applications in psychology and psychotherapy.

The Abusive Personality - Donald G. Dutton 2007

Now in a thoroughly revised and expanded second edition, this influential volume provides an innovative framework for understanding and treating intimate partner violence.

The Interpersonal Neurobiology of Group Psychotherapy and Group Process - Bonnie Badenoch 2018-05-15

Might it be possible that neuroscience, in particular interpersonal neurobiology, can illuminate the unique ways that group processes collaborate with and enhance the brain's natural developmental and repairing processes? This book brings together the work of twelve contemporary group therapists and practitioners who are exploring this possibility through applying the principles of interpersonal neurobiology (IPNB) to a variety of approaches to group therapy and experiential learning groups. IPNB's focus on how human beings shape one another's brains throughout the life span makes it a natural fit for those of us who are involved in bringing people together so that, through their interactions, they may better understand and transform their own deeper mind and relational patterns. Group is a unique context that can trigger, amplify, contain, and provide resonance for a broad range of human experiences, creating robust conditions for changing the brain.

Neuropsychological Rehabilitation - Barbara A. Wilson 2017-06-20

E) Rehabilitation in mainland China -- f) Rehabilitation in Hong Kong -- g) Rehabilitation in Brazil -- h) Rehabilitation in Argentina -- i) Rehabilitation in South Africa -- j) Rehabilitation in Botswana -- SECTION SEVEN Evaluation and general conclusions -- 42 Outcome measures -- 43 Avoiding bias in evaluating rehabilitation -- 44 Challenges in the evaluation of neuropsychological rehabilitation effects -- 45 Summary and guidelines for neuropsychological rehabilitation -- Index

The Compassionate Mind Approach to Recovering from Trauma - Deborah Lee 2012-07-19

Terrible events are very hard to deal with and those who go through a trauma often feel permanently changed by it. Grief, numbness, anger, anxiety and shame are all very common emotional reactions to traumatic incidents such as an accident or death of a loved one, and ongoing traumatic events such as domestic abuse. How we deal with the aftermath of trauma and our own emotional response can determine how quickly we are able to 'move on' and get back to 'normality' once more. An integral part of the recovery process is not only recognising and accepting how our lives may have been changed but also learning to deal with feelings of shame - an extremely common reaction to trauma. 'Recovering from Trauma' uses the groundbreaking Compassion Focused Therapy to help the reader to not only develop a fuller understanding of

how we react to trauma, but also to deal with any feelings of shame and start to overcome any trauma-related difficulties.

Mindfulness-Based Cognitive Therapy - Rebecca Crane 2017-09-19

This new edition of Mindfulness-Based Cognitive Therapy: Distinctive Features (MBCT) provides a concise, straightforward overview of MBCT, fully updated to include recent developments. The training process underpinning MBCT is based on mindfulness meditation practice and invites a new orientation towards internal experience as it arises - one that is characterised by acceptance and compassion. The approach supports a recognition that even though difficulty is an intrinsic part of life, it is possible to work with it in new ways. The book provides a basis for understanding the key theoretical and practical features of MBCT and retains its accessible and easy-to-use format that made the first edition so popular, with 30 distinctive features that characterise the approach. Mindfulness-Based Cognitive Therapy: Distinctive Features will be essential reading for professionals and trainees in the field. It is an appealing read for both experienced practitioners and newcomers with an interest in MBCT.

Acceptance and Commitment Therapy - Paul E. Flaxman 2010-11-16

This accessible and concise book provides an excellent guide to the key features of Acceptance and Commitment Therapy (ACT), explaining how it differs from traditional cognitive behaviour therapy.

Handbook of Positive Body Image and Embodiment - Niva Piran 2019-04-02

For five decades, negative body image has been a major focus of study due to its association with psychological and social morbidity, including eating disorders. However, more recently the body image construct has broadened to include positive ways of living in the body, enabling greater understanding of embodied well-being, as well as protective factors and interventions to guide the prevention and treatment of eating disorders. Handbook of Positive Body Image and Embodiment is the first comprehensive, research-based resource to address the breadth of innovative theoretical concepts and related practices concerning positive ways of living in the body, including positive body image and embodiment. Presenting 37 chapters by world-renowned experts in body image and eating behaviors, this state-of-the-art collection delineates constructs of positive body image and embodiment, as well as social environments (such as families, peers, schools, media, and the Internet) and therapeutic processes that can enhance them. Constructs examined include positive embodiment, body appreciation, body functionality, body image flexibility, broad conceptualization of beauty, intuitive eating, and attuned sexuality. Also discussed are protective factors, such as environments that promote body acceptance, personal safety, diversity, and activism, and a resistant stance towards objectification, media images, and restrictive feminine ideals. The handbook also explores how therapeutic interventions (including Acceptance and Commitment Therapy, Cognitive Dissonance, and many more) and public health and policy initiatives can inform scholarly, clinical, and prevention-based work in the field of eating disorders.

The Psychology of Attitudes and Attitude Change - Gregory R. Maio 2009

Written by two world-leading academics in the field of attitudes research, is a brand new textbook that gets to the very heart of this fascinating and far-reaching field. Greg Maio and Geoffrey Haddock describe how scientific methods have been used to better understand attitudes and how they change. With the aid of a few helpful metaphors, the text provides readers with a grasp of the fundamental concepts for understanding attitudes and an appreciation of the scientific challenges that lay ahead.

Constructivist Psychotherapy - Robert A. Neimeyer 2009-01-30

Constructivist psychotherapy focuses on the meaning that clients attribute to their world, and the way that this shapes their life and contributes to their difficulties. In this book, Robert A. Neimeyer, a leading figure in the field, provides a clear and accessible explanation of the key features of this approach. Constructivist Psychotherapy: Distinctive Features concentrates on the 30 key commitments that distinguish constructivism from other cognitive behavioural perspectives. Divided into two sections - Theory and Practice - this straightforward book is illustrated throughout with case material and recent research findings. Neimeyer provides us with a fresh perspective on familiar material, together with a clear, concise introduction to material that the reader may be less familiar with, making this book a valuable text for professionals in training as well as a source of new ideas for practising therapists of constructivist psychotherapy.

CBASP as a Distinctive Treatment for Persistent Depressive

Disorder - James P. McCullough, Jr. 2014-11-27

The Cognitive Behavioural Analysis System of Psychotherapy (CBASP) is the only psychotherapy model developed specifically for chronic depression. In the latest addition to the successful Distinctive Features series, the developer of CBASP, James P. McCullough Jr., along with Elisabeth Schramm and J. Kim Penberthy, provides an accessible introduction to this approach, showing how it differs from other cognitive behavioural approaches, and highlighting those features - both theoretical and practical - that make it unique. The unparalleled problems of the chronically depressed patient are some of the most difficult that practitioners face. The disorder has usually continued for a decade or more and patients enter psychotherapy interpersonally withdrawn, detached and with little or no motivation to change. CBASP as A Distinctive Treatment for Persistent Depressive Disorder provides a new look into the phenomenological world of the patient and shows the reader why the world-view of the patient is a valid perception of reality. CBASP is designed to address the problems of the patient in a step-by-step manner. This book explores the therapist role and shows how the CBASP model enables therapists to address the patient's depression in a zone of interpersonal safety. Patients are taught how to behave in an interpersonally facilitative manner and shown how everything they do has consequences for others (including the therapist) and on the social environment in which they live. CBASP as A Distinctive Treatment for Persistent Depressive Disorder will be essential reading for novice and experienced CBT therapists, counselors and psychotherapists treating chronic depression.

The Beginner's Guide to Counselling & Psychotherapy - Stephen Palmer 2015-03-19

Are you interested in the field of counselling and psychotherapy or just starting out in your training? Trying to get to grips with the many different approaches and decide which are right for you? This book can help! An ideal introductory text that assumes no prior knowledge, leading authors in the field provide overviews of 26 counselling and psychotherapy approaches in accessible, jargon-free terms. Each approach is discussed using the same framework to enable easy comparison and evaluation, covering: · Development of the Therapy · Theory and Basic Concepts · Practice · Which Clients Benefit Most? · Case study Four further chapters offer an insight into the therapeutic relationship, working with diversity, professional issues, and research, while resources such as suggested reading, discussion issues, appendices of further information and a comprehensive glossary help you consolidate your learning. So look no further if you want to know the differences between counselling and psychotherapy, compare psychodynamic and psychoanalytic theories, discover how constructivist approaches can be applied in practice, learn about third wave CBT therapies, or just get an general overview of the field; this second edition of a bestseller gives you a whirlwind tour of the breadth, complexity, fascination and problems of the field of counselling and psychotherapy.

Overcoming Depression 3rd Edition - Paul Gilbert 2009-05-01

Overcoming app now available via iTunes and the Google Play Store. A Books on Prescription Title Break free from the hell of depression If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

Treating Impulsive, Addictive, and Self-Destructive Behaviors - Peggilee Wupperman 2019-04-02

This accessible book presents time- and cost-effective strategies for helping clients break free of dysregulated behaviors--such as substance abuse, binge eating, compulsive spending, and aggression--and build more fulfilling, meaningful lives. Mindfulness and modification therapy (MMT) integrates mindfulness practices with elements of motivational interviewing, dialectical behavior therapy, acceptance and commitment therapy, and other evidence-based approaches. It can be used as a stand-alone treatment or a precursor to more intensive therapy. In a convenient large-size format, the book includes session-by-session implementation guidelines, case examples, practical tips, guided

mindfulness practices, and 81 reproducible client handouts and therapist sheets. Purchasers get access to a companion website where they can download audio recordings of the guided practices, narrated by the author, plus all of the reproducible materials. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

Shame - Paul Gilbert 1998

In this volume, the editors and contributors examine the effect of shame on social behaviour, social values and mental states. The text utilizes a multidisciplinary approach, including perspectives from evolutionary and clinical psychology, neurobiology, sociology and anthropology.

Behavioral Activation - Jonathan W. Kanter 2009-05-07

Behavioral activation theory indicates that much clinically relevant human behavior is a function of positive reinforcement, and that when positive reinforcement is reduced, lost, or chronically low depression results. Behavioral activation encourages clients to obtain and nurture the skills that allow them to establish and maintain contact with diverse, stable sources of positive reinforcement. This creates a life of meaning, value and purpose. Behavioral Activation: Distinctive Features clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach. This book will provide essential guidance for students and new therapists, as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy.

Working with Emotion in Cognitive-Behavioral Therapy - Nathan C. Thoma 2014-10-20

Working actively with emotion has been empirically shown to be of central importance in psychotherapy, yet has been underemphasized in much of the writing on cognitive-behavioral therapy (CBT). This state-of-the-art volume brings together leading authorities to describe ways to work with emotion to enrich therapy and achieve more robust outcomes that go beyond symptom reduction. Highlighting experiential techniques that are grounded in evidence, the book demonstrates clinical applications with vivid case material. Coverage includes mindfulness- and acceptance-based strategies, compassion-focused techniques, new variations on exposure-based interventions, the use of imagery to rework underlying schemas, and methods for addressing emotional aspects of the therapeutic relationship.

Treating People in Families - William C. Nichols 1996-01-01

The second section focuses on evaluation and treatment. In-depth chapters demonstrate how to apply the approach during the various stages of the family's developmental life cycle, covering everything from planning therapy and defining goals to performing effective diagnosis and assessment and giving feedback to clients. The book also provides a wealth of useful advice for treating problems that arise with divorce and remarriage. Throughout, special attention is given to ethical considerations in therapy, the responsibilities of both the therapist and clients, and issues of gender and ethnicity

Compassion Focused Therapy - Paul Gilbert 2022

Compassion Focused Therapy: Clinical Practice and Applications offers evidence-based guidance and extensive insight into the science behind compassion focused therapy. The first section of the book explores the evolution and physiological infrastructures of caring, and how compassion arises when humans use their complex cognitive competencies to address suffering deliberately and intentionally. With this framework and basis, the next sections of the book explore CFT applied to groups, specific interventions such as chair work, the importance of applying the principles of the therapy to oneself, the CFT therapeutic relationship, and a chapter offering a systematic review of the evidence for CFT. The third section offers a series of multi-authored chapters on interventions for a range of different mental health problems such as depression, anxiety, trauma, and many others. Being the first major clinical book on compassion focused therapy, with leading international researchers and clinicians addressing central problems, this landmark publication will appeal to psychotherapists from a variety of schools as well as being a vital resource for compassion focused therapists.

Metacognitive Therapy - Peter Fisher 2009-01-30

Metacognitive therapy is based on the principle that worry and rumination are universal processes leading to emotional disorder. These processes are linked to erroneous beliefs about thinking and unhelpful

self-regulation strategies. *Metacognitive Therapy: Distinctive Features* is an introduction to the theoretical foundations and therapeutic principles of metacognitive therapy. Divided into two sections, Theory and Practice and using thirty key points, the authors explore how metacognitive therapy can allow people to escape from repetitive thinking patterns that often lead to prolonged psychological distress. This book is a valuable resource for both students and practitioners wishing to develop a basic understanding of metacognitive therapy and how it compares and contrasts with traditional forms of cognitive behavioural therapy.

Cognitive Behaviour Therapies - Windy Dryden 2012-01-20

CBT has become more established as the therapy of choice for certain conditions in recent years, and consequently different voices in the CBT tradition have become prominent. This book brings together these voices by offering its readers a one-stop guide to the major approaches. Each chapter offers an overview of a particular approach to CBT, covering: - Historical development of the approach - Theoretical underpinnings - Practical Applications - Case Examples - Research status This book is essential reading for CBT trainees and practitioners as well as those training within the broader field of counselling and psychotherapy.

Windy Dryden is Professor of Psychotherapeutic Studies and Programme Co-ordinator of the MSc in Rational-Emotive and Cognitive Behaviour Therapy at Goldsmiths, University of London.

Emotional Schema Therapy - Robert L. Leahy 2019-04-16

This book presents innovative tools for helping patients to understand their emotional schemas--such as the conviction that painful feelings are unbearable, shameful, or will last indefinitely--and develop new ways of accepting and coping with affective experience. Therapists can integrate emotional schema therapy into the treatment approaches they already use to add a vital new dimension to their work. Rich case material illustrates applications for a wide range of clinical problems; assessment guidelines and sample worksheets and forms further enhance the book's utility.

Transformational Chairwork - Scott Kellogg 2014-12-18

Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice is an exposition of the art and science of Chairwork. It is also a practical handbook for using the Chairwork method effectively with a wide range of clinical problems. Originally created by Dr. Jacob Moreno in the 1950s and then further developed by Dr. Fritz Perls in the 1960s, Chairwork has been embraced and re-envisioned by therapists from cognitive, behavioral, existential, Jungian, experiential, psychodynamic, and integrative perspectives. Transformational Chairwork builds on this rich and creative legacy and provides a model that is both integrative and trans-theoretical. The book familiarizes clinicians with essential dialogue strategies and empowers them to create therapeutic encounters and re-enactments. Chairwork interventions can be broadly organized along the lines of external and internal dialogues. The external dialogues can be used to help patients work through grief and loss, heal from interpersonal abuse and trauma, manage difficult relationships, and develop and strengthen their assertive voice. The internal dialogues in turn focus on resolving inner conflicts, combatting the negative impact of the inner critic and the experience of self-hatred, working with dreams and nightmares, and expanding the self through polarity work. Using both internal and external strategies, this book explores how Chairwork dialogues can be a powerful intervention when working with addictions, social oppression, medical issues, and psychosis. This is done through the use of compelling clinical examples and scripts that can be read, studied, and enacted. Chairwork's central emphasis is helping patients express each of their voices as distinctly and as forcefully as possible. The book concludes with a review of the deepening technique—the strategies that therapists can use to help facilitate clarity and existential ownership. an use to help facilitate clarity and existential ownership.

Functional Analytic Psychotherapy - Mavis Tsai 2012-03-12

How can I supercharge the therapy I currently use? This volume distils the core principles, methods, and vision of the approach. Each Functional Analytic Psychotherapy (FAP) principle is presented in terms of its intended purpose and is clearly linked to the underlying theory, thus providing clinicians with a straightforward guide for when and how to apply each technique. FAP embraces awareness, courage, and love as integral to the treatment process. Part I of this volume reviews the history of FAP and the basic behavioral principles on which it is based. Part II provides an easy to use step-by-step guide to the application of FAP techniques. FAP is an approach undergoing a renaissance, and this volume uniquely summarizes the full history, theory, and techniques of FAP, resulting in a handbook perfect for clinicians and graduate students

with or without a behavioural background.

Experiencing Compassion-Focused Therapy from the Inside Out - Russell L. Kolts 2018-04-23

For therapists wishing to build their skills in compassion-focused therapy (CFT), this powerful workbook presents a unique evidence-based training approach. Self-practice/self-reflection (SP/SR) enables therapists to apply CFT techniques to themselves and reflect on the experience as they work through 34 brief, carefully crafted modules. The authors are master trainers who elucidate the multiple layers of CFT, which integrates cognitive-behavioral therapy, evolutionary science, mindfulness, and other approaches. Three extended therapist examples serve as companions throughout the SP/SR journey. In a large-size format for easy photocopying, the volume includes 24 reproducible forms. Purchasers get access to a Web page where they can download and print most of the reproducible materials.

Mindful Compassion - Paul Gilbert 2014-04-01

Are you ready to transform your mind and emotions? To cultivate compassion, stability, self-confidence, and well-being? If so, get ready to change the way you experience your life with this highly-anticipated approach using mindfulness and compassion. Therapists have long been aware of mindfulness as a powerful attention skill that can help us live with greater clarity and awareness—but mindfulness alone is not enough to completely change the way a brain works. In order to fully thrive, we require motivation. Compassion, like anger or aggression, is an extremely powerful motivational force that can bring about real, lasting change. Written by the founder of compassion-focused therapy (CFT), Paul Gilbert and former Buddhist monk, Choden, *Mindful Compassion* is a unique blending of evolutionary and Buddhist psychology. In this breakthrough book, you'll learn how traditional mindfulness and compassion can work in harmony to offer a new, effective, and practical approach to overcoming everyday emotional and psychological problems. If you are ready to end toxic self-criticism, heal trauma and shame, feel worthy and loveable, and be kinder to yourself and others, this book can show you the way.

Cognitive Behavioural Couple Therapy - Michael Worrell 2015-04-17

Cognitive Behavioural Couple Therapy (CBCT) is an enhanced and contextually grounded approach that provides evidence-based strategies for working with couple distress, as well as individual psychopathology in the context of a distressed relationship. *Cognitive Behavioural Couple Therapy: Distinctive Features* explores this truly integrative and experiential way of working. This model has significantly widened the traditional CBT focus on cognition and behaviour to include an equal emphasis on emotion, stable individual differences and vulnerabilities, as well as an awareness of the importance of the environment and the wider context for couple relationships. Comprising 30 key points, and divided into two parts - Theory and Practice - this concise book includes numerous clinical examples that illustrate the key features of Cognitive Behavioural Couple Therapy. It will offer essential guidance for students, practitioners experienced in individual CBT, as well as practitioners of couple therapy from other theoretical orientations who require an accessible guide to the distinctive theoretical and practical features of this contemporary approach.

Buddhist Psychology and Cognitive-Behavioral Therapy - Dennis Tirch 2016-12-29

This user-friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for cognitive-behavioral therapy (CBT) practitioners. It explains central Buddhist concepts and how they can be applied to clinical work, and features numerous experiential exercises and meditations. Downloadable audio recordings of the guided meditations are provided at the companion website. Essential topics include the relationship between suffering and psychopathology, the role of compassion in understanding and treating psychological problems, and how mindfulness fits into evidence-based psychotherapy practice. The book describes an innovative case conceptualization method, grounded in Buddhist thinking, that facilitates the targeted delivery of specific CBT interventions.

Motivational Cognitive Behavioural Therapy - Cathy Atkinson 2019-12-17

This informative and straightforward book explores the emergence of motivational interviewing (MI) and cognitive behavioural therapy (CBT), with specific attention given to the increasing focus on the central importance of the therapeutic alliance in improving client outcomes. Comprising 30 short chapters divided into two parts - theory and practice - this entry in the popular "CBT Distinctive Features Series" covers the key features of MI-informed CBT, offering essential guidance for students and practitioners experienced in both MI and CBT, as well

as practitioners from other theoretical orientations who require an accessible guide to this developing approach.

Compassion Focused Therapy - Paul Gilbert 2010

Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts -Theory and Compassion Practice - this concise book provides a clear guide to the distinctive characteristics of CFT. --

Mindfulness-Based Cognitive Therapy - Susan L. Woods 2019-06-01

Mindfulness-based cognitive therapy (MBCT) is a powerful, evidence-based treatment for depression and other mental health conditions. This groundbreaking professional book provides clinicians with the essential skills they need to deliver MBCT. In this book, you'll discover the foundations of teaching MBCT, guidance on embodied mindful presence (a focused awareness of experience in the moment), the contemplative dialogue known as inquiry, and other strategies for delivering group-based MBCT. You'll also find scripts, access to audio material, and practice guidelines for you and your clients. Although focused on MBCT, this book can be referenced for use in other mindfulness-based programs. In addition, you'll gain the knowledge and confidence you need to effectively deliver MBCT and build the foundations of an embodied practice. The book starts with an overview of the MBCT

program, before devoting chapters to the structure and skills required for developing competence and best practice. You'll deepen your understanding and facility in the most challenging elements of MBCT: mindful embodied presence and inquiry. You'll also learn strategies for delivering this therapy to a group; troubleshooting tips; and a chapter on training, mentorship, and maintaining competence. Finally, you'll find essential information including meditation scripts, tools, and other resources for delivering MBCT. If you are looking to deepen your practice and ability to teach MBCT, this book—written by renowned MBCT clinicians—is an invaluable addition to your professional library.

The Mindful Way Through Stress - Shamash Alidina 2015-01-12

Take a deep breath. Feeling less stressed already? Bestselling author Shamash Alidina shows just how simple it is to master the proven techniques of mindfulness-based stress reduction (MBSR) in this engaging guide. MBSR has enhanced the physical and emotional well-being of hundreds of thousands of people around the world. In as little as 10 minutes a day over 8 weeks, you'll be taken step by step through a carefully structured sequence of guided meditations (available to purchasers for download at the companion website) and easy yoga exercises. Vivid stories, everyday examples, and opportunities for self-reflection make the book especially inviting. Science shows that MBSR works--and now it is easier than ever to get started.