

Sitting Together Essential Skills For Mindfulness Based Psychotherapy

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Sitting Together helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular clients and patients, while avoiding those that are contraindicated. Building on the foundation of a personal meditation practice, it introduces exercises designed to develop the core skills of concentration, open monitoring, and compassionate acceptance, and brings each to life with detailed clinical illustrations.

Sitting Together | Essential Skills for Mindfulness-Based ...

Sitting Together invites the therapist to develop, through mindfulness, those qualities common to all gifted practitioners: accurate attention, caring without judgment, compassion, and wisdom."--Judith Lewis Herman, MD, Department of Psychiatry, Harvard Medical School

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Sitting Together invites the therapist to develop, through mindfulness, those qualities common to all gifted practitioners: accurate attention, caring without judgment, compassion, and wisdom."--Judith L. Herman, MD, Department of Psychiatry, Harvard Medical School Sitting Together is an extraordinary achievement and an outstanding resource for introducing mindfulness into psychotherapy.

Sitting Together : Essential Skills for Mindfulness-Based ...

Mindfulness can deepen the therapeutic relationship This essay is adapted from Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy. Current studies suggest that in successful treatment alliances, therapists are perceived as warm, understanding, and accepting, approaching their patients with an open, collaborative attitude.

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