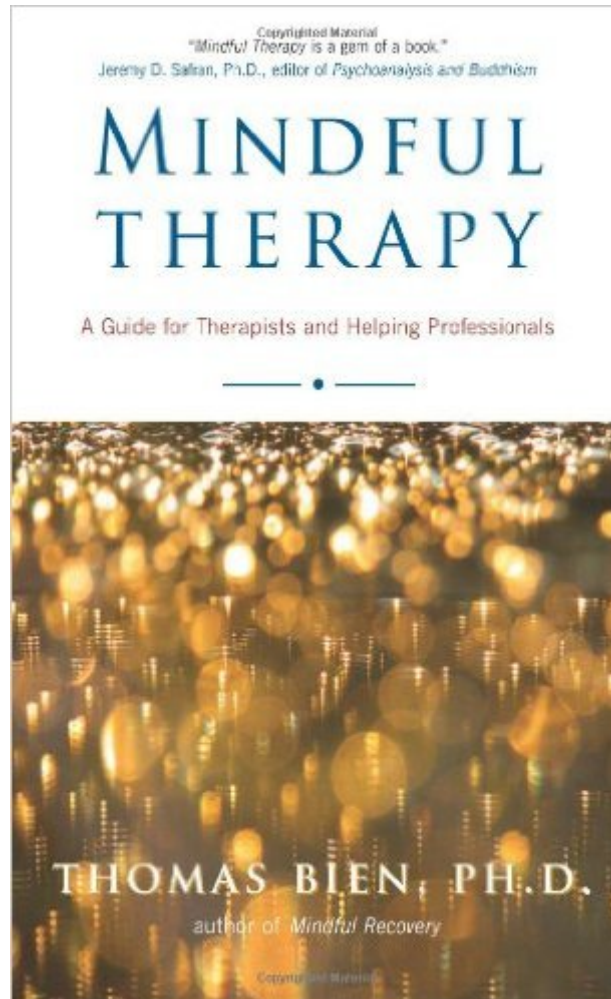


The book was found

Mindful Therapy: A Guide For Therapists And Helping Professionals



Synopsis

Welcome and much-needed addition to the literature for psychotherapists, therapists-in-training, and occupational therapists and other types of teachers. Mindful Therapy offers to them ways to bring the teachings of Buddhism into a psychotherapeutic practice - and a thorough explanation of the benefits of doing so. The book will be of value to therapists of every variety, in the way that *Medicine and Compassion*, while molded for caregivers in general, was applauded by medical journals. Author Tom Bien offers an energizing and expansive perspective. Grounded in his understanding of Buddhist teachings, his book suggests a model of integration of particular value to beginning therapists or those still in training, offering ways in which the therapist can mindfully care for themselves amid the challenges of their practice. Tools useful to clients, as well, are discussed. Bien sees therapists as practicing in the ancient traditions of various healers of spirit, whose greatest skill and gift to others is, above all, the mindful presence. Mindful Therapy is comprised of a useful, highly-readable balance of theoretical groundwork, personal experience, case studies, and practice exercises.

Book Information

Paperback: 304 pages

Publisher: Wisdom Publications (February 17, 2006)

Language: English

ISBN-10: 0861712927

ISBN-13: 978-0861712922

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #267,716 in Books (See Top 100 in Books) #119 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #185 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational](#) #353 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychoanalysis](#)

Customer Reviews

This book revolves around a therapists explanation of mindfulness and its place in psychotherapy. I liked this book because it is a good introduction with case examples to the subject. he explains how the therapist can be more mindful which in turn benefits the client. i found this book to be helpful in my work as i was more present and 'mindful' of clients. its a good book as it is clear, well written,

simple and useful.

Gave me greater inner peace and really taught the principles behind mindfulness. Without the knowledge of this book to help me understand the purpose and different ways to experience mindfulness; it would be unfair for me to attempt to "practice mindfulness" as I was unaware of what it truly meant. I also could've done harm to clients rather than good without being enlightened by such a great book that explains some complicated processes in very simple terms. The PERFECT BOOK for a beginning mindfulness individual; someone who has been practicing and not reaping the FULL benefits; or any individual who is ready to forgo the stress of living the same way when internally they feel some type of turmoil; whether overwhelmed, anxious, depressed, or unhappy. I'm ready to move forward in my life; and help my clients receive the same peace and surpassing understanding that comes with mindfulness every second of every day.

Needs to be in all helping professionals libraries in my opinion. this coupled with jon kabot zinns work is very helpful in idenfying the need for mindfulness as a professional and educating clients. really gave me insight as a budding professional.

I'm a private-practice psychotherapist and have done much reading on mental health. I've returned to "Mindful Therapy" many times over the years; it is honestly the most useful clinical book I've read. There are now a slew of psych-related mindfulness books on the market, but this one stands out in for its simplicity, beauty and utility. Thank you, Thomas Bien, for writing a book that is helpful and inspirational.

Thomas Bien provides an accessible, useful guide to using mindfulness in therapy that will be helpful for novice, as well as seasoned, clinicians. It provides a particularly excellent foundation for new therapists - I highly recommend it.

I loved this book. It is very useful and practical for me as a psychotherapist! If you haven't had any exposure to mindfulness theory and practice, it will hopefully encourage to explore and make use of these "universal" guidelines.

This text provided clear guidance and inspiration for changing my daily experience of therapy with my patients--to our mutual benefit. For those unfamiliar with the basics of buddhist thought, the book

may be more of a challenge to integrate with a therapist's specific approach.

Trust me, this is a great book. I've been in the mental health field for 40 years..Have a Ph.D. in psychology... read this excellent book and incorporate some of the ideas and practices. I've read alot (100's) of books on mindfulness, therapy, psychology, spitituality, buddhism, Zen meditation,etc. This book will get you to think, to feel and to evolve, hopefully...

[Download to continue reading...](#)

Mindful Therapy: A Guide for Therapists and Helping Professionals iPhone for Work: Increasing Productivity for Busy Professionals (Books for Professionals by Professionals) Building Your Ideal Private Practice: A Guide for Therapists and Other Healing Professionals The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Savor: Mindful Eating, Mindful Life The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals Spiritual Care with Sick Children and Young People: A handbook for chaplains, paediatric health professionals, arts therapists and youth workers Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive The Practice of Collaborative Counseling and Psychotherapy: Developing Skills in Culturally Mindful Helping Student Workbook for Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists (LWW Massage Therapy and Bodywork Educational Series) Body Mechanics for Manual Therapists: A Functional Approach to Self-Care (LWW Massage Therapy and Bodywork Educational Series) Differential Diagnosis for Physical Therapists: Screening for Referral, 5e (Differential Diagnosis In Physical Therapy) Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Beginning Nokia Apps Development: Qt and HTML5 for Symbian and MeeGo (Books for Professionals by Professionals) Law, Liability, and Ethics for Medical Office Professionals (Law, Liability, and Ethics Fior Medical Office Professionals) Introduction To Research And Medical Literature For Health Professionals (Blessing, Introduction to Research and Medical Literature for Health Professionals wi) Ethical and Legal Issues for Imaging Professionals, 2e (Towsley-Cook, Ethical and Legal Issues for Imaging Professionals) Pro Visual C++/CLI and the .NET 3.5 Platform (Books for Professionals by Professionals) Practical Android Projects (Books for Professionals by Professionals) Beginning Python Visualization: Crafting Visual Transformation Scripts (Books for Professionals by Professionals)

[Dmca](#)