



The Heart of Mindfulness-Based Stress Reduction: A Mbsr Guide for Clinicians and Clients (Paperback)

By Rosenbaum Elana

Pesi Publishing and Media, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients life. Using powerful, yet simple, tools and strategies, The Heart of Mindfulness-based Stress Reduction guides how to heal through awareness and reinforcing what is right rather than what is wrong. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness. * Tools to integrate MBSR into daily life * Using S.T.O.P. technique for mindfulness pauses to refocus and redirect * Body scan script and other guided meditations * 30 reproducible worksheets * Essentials to be an MBSR teacher.



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