



12th International Congress on Ericksonian Approaches to Psychotherapy. Mindfulness to your practice : teaching mindful skills for better self-regulation /

Simpkins, C. Alexander,
teacher,
interviewer
Simpkins, Annellen M.,
teacher,
interviewer

Instructional films

Filmed interviews

Conference papers and proceedings

Material Projectable

Mindfulness has been well researched as an efficacious addition to psychotherapy. Adding a mindful perspective for your client teaches helpful tools which promotes the therapeutic process and enhances your interventions on many levels. This clinical demonstration shows how to work with client suffering to bring about a feeling of presence and well-being. The client's problem is viewed through a different lens of the present moment, without judgment, and through acceptance. Transformation is possible here and now as the audience and the client step together with us on the mindful path. Educational Objectives: Explain the fundamentals of mindfulness as applied to psychotherapy. Discuss how, and when to use mindfulness and practice doable methods for weaving mindfulness into the therapeutic session

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Título: 12th International Congress on Ericksonian Approaches to Psychotherapy. Mindfulness to your practice : teaching mindful skills for better self-regulation [with] Alexander Simpkins, PhD and Annellen Simpkins, PhD

Editorial: Phoenix, Arizona Milton H. Erickson Foundation 2015

Descripción física: 1 online resource (49 minutes)

Duración: 004859

Variantes del título: Adding mindfulness to your practice teaching mindful skills for better self-regulation

Mención de serie: Academic Video Online

Nota general: Title from resource description page (viewed July 20, 2017)

Lengua: In English

Materia: Mindfulness-based cognitive therapy Change (Psychology) Behavior modification

Autores: Simpkins, C. Alexander, teacher, interviewer Simpkins, Annellen M., teacher, interviewer

Entidades: Milton H. Erickson Foundation production company

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es