



Cognitive Behavioral Therapy Mindfulness Toolbox: 50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders (Paperback)

By Richard Sears

Pesi Publishing Media, 2017. Paperback. Condition: New. Language: English . Brand New Book. Cognitive Behavioral Therapy (CBT) has been an effective intervention for decades, but few clinicians have discovered the powerful treatment results of combining CBT with Mindfulness. Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy -- all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.



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