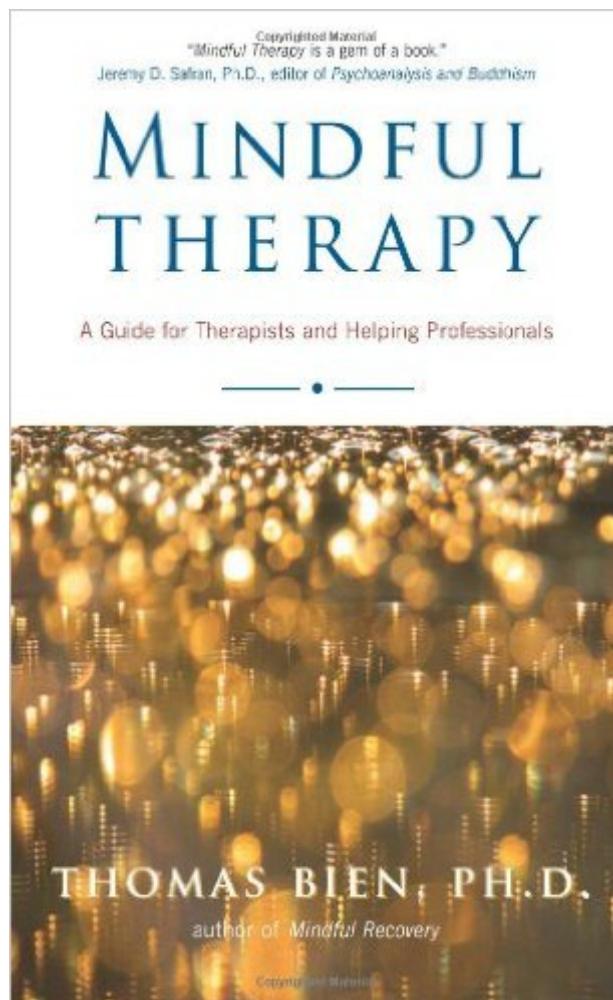


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# Mindful Therapy: A Guide For Therapists And Helping Professionals



## **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**

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## **Customer Reviews**

This book revolves around a therapist's 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. It's 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 a lot (100's) of books on mindfulness, therapy, psychology, spirituality, buddhism, Zen meditation,etc. This book will get you to think, to feel and to evolve, hopefully...

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