

Includes audio downloads of guided meditations by Zindel Segal,
Mark Williams, and John Teasdale

Mindfulness and the Transformation of Despair

Working with People at Risk
of Suicide



Mark Williams,
Melanie Fennell, Thorsten Barnhofer,
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Resumo de Mindfulness and the Transformation of Despair: Working with People at Risk of Suicide

"Grounded in extensive research and clinical experience, this book describes how to adapt mindfulness-based cognitive therapy (MBCT) for participants who struggle with recurrent suicidal thoughts and impulses. Relevant to all mindfulness teachers, a comprehensive framework is presented for understanding suicidality and its underlying vulnerabilities.

The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail, highlighting issues that need to be taken into account with highly vulnerable people.

Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples. The book also discusses how to develop the required mindfulness teacher skills and competencies.

Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices, narrated by Zindel V. Segal, J. Mark G. Williams, and John D. Teasdale. See also Mindfulness-Based Cognitive Therapy for Depression, Second Edition, by Zindel V.

Segal, J. Mark G. Williams, and John D. Teasdale, the authoritative presentation of MBCT"--

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