



# Manual clínico de MIndfulness (Biblioteca de Psicología) (Spanish Edition)

*Fabrizio Didonna*

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# Manual clínico de Mindfulness (Biblioteca de Psicología) (Spanish Edition)

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## **Manual clínico de Mindfulness (Biblioteca de Psicología) (Spanish Edition)** Fabrizio Didonna

Este libro se va a convertir en un clásico. Ábralo en cualquier página y encontrará escritos de gran sabiduría y precisión. Con una visión exhaustiva, el Manual Clínico de Mindfulness nos permite ver con claridad cuán convincentes son el arte y la ciencia de la investigación racional cuando se unen. Mark Williams, Ph.D. En las dos últimas décadas la psicología oriental ha ofrecido un terreno fértil para los terapeutas, como piedra angular, componente o complemento de su trabajo. En concreto, existen estudios que están identificando la práctica budista de Mindfulness como base para intervenciones efectivas en varios trastornos. El Manual Clínico de Mindfulness es una guía que va de la teoría a la práctica, escrita con claridad, y que apunta hacia ese poderoso abordaje terapéutico (además de los conceptos relacionados de meditación, aceptación y compasión) y su potencial para el tratamiento en una serie de problemas psicológicos frecuentes. Sus principales características son: Revisión neurobiológica de cómo funciona Mindfulness; Estrategias para implicar a los pacientes en la práctica de Mindfulness; Herramientas y técnicas para evaluar Mindfulness; Intervenciones para los trastornos con mayor prevalencia, como depresión, ansiedad y trauma; Capítulos especiales sobre la utilización de Mindfulness en oncología y en dolor crónico; Intervenciones específicas para niños y ancianos; Aplicaciones exclusivas para pacientes internados y Anexo con ejercicios. El Manual Clínico de Mindfulness incluye las contribuciones de algunos de los autores e investigadores más importantes en el campo de las intervenciones basadas en Mindfulness. Interesará a profesionales, investigadores y expertos de la salud mental, y su potencial de aplicación lo convierte en una referencia excelente para estudiantes y aprendices.

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