



## Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy (Paperback)

By Susan M. Pollak, Thomas Pedulla, Ronald D. Siegel

Guilford Publications, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. This practical guide helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular patients, while avoiding those that are contraindicated. The authors provide a wide range of meditations that build the core skills of focused attention, mindfulness, and compassionate acceptance. Vivid clinical examples show how to weave the practices into therapy, tailor them to each patient's needs, and overcome obstacles. Therapists also learn how developing their own mindfulness practice can enhance therapeutic relationships and personal well-being. The Appendix offers recommendations for working with specific clinical problems. Free audio downloads (narrated by the authors) and accompanying patient handouts for selected meditations from the book are available at [See also Mindfulness and Psychotherapy, Second Edition](#), edited by Christopher K. Germer, Ronald D. Siegel, and Paul R. Fulton, which reviews the research on therapeutic applications of mindfulness and delves into treatment of specific clinical problems.



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