



## Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals

By Catherine P. Cook-Cottone

Springer Publishing Co Inc, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The first book to present mindfulness and yoga-based treatment for dysregulated, consumption-oriented disorders Mindfulness and yoga-based approaches as beneficial supplements to traditional mental health paradigms are well supported by empirical research. While numerous texts have examined these approaches for treatment of depression, anxiety, and eating disorders, this is the first to address mindfulness and yoga-based approaches as embodied tools for reducing dysregulation associated with self-destructive and consumption-oriented behaviours. Introducing the basic theoretical foundations, key practices, and comprehensive protocols of mindfulness and yoga-based approaches for the treatment of externally oriented behaviours, the text is targeted at mental health professionals who wish to learn how to incorporate these techniques into their practice. The book explores the societal influences that lead to the externally oriented, idealized, and ultimately self-defeating concept of the individual. It provides the structure and practical applications for clinicians to help their clients overcome struggles with externally oriented behaviours and discover an internal sense of satisfaction and peace of mind. Tapping into the concept of a hungry self within the context of consumerism, the book advocates mindfulness and yoga...



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