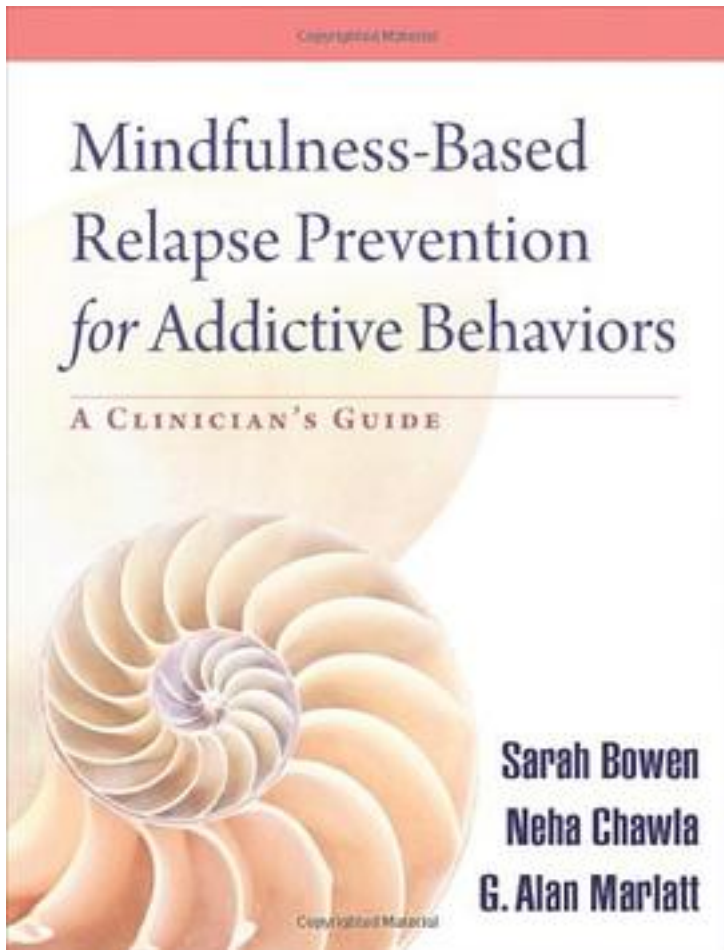


# Mindfulness-Based Relapse Prevention for Addictive Behaviors



[Mindfulness-Based Relapse Prevention for Addictive Behaviors\\_ 下载链接1](#)

著者: Bowen, Sarah; Chawla, Neha; Marlatt, G. Alan

出版者:

出版时间: 2010-11

装帧:

isbn: 9781606239872

This authoritative book presents an innovative relapse prevention program that

integrates mindfulness practices with evidence-based cognitive and behavioral strategies. Clinicians get essential information and materials for implementing the approach with their clients. In eight carefully structured group sessions, participants gain awareness of their own inner experiences, step out of habitual patterns of thought and behavior that can trigger relapse, and acquire concrete skills to meet the day-to-day challenges of recovery. User-friendly features include detailed guidelines for facilitating each session, scripted examples of guided meditations, and more than 20 reproducible handouts and forms. This book will be important reading for clinical psychologists, social workers, substance abuse counselors, and other clinicians who treat clients with addiction and substance use problems.

作者介绍:

目录:

[Mindfulness-Based Relapse Prevention for Addictive Behaviors\\_下载链接1](#)

标签

治疗

正念

评论

很好的一本工具书，实操性很强

-----  
[Mindfulness-Based Relapse Prevention for Addictive Behaviors\\_下载链接1](#)

书评

-----  
[Mindfulness-Based Relapse Prevention for Addictive Behaviors\\_下载链接1](#)