



## 12th International Congress on Ericksonian Approaches to Psychotherapy. Mindfulness to your practice : teaching mindful skills for better self-regulation /

Simpkins, C. Alexander,  
teacher,  
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Instructional films.

Filmed interviews.

Conference papers and proceedings.

Material Projectable

Mindfulness has been well researched as an efficacious addition to psychotherapy. Adding a mindful perspective for your client teaches helpful tools which promotes the therapeutic process and enhances your interventions on many levels. This clinical demonstration shows how to work with client suffering to bring about a feeling of presence and well-being. The client's problem is viewed through a different lens of the present moment, without judgment, and through acceptance. Transformation is possible here and now as the audience and the client step together with us on the mindful path. Educational Objectives: Explain the fundamentals of mindfulness as applied to psychotherapy. Discuss how, and when to use mindfulness and practice doable methods for weaving mindfulness into the therapeutic session

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**Título:** 12th International Congress on Ericksonian Approaches to Psychotherapy. Mindfulness to your practice : teaching mindful skills for better self-regulation [with] Alexander Simpkins, PhD and Annellen Simpkins, PhD

**Editorial:** Phoenix, Arizona Milton H. Erickson Foundation 2015

**Descripción física:** 1 online resource (49 minutes)

**Duración:** 004859

**Variantes del título:** Adding mindfulness to your practice teaching mindful skills for better self-regulation

**Mención de serie:** Academic Video Online

**Nota general:** Title from resource description page (viewed July 20, 2017)

**Lengua:** In English

**Materia:** Mindfulness-based cognitive therapy Change (Psychology) Behavior modification

**Autores:** Simpkins, C. Alexander, teacher, interviewer Simpkins, Annellen M., teacher, interviewer

**Entidades:** Milton H. Erickson Foundation production company

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