



Mindfulness and Acceptance for Counseling College Students: Theory and Practical Applications for Intervention, Prevention, and Outreach (Paperback)

By Jacqueline Pistorello

New Harbinger Publications, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In Mindfulness and Acceptance for Counseling College Students, clinical researcher Jacqueline Pistorello explores how mindfulness and acceptance-based approaches such as acceptance and commitment therapy (ACT), dialectical behavioral therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR) are being utilized by college counseling centers around the world to treat student mental health problems like severe depression, substance abuse, and eating disorders. This book offers easy-to-use applications for college counselors and therapists, and includes a website link for downloadable worksheets for students, a sample podcast, and interactive web-based materials.



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