

This ground-breaking book explores the theoretical, clinical and training application of integrating mindfulness with all of the arts therapies, and includes cutting-edge contributions from neuroscience. Written by pioneers and leaders in the arts therapies and psychology fields, the book includes 6 sections that examine mindfulness and the arts therapies from different perspectives: 1) the history and roots of mindfulness in relation to spirituality, psychotherapy and the arts therapies; 2) the role of the expressive arts in cultivating mindful awareness; 3) innovative approaches that add mindfulness to the arts therapies; 4) arts therapies approaches that are inherently mindfulness-based; 5) mindfulness in the training and education of arts therapists; and 6) the neuroscience underlying mindfulness and the arts therapies.

Contributors describe their pioneering work with diverse applications: people with cancer, trauma, chronic pain, substance abuse, severe mental illness, clients in private practice, adolescents at camp, training dance and art therapists, and more. This rich resource will inspire and rejuvenate all clinicians and educators.

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Mindfulness and the Arts Therapies: Theory and Practice offers a comprehensive survey of the current applications of mindfulness and meditation along the expressive arts therapies spectrum. Until now there has not been a book describing the range of current mindfulness-based approaches being used in the arts therapies. Mindfulness and the Arts Therapies: Theory and Practice. Edited by Laury Rappaport London, England: Jessica Kingsley, pp., 72 ill.

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(Ed.), Mindfulness and the arts therapies: Theory and practice. London: Jessica Kingsley Publishers. Rappaport, L. (b). 'Focusing-Oriented Expressive Arts. Theory and Practice Edited by Laury Rappaport Ph.D. Foreword by Jakusho and training application of integrating mindfulness with all of the arts therapies. This pioneering resource brings together new ways of thinking and practise from an international group of senior arts therapists to explore the ways in which the. shakethatbrain.com: Mindfulness and the Arts Therapies: Theory and Practice () and a great selection of similar New, Used and Collectible Books.

and theory on these areas indicate that a combination of mindfulness and art .. include the regular practices of mindfulness, as well as art therapy activities. self-compassion practice enhances quality of life over time (Germer . Mindfulness and the Arts Therapies: Theory and

Prac- tice edited by.

Mindfulness practices as taught in the mindfulness-based cognitive therapy mindfulness, MBCT and art therapy and giving an outline of theories relating to. Theory and Practice of Arts Therapies. THE ARTS waking reality, mindfulness, altered states and dreamtime. And, in many cultures, art. January 12 Mindfulness-based Stress Reduction (MBSR) Course for our OFF THE PRESSES: Mindfulness and the Arts Therapies, Theory and Practice Edited .

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