



## Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide

By Sarah W. Bowen, Neha Chawla, G. Alan Marlatt

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide, Sarah W. Bowen, Neha Chawla, G. Alan Marlatt, 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.

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