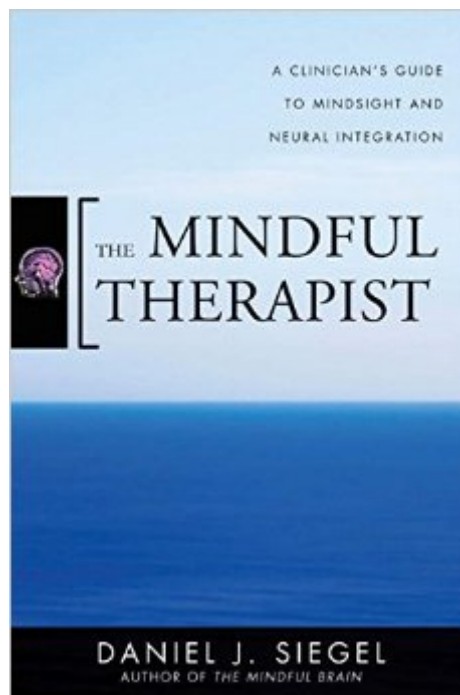


The book was found

The Mindful Therapist: A Clinician's Guide To Mindsight And Neural Integration (Norton Series On Interpersonal Neurobiology)



Synopsis

Bringing mindfulness techniques to your psychotherapeutic work with clients. An integrated state of mindful awareness is crucial to achieving mental health. Daniel J. Siegel, an internationally recognized expert on mindfulness and therapy, reveals practical techniques that enable readers to harness their energies to promote healthy minds within themselves and their clients. He charts the nine integrative functions that emerge from the profoundly interconnecting circuits of the brain, including bodily regulation, attunement, emotional balance, response flexibility, fear extinction, insight, empathy, morality, and intuition. A practical, direct-immersion, high-emotion, low-techno-speak book, *The Mindful Therapist* engages readers in a personal and professional journey into the ideas and process of mindful integration that lie at the heart of health and nurturing relationships.

Book Information

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Customer Reviews

Although the title is *The Mindful Therapist*, a clinicians' guide, (and it is a breakthrough book for psychotherapists) this book is also valuable for anyone who is interested in deepening their understanding of how our minds work and how we affect the minds (and brains) of other people. Dan Siegel is a remarkable teacher and this book is another in his series of books explaining interpersonal neurobiology. He is a gifted writer, often poetic in his explanations and descriptions of fundamental mental processes. He successfully addresses a multitude of crucial topics from

exploring the experience of self, to what it means to be in resonance with another person or with oneself. He introduces the reader to the latest brain science research, explores the nature of mind and neural integration in our brains and increases our depth of understanding of mindfulness and empathy. He opens up new ways of making sense of our inner world (the conscious and the unconscious) and he creates a framework to view what we may have seen and known previously but now with a new depth of knowledge he creates an entirely new level of understanding. In previous work he had described a valuable human capability: "mindsight". He characterized it as "a type of focused attention that allows us to see the workings of our own minds and allows us to reshape our inner experience, to increase our freedom, as well as to be fully open to another person's inner experience". In this book he goes further in showing the components and workings of this ability and how to increase our capacity to use this in our clinical work and in our lives. He wrote this book to be read as if the reader and he were having a conversation (and it is).

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