



Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships

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DESCRIPTION

This is a clear, streamlined guide to using Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) to improve well-being and manage a range of personal and interpersonal difficulties.

- Integrates the core principles of Eastern mindfulness with the Western evidence-based principles of CBT
- Provides simple and practical, step-by-step guidance to understanding and implementing the four stages of MiCBT with helpful FAQ sections, success stories from patients, and free access on the companion website to the author's MP3 audio instructions for basic and advanced mindfulness meditation techniques
- Written by the foremost expert in this area, with over 25 years' experience in mindfulness meditation and training from around the world
- Perfect for individuals working toward self-improvement on their own, as well as professionals assisting clients in individual or group therapy

ABOUT THE AUTHOR

DR BRUNO CAYOUN is Director of the MiCBT Institute and a clinical psychologist in private practice in Hobart, Australia. He is the principal developer of Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) and has been teaching this approach to mental health professionals internationally since 2003. He has practiced mindfulness meditation for over 25 years and has undergone extensive training in France, Nepal, India, and Australia. Dr Cayoun supervises mindfulness research at the MiCBT Institute and in collaboration with several universities in Australia. He is the author of *Mindfulness-integrated CBT: Principles and Practice* (Wiley Blackwell, 2011), as well a range of MiCBT resources for professionals.

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