DESCRIPTION

MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into PTSD treatment. Based on the authors’ experience in the first randomized controlled clinical trial, this pioneering book expands the range of potential treatment options.

• MBCT has been growing in popularity, and has solid research support, but this is the first text to apply it to trauma survivors

• This pioneering text is based on the authors’ experience in using MBCT for PTSD in the first randomized controlled clinical trial

• Containing numerous case examples, it expands the range of potential treatment options and lends new hope for trauma survivors to lead more fulfilling lives

• The authors combined have a unique set of expert skills; Dr Chard is a well-known expert on PTSD, and Dr Sears is an expert on mindfulness and MBCT

ABOUT THE AUTHOR

Richard W. Sears is a clinical psychologist with a private psychology and consulting practice in Cincinnati, Ohio. He is clinical/research faculty at UC Integrative Medicine and a contract psychologist at the Cincinnati VA. His publications include Mindfulness

Kathleen M. Chard is Associate Chief of Staff for Research and Director of the Trauma Recovery Center at the Cincinnati VA Medical Center and Professor of Psychiatry and Behavioral Neuroscience at the University of Cincinnati. She is the author of Cognitive Processing Therapy Therapist Manual, Department of Veterans Affairs (2008, 2014) and Cognitive Processing Therapy Group Treatment Manual, Department of Veterans Affairs, (2010, 2014). She has conducted numerous studies on the treatment of posttraumatic stress disorder in veteran and civilian populations.

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