Bruno A. Cayoun, Sarah E. Francis, Alice G. Shires

DESCRIPTION

The essential guide to MiCBT for therapists working in clinical settings

The Clinical Handbook of Mindfulness-integrated Cognitive Behavior Therapy offers therapists working in clinical settings a practical set of evidence-based techniques derived from mindfulness (vipassana) training and the principles of Cognitive Behavior Therapy. The increasing popularity of Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) is principally attributed to its transdiagnostic applications. It offers novel tools that address a broad range of psychological disorders both acute and chronic, including those with complex comorbidities, and helps prevent relapse.

The authoritative guide to this unique approach includes:

• A clear explanation of MiCBT’s origins and development, structure and content, scientific underpinnings and supporting empirical evidence

• A comprehensive guide to the 10-session MiCBT program for groups and individual clients that includes worksheets and handouts for each session and suggestions to overcome common difficulties

• A presentation of the research and practical experience of the authors, noted experts in the field of MiCBT
Written for mental health therapists working with groups and individual clients, *The Clinical Handbook of Mindfulness-integrated Cognitive Behavior Therapy* offers an effective guide for implementing the principles of MiCBT within their professional practice.

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### ABOUT THE AUTHOR

**BRUNO A. CAYOUN** is a clinical psychologist, researcher and the developer of Mindfulness-integrated Cognitive Behavior Therapy. He is the founder and Director of the MiCBT Institute.

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