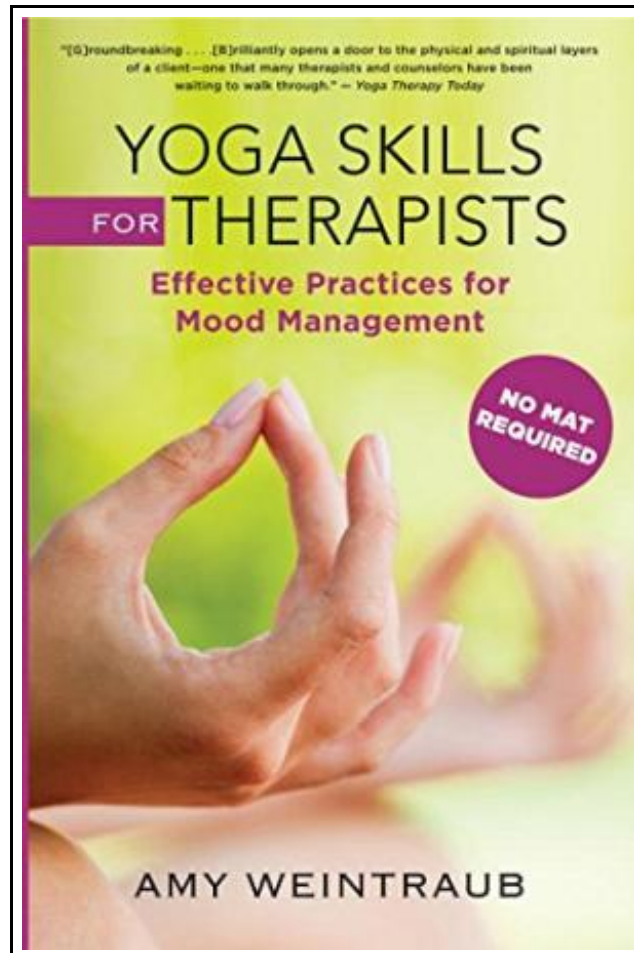


Yoga Skills for Therapists: Effective Practices for Mood Management



Filesize: 8.35 MB

Reviews

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(Prof. Corbin Hilll)

YOGA SKILLS FOR THERAPISTS: EFFECTIVE PRACTICES FOR MOOD MANAGEMENT



WW Norton & Co. Hardback. Book Condition: new. BRAND NEW, Yoga Skills for Therapists: Effective Practices for Mood Management, Amy Weintraub, Drawing on her study of multiple traditions and lineages-from ancient yoga practices to current neuroscientific research on yoga benefits and contraindications-Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy-no mat or difficult postures required! Therapists learn exactly how to introduce these simple practices into a session, all within the comfort of their therapy room, no prior yoga training or experience necessary. Weintraub shows therapists how to introduce and apply a full range of yogic approaches: targeted breathing practices called pranayama that meet the present mood and bring it into balance; healing hand gestures called mudras; special sounds and tones called mantras; guided imagery and affirmation; yogic self-inquiry, and much more. Clinical stories and anecdotes explore how these yoga-based interventions, rooted in a firm, evidence-based foundation, can be used as effective treatments for a particular mood or mental state. With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, Yoga Skills for Therapists is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being to you and your clients.



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