



Teaching Clients to Use Mindfulness Skills: A practical guide

By Christine Dunkley, Maggie Stanton

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Mindfulness has become a vital skill for many people working in the fields of physical and mental health, teaching, business, leadership and sports. While plenty of books explain the uses of mindfulness, until now none has addressed the particular challenges of effectively passing these skills on to clients in a user-friendly way.

Designed to help professionals introduce mindfulness to clients, the skills laid out here can help those struggling with problems of recurrent stress or ruminative thought, and benefit people wanting to live in a more effective, rewarding way. Incorporating a series of practical exercises and drawing on their own professional experience, the authors clearly demonstrate the most effective methods for presenting mindfulness techniques to those with no previous experience. Topics covered include:

- Orienting the client to the skill
- Obtaining and using client feedback effectively
- Introducing simple practises
- Teaching clients to utilise mindfulness in everyday life
- Case scenarios demonstrating the skills in practice

This practical, structured guide is essential for professionals already teaching or planning to teach mindfulness skills, those taking courses or workshops and for anyone interested in learning more about mindfulness.

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Editorial Review

Review

"I have found a number of the techniques in this book useful in helping forensic clients with severe mental health problems and traumatic histories to develop mindfulness skills as part of their emotion regulation abilities. Any clinician, regardless of experience, would find this easy to read, easy to apply guide to mindfulness, helpful addition to develop and support their clinical skills." - **Dr Nick Wakefield, Forensic Update**

About the Author

Christine Dunkley is a consultant psychological therapist and national trainer in the mindfulness based therapy Dialectical Behaviour Therapy (DBT). An honorary lecturer at the University of Bangor and clinical director of Grayrock, she hosts workshops across the UK and Ireland.

Maggie Stanton is a consultant clinical psychologist heading a team of psychological therapists in a large NHS trust. She supervises and lectures at the University of Southampton and as a director of Stanton Psychological Services, travels widely presenting workshops on mindfulness and other topics.

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