



Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals

Catherine P. Cook-Cottone PhD

Download now

[Click here](#) if your download doesn't start automatically

Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals

Catherine P. Cook-Cottone PhD

Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals Catherine P. Cook-Cottone PhD

The first book to present mindfulness and yoga-based treatment for dysregulated, consumption-oriented disorders

Mindfulness and yoga-based approaches as beneficial supplements to traditional mental health paradigms are well supported by empirical research. Although numerous texts have examined these approaches for treatment of depression, anxiety, and eating disorders, this is the first to address mindfulness and yoga-based approaches as embodied tools for reducing dysregulation associated with self-destructive and consumption-oriented behaviors. Introducing the basic theoretical foundations, key practices, and comprehensive protocols of mindfulness and yoga-based approaches for the treatment of externally oriented behaviors, the text is targeted at mental health professionals who wish to learn how to incorporate these techniques into their practice.

The book explores the societal influences that lead to the externally oriented, idealized, and ultimately self-defeating concept of the individual. It provides the structure and practical applications for clinicians to help their clients overcome struggles with externally oriented behaviors and discover an internal sense of satisfaction and peace of mind. Tapping into the concept of a "hungry self" within the context of consumerism, the book advocates mindfulness and yoga approaches as alternate pathways toward a contented, regulated, and authentic experience of self. It addresses various aspects of the consumptive self and defines related syndromes such as disordered eating, compulsive shopping, substance use, and gambling. Creating a context for using alternative and complementary approaches, the book describes the challenges of traditional therapies. It then covers the conceptual aspects of mindfulness and yoga and describes specific protocols that facilitate behaviors associated with a healthy experience of the self for a variety of disorders.

Key Features:

- Describes mindfulness and yoga approaches as an effective treatment for a range of consumption and self-regulation issues--the first book of its kind
- Explains how to integrate mindfulness and yoga with traditional mental health paradigms for maximum benefits
- Designed for clinicians with minimal background in yoga or mindfulness
- Combines a conceptual overview of embodied self-regulation with practical techniques
- Reviews treatment protocols informed by mindfulness and yoga practices covering their evidence base and contraindications for use

 [Download Mindfulness and Yoga for Self-Regulation: A Primer ...pdf](#)

 [Read Online Mindfulness and Yoga for Self-Regulation: A Prim ...pdf](#)

Download and Read Free Online Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals Catherine P. Cook-Cottone PhD

From reader reviews:

Ida Vanwormer:

In other case, little individuals like to read book Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals. You can choose the best book if you love reading a book. Provided that we know about how is important a new book Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals. You can add information and of course you can around the world by way of a book. Absolutely right, due to the fact from book you can realize everything! From your country till foreign or abroad you will end up known. About simple point until wonderful thing you may know that. In this era, we are able to open a book or even searching by internet product. It is called e-book. You can use it when you feel uninterested to go to the library. Let's read.

Melody Grissom:

The book Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals make one feel enjoy for your spare time. You may use to make your capable considerably more increase. Book can to be your best friend when you getting tension or having big problem together with your subject. If you can make examining a book Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals to be your habit, you can get considerably more advantages, like add your own capable, increase your knowledge about several or all subjects. You can know everything if you like available and read a publication Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals. Kinds of book are several. It means that, science publication or encyclopedia or other individuals. So , how do you think about this reserve?

Lauren Cook:

What do you ponder on book? It is just for students because they are still students or the item for all people in the world, exactly what the best subject for that? Merely you can be answered for that question above. Every person has various personality and hobby for every other. Don't to be obligated someone or something that they don't need do that. You must know how great and also important the book Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals. All type of book are you able to see on many options. You can look for the internet methods or other social media.

Lillian Thrasher:

Many people spending their time by playing outside together with friends, fun activity with family or just watching TV the entire day. You can have new activity to spend your whole day by reading a book. Ugh, ya think reading a book can actually hard because you have to bring the book everywhere? It alright you can have the e-book, taking everywhere you want in your Touch screen phone. Like Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals which is having the e-book version. So , why not try out this book? Let's view.

**Download and Read Online Mindfulness and Yoga for Self-
Regulation: A Primer for Mental Health Professionals Catherine P.
Cook-Cottone PhD #D7Y03SIZ6BM**

Read Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD for online ebook

Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD books to read online.

Online Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD ebook PDF download

Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD Doc

Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD Mobipocket

Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals by Catherine P. Cook-Cottone PhD EPub