



Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice

Annellen M. Simpkins, C. Alexander Simpkins

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Praise for *Meditation and Yoga in Psychotherapy*

"From the wisdom of ancient cultures to modern neuroscience, the authors skillfully create a bridge of understanding between the practice of meditation, yoga, and psychotherapy. The Simpkins are at their best in describing how everyone can learn to integrate their own brain, body, and mind to facilitate a creative synchrony of healing and well-being."

—**Kathryn Rossi**, PhD Coeditor, *Collected Works of Milton H. Erickson: The Nature of Therapeutic Hypnosis*

"This reader-friendly text is directed toward therapists and healthcare workers who are considering incorporating yoga and meditation into their work. These technologies are time-honored and appear to have beneficial effects on contemporary clients and patients. *Meditation and Yoga in Psychotherapy* serves as an informative introduction to these practices, and explains how a therapist might integrate such practices into their work. The chapters on neuroscience research and healthy aging are unique in books of this nature, and the discussion of alleviating depression alone is worth the price of the book."

—**Stanley Krippner**, PhD Professor of Psychology, Saybrook University Coauthor, *Haunted by Combat: Understanding PTSD in War Veterans*

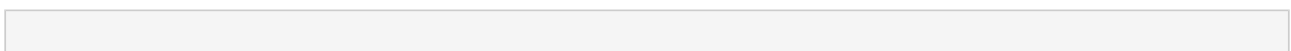
A thoughtful and pragmatic guide for integrating meditation and yoga techniques into traditional psychotherapy

Meditation and Yoga in Psychotherapy is an inspiring "how-to" guide grounded in the neuroscientific and clinical evidence that supports the use of meditation and other yoga practices to improve clients' mental health.

Drawing from the authors' decades of practice, teaching, and writing, this inspiring book is focused on applying meditation, yoga, and Zen to therapy, with discussion of:

- The latest neuroscience findings, showing how the brain and larger nervous system are altered by yoga methods
- Philosophical and psychological principles upon which yoga is based
- The how, when, and why for use of specific techniques with common psychological problems
- Fundamental stretching exercises and meditation techniques

Filled with vivid case examples and writings from renowned yoga masters, *Meditation and Yoga in Psychotherapy* encourages a therapeutic process in which clients move their attention from outside concerns to inner mindfulness. With a range of techniques that embrace the diversity and uniqueness of clients, this book offers methods to creatively individualize techniques for a wide variety of presenting problems.



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Norma Lorentzen:

People live in this new day of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both daily life and work. So , when we ask do people have extra time, we will say absolutely indeed. People is human not a robot. Then we inquire again, what kind of activity are there when the spare time coming to anyone of course your answer will unlimited right. Then do you ever try this one, reading publications. It can be your alternative throughout spending your spare time, the actual book you have read is usually Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice.

Alan Durham:

In this age globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher that print many kinds of book. Often the book that recommended for you is Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice this book consist a lot of the information with the condition of this world now. This kind of book was represented just how can the world has grown up. The words styles that writer use to explain it is easy to understand. Typically the writer made some research when he makes this book. This is why this book suited all of you.

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