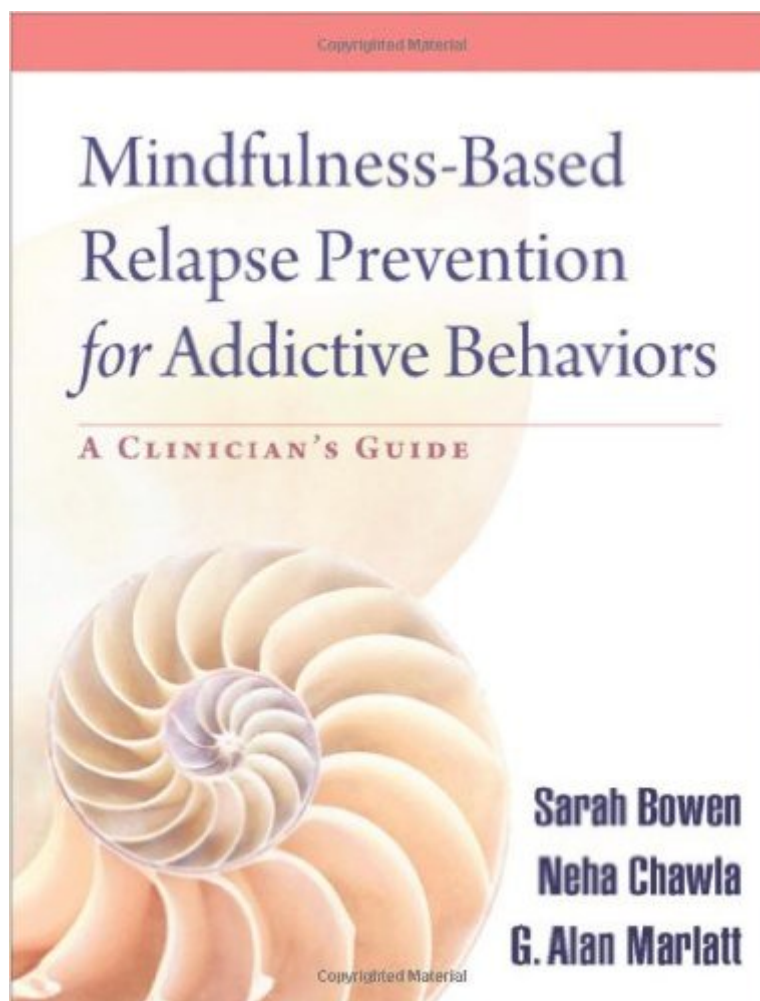


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# Mindfulness-Based Relapse Prevention For Addictive Behaviors: A Clinician's Guide



## Synopsis

This authoritative book presents an innovative relapse prevention program that integrates mindfulness practices with evidence-based cognitive and behavioral strategies. Clinicians get essential information and materials for implementing the approach with their clients. Eight carefully structured group sessions help participants gain awareness of their own inner experiences, step out of habitual patterns of thought and behavior that can trigger relapse, and acquire concrete skills to meet the day-to-day challenges of recovery. In a convenient large-size format, the book includes detailed guidelines for facilitating each session, scripted examples of guided meditations, and more than 20 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

## Book Information

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## Customer Reviews

This book provides a manualized relapse prevention program for clinicians experienced in substance abuse counseling. This program utilizes meditation techniques that also require experience teaching meditation. It would be helpful if the book included a cd with the meditations that could be copied or downloaded for a higher quality instruction. If you are trained in both addictions counseling and mindfulness meditation, I would rate this program at a 4.5 star rating (you still need to record your own cd's for home practice).

Incorporating the wisdom of MBCT for depression and Kabat-Zin's MBSR and applying the

principles and practices to the task of relapse prevention, this is an important, thoughtful, and wise contribution to the field of recovery and addiction medicine. This is the manual for teachers of MBRP, an evidence based treatment. As a teacher and student of MBRP, I can say that this approach has been transformative for many of the students I teach, helping them awaken to a new way of understanding the automaticity of thoughts and feelings, and how that applies to relapse. MBRP teaches people how to put some space between a trigger and an automatic reaction, allowing an opportunity for a more skillful response. MBRP is both a helpful adjunct to traditional 12-step programs, and an alternative for clients who are opposed to 12-step models of recovery. It is a secular approach, and does not promote or discourage any particular spiritual path, although many find the teachings and practices deeply spiritual. This is the essential guide to conducting MBRP courses but is not considered sufficient in and of itself for conducting classes; clinicians interested in offering this to clients should receive certificate training in the modality.

I will be using this book for a group at a Veterans Administration. The material is clear, comprehensive, and meaningful for the subject material and the target audience. Provides handouts and helpful guidelines for conducting each group session.

My favorite book for Mindful based addiction work. I have bought a lot of other books that address the same issues, but this one is the best in my opinion. I'm currently doing my dissertation on how mindfulness can be used in treating addictions and I feel that this book is the best approach from what I have seen in my literature review!

This is a great book, as indicated by other reviewers. One of the main reasons I purchased the book was for the information about how to structure and run an MBRP group. I purchased the Kindle edition, and the purchase page indicates that I should have received access to a web page of downloadable resources (the handouts etc for the group). I could not find the link to these resources, so I called . After talking with 2 people, I was told the book is no longer for sale and they can't give me the website. This is in spite of the fact that the book is still clearly for sale on the website, and they clearly took my money. They offered me a refund, but said that if I took the refund, the book would automatically be deleted from my Kindle. I am very frustrated, but I still give the book 5 stars because this problem is no fault of the authors. Buyers of the Kindle edition beware, however.

This book is amazing. It lays out, session by session, how to separate your thoughts from your emotions and what your body is feeling. It's a mindfulness primer and so much more.

I am actively using this book for helping others as well as helping myself. I highly recommend this book to practitioners and lay people.

I liked the way the authors presented their material in this text. This was a very good book. I plan to keep it for a reference book.

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