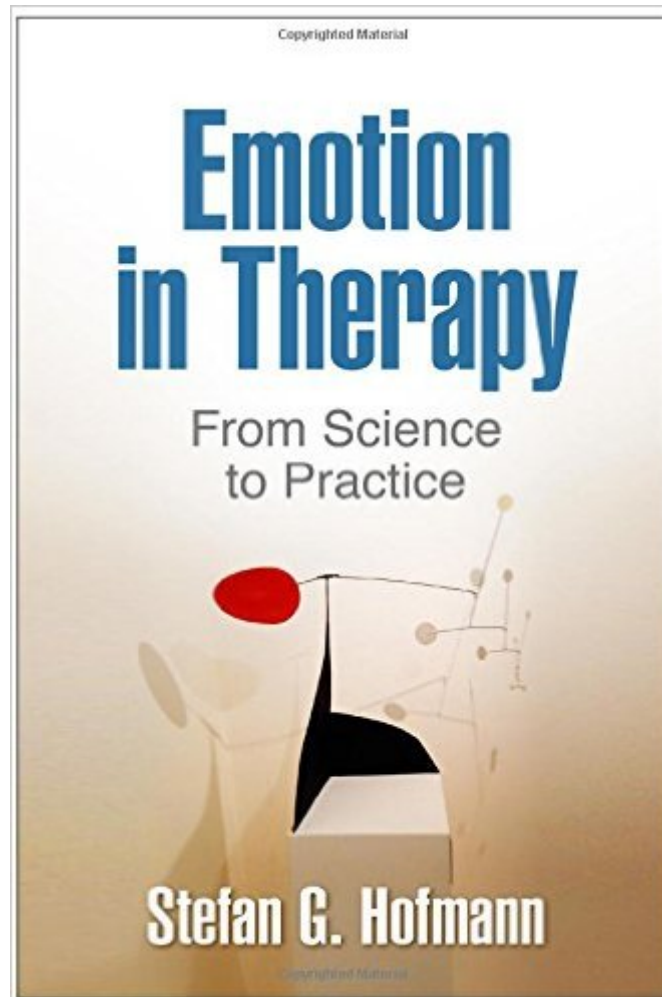


The book was found

Emotion In Therapy: From Science To Practice



Synopsis

Grounded in cutting-edge scientific research, this book presents innovative ways to explore and work with emotions in psychotherapy. Preeminent clinician-researcher Stefan G. Hofmann accessibly explains how emotions operate, what influences them, and how they can cause distress. He presents strategies that can significantly improve existing evidence-based treatments and promote positive affect and happiness. Clinicians are guided to help clients with any diagnosis gain emotional awareness and use emotion regulation techniques, mindfulness-based practices, and other effective strategies. "In Practice" features highlight specific clinical issues and offer illustrative case vignettes.

Book Information

Hardcover: 202 pages

Publisher: The Guilford Press; 1 edition (December 22, 2015)

Language: English

ISBN-10: 1462524486

ISBN-13: 978-1462524488

Product Dimensions: 6.2 x 0.8 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,097,941 in Books (See Top 100 in Books) #107 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #1978 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry #2233 in Books > Health, Fitness & Dieting > Mental Health > Emotions

[Download to continue reading...](#)

Emotion Efficacy Therapy: A Brief, Exposure-Based Treatment for Emotion Regulation Integrating ACT and DBT Emotion in Therapy: From Science to Practice Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits (Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa) Design for Emotion Introduction to EEG- and Speech-Based Emotion Recognition Craniosacral Chi Kung: Integrating Body and

Emotion in the Cosmic Flow The Emotion Code The Feeling of What Happens: Body and Emotion in the Making of Consciousness Living Buddhism: Mind, Self, and Emotion in a Thai Community The Political Brain: The Role of Emotion in Deciding the Fate of the Nation Emotion and Culture: Empirical Studies of Mutual Influence Romance, Emotion, and Erotica Writers' Phrase Book: Essential Reference and Thesaurus for Authors of All Romantic Fiction, including Contemporary, Historical, ... and Suspense (Writers' Phrase Books Book 7) Understanding Motivation and Emotion Anger: Handling a Powerful Emotion in a Healthy Way The Fear Project: What Our Most Primal Emotion Taught Me About Survival, Success, Surfing . . . and Love Re-Visioning Family Therapy, Second Edition: Race, Culture, and Gender in Clinical Practice (Revisioning Family Therapy: Race, Culture, & Gender in) Epilepsy: Cure - What You Need to Know about Epilepsy: Therapy, Diagnosis, Treatment, Diet, Signs, Symptoms and Medication (Epilepsy Books - Epilepsy Therapy ... Treatment - Epilepsy in children Book 1)

[Dmca](#)