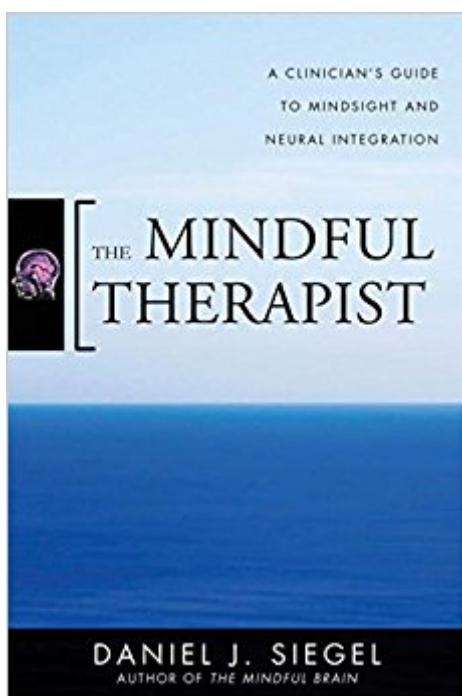


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# The Mindful Therapist: A Clinician's Guide To Mindsight And Neural Integration (Norton Series On Interpersonal Neurobiology)



## Synopsis

Bringing mindfulness techniques to your psychotherapeutic work with clients. An integrated state of mindful awareness is crucial to achieving mental health. Daniel J. Siegel, an internationally recognized expert on mindfulness and therapy, reveals practical techniques that enable readers to harness their energies to promote healthy minds within themselves and their clients. He charts the nine integrative functions that emerge from the profoundly interconnecting circuits of the brain, including bodily regulation, attunement, emotional balance, response flexibility, fear extinction, insight, empathy, morality, and intuition. A practical, direct-immersion, high-emotion, low-techno-speak book, *The Mindful Therapist* engages readers in a personal and professional journey into the ideas and process of mindful integration that lie at the heart of health and nurturing relationships.

## Book Information

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## Customer Reviews

âœIn my 40 years of practice, I can count on one hand the number of books I would call seminal. After reading *The Mindful Therapist*, that number just increased by one. Scientifically grounded, evidence-based, compassionate, and exquisitely human, this approach will fundamentally change the way we do psychotherapy. I hope everyone who practices our craft reads this book, and I hope they read it often.â• - Daniel Gottlieb, PhD, Host, "Voices in the Family," WHYY FM RadioâœDr. Dan Siegel absolutely gets itâ• the synthesis of psychotherapy and neuroscienceâ•and translates it

into engaging prose, pithy acronyms, and compelling practices. The Mindful Therapist is an irresistible, inspiring guide to cultivating our healing presence. - John C. Norcross, PhD, ABPP, President, APA Society of Clinical Psychology

[A]n in-depth resource, encapsulating both the essence and the process of a unique, neurophysiological approach to psychotherapy. - USABP Newsletter

The internationally renowned Dan Siegel has written a truly wonderful book on the essence and process of psychotherapy. Developing his unique neurophysiological approach to empathy, mindfulness, and change, and illuminating the importance of therapist presence, openness, attunement and resonance, Siegel writes with deep compassion and scholarly wisdom. A source of deep reflection and learning, this book is a gift to new and old therapists alike. Our understanding of the micro-skills of the therapeutic endeavor has been significantly advanced. - Paul Gilbert, PhD, author of The Compassionate Mind and professor of Clinical Psychology, University of Derby, UK

[T]hose of us interested in mindfulness, both for ourselves and for our clients, will find this book a vault of new discoveries an excellent resource and training manual. Siegel has set up the exercises to benefit both therapists and their clients; this approach gives even more value to the book. [C]ould be used by couples working through problems, professors attempting to better connect with their students, employees wishing to relate to their bosses, or even just everyday people seeking to improve their relationships with those around them.

- Philosophical Practice

Daniel J. Siegel, MD is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA's Mindful Awareness Research Center, founding co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities. Dr. Siegel's psychotherapy practice spans thirty years, and he has published extensively for the professional audience. He serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which includes over three dozen textbooks. Dr. Siegel's books include Mindsight, Pocket Guide to Interpersonal Neurobiology, The Developing Mind, Second Edition, The Mindful Therapist, The Mindful Brain, Parenting from the Inside Out (with Mary Hartzell, M.Ed.), and the three New York Times bestsellers: Brainstorm, The Whole-Brain Child (with Tina Payne Bryson, Ph.D.), and his latest No-Drama Discipline (with Tina Payne Bryson, Ph.D.). He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the

Dalai Lama, Google University, and TEDx. For more information about his educational programs and resources, please visit: [www.DrDanSiegel.com](http://www.DrDanSiegel.com).

Dan Siegal's books always linger with you long after the reading. He takes great care to lay out his position and has really powerful guidance for those who help others. He is possibly a little more cardigan wearing Californian hippie for my normal austere taste, but there is no doubt about the value of his work. He brings insight, and thankfully stops short of being 'new age'. If you want to avoid Deepak Chopra or Eckart Tolle, want your non-fiction to be actual 'non-fiction', but do want to explore mindfulness, intuition, well-being and consciousness then you will be safely tethered to earth and science with Dan Siegal.

Tour de force! Best advanced mindfulness text I have seen. Not just for therapists. Must have a high tolerance for relevant brain function and neuro research. But, even if that is not your cup of tea it is so worth the investment for unpacking the nuances and potential of sophisticated mindfulness practice well beyond the vast majority of teaching available. GREAT book for leaders of all kinds, both self-leadership and leading others. A unique, powerful, well-developed, integrated approach. Highly recommended.

Dr. Siegel's latest work, *The Mindful Therapist*, is an excellent, unique resource for therapists. Throughout my training as a therapist, I have read many books about the various aspects involved in the therapeutic process, however, this is the first book I have found that addresses what therapists can do, and need to do, on a personal level to be most helpful in the therapeutic process. While *The Mindful Therapist* seems to be written as a guide for clinicians, this information is applicable to anyone who wants to explore themselves and their relationships in greater depth. In this book, Dr. Siegel provides an incredible amount of information that allows the reader to understand the physiological and psychological processes as well as how past experiences contribute to our present relationships. In addition, his elegant, creative style allows for a flowing, engaging read. Thank you, Dr. Siegel, for this wonderful and incredibly useful resource!

Dr. Siegel is an individual who has transcended the mere mechanics of the clinical setting, making for a more meaningful and poignant experience in our daily lives through the use of what he calls Mindfulness. His articulation of the process of engaging with another person in a mindful fashion is both insightful and carefully nuanced. I strongly recommend this book to anyone who has an

interest in enriching the clinical experience through the practice of Mindfulness.

Dan Siegel does a great job explaining what you have experienced as a guide/therapist if you have been incorporating your own mindful practice. This book simply supports the idea of walking your talk and not just giving guidance to others. The depth of your work will be richer and the results quicker when you are able to apply the simple mindful principals to your own life and work.

This is the kind of book every therapist will find useful, besides his or her theoretical orientation. Siegel brilliantly describes how those abilities for good therapy are utterly aligned with brain functions. The book is filled with plenty of exercices to develop and improve them. I'm glad to find that concepts developed from the psychological theories, such as "resonance", "attunement", "countertransference", "contact", "organ sensation", etc can be re-defined and confirmed in the neurobiological investigation. One can see the work of a very experienced therapist, speaking about those details and specific stuff of a therapy process, detached from any theoretical abstractions - common ground in the literature of this field. It's easy to think that Interpersonal Neurobiology is becoming the roots for the future of psychotherapy. Absolutely recommended!!!

I have worked as a therapist for many years and this is possibly one of the best text books i have read on the therapeutic encounter. If you are a therapist and have not read this book, i highly recommend it. It does a great job of describing why psychotherapy works and what the therapist needs to do to get it to work. If you are not a therapist it may be a little too much unless you have done a great deal of reading in this area.

I am a therapist and I was looking for books about mindfulness for clients when I came across this book. I was excited because I really value mindfulness-based therapy, and mindfulness in general. I have not finished it yet, but so far so good. I think that it is a great resource for mental health professionals who are already practicing mindfulness, as well as those interested in it.

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