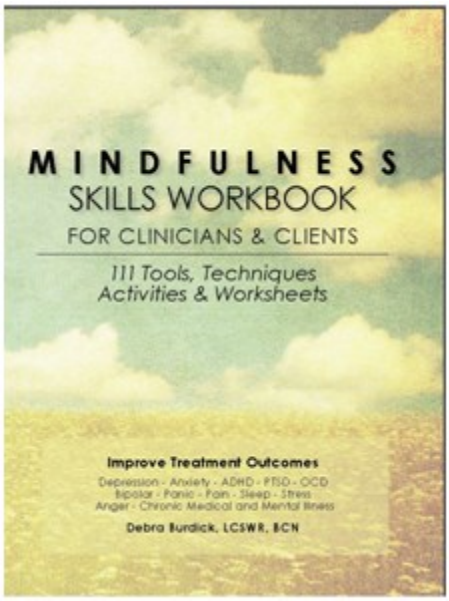
Mindfulness Skills Workbook for Clinicians and Clients

Book Fact Sheet



Author: Debra Burdick, LCSW, also known as 'The Brain Lady', is an international expert on Mindfulness and ADHD, an award-winning #1 best-selling author, licensed clinical social worker, formerly board-certified Neurofeedback practitioner, and online expert at SelfGrowth.com.

Deb retired from private practice to slow down and focus on writing and speaking. Her personal mission is to experience contentment and joy and hopes that her books, meditations, and training will help others do the same. She has been a frequent speaker for PESI and other organizations, teaching workshops on ADHD as well as Mindfulness Skills to psychotherapists, teachers and other helping professionals, nationally. She also teaches workshops to local organizations titled Mindfulness Skills to De-Stress as well as Radical Self-Care When You Are Ill. Deb created the skills in this book to help deal with her chronic illness, now thankfully resolved. She has taught these skills to hundreds of clients to help them thrive despite illness.

Book Synopsis: Like no other resource, *Mindfulness Skills Workbook* combines the **latest research** and **best practices** -- all in a simple guide to successfully teach mindfulness to your clients.

This comprehensive workbook provides the theory behind each tool, a step-by-step process to implement, and expert guidance on processing client results.

Features:
- Experiential exercises you can integrate into practice
- Highly effective collection of mindfulness tools
- Special section to guide understanding of neurobiology behind mindfulness
- Dozens of reproducible activities, exercises, techniques and tools
- New meditations
- Steps for increasing client use at home
- Basic through advanced mindfulness skills
- Skills for specific disorders
- Journal prompts
- Unique templates to monitor progress

Improve Treatment Outcomes:

- Depression
- Anxiety
- ADHD
- PTSD
- OCD
- Bipolar
- Panic
- Pain
- Sleep
- Stress
- Anger
- Chronic Medical and Mental Illness

ISBN	978-1936128457
Categories	Medical Counseling, Psychology, Popular Psychology Counseling, Medical General Psychology
Publication Date	August 2013
Size	8.5" x 11"
Binding	Perfect Binding, 230 pages
Price	$12.99 paperback, $9.99 Kindle
Publisher	Debra Burdick www.TheBrainlady.com
Author web site	www.TheBrainlady.com
Purchase	Mindfulness Skills Workbook for Clinicians and Clients

Her books include:

- Mindfulness for Kids with ADHD
- Mindfulness for Teens with ADHD
- ADHD: Non-medication Treatments and Skills for Children and Teens (Benjamin Franklin GOLD winner in psychology)
- Mindfulness Skills Workbook for Clinicians and Clients
- Mindfulness Skills for Kids and Teens
- Radical Self-Care When You Are Ill

Her card decks include:

- Mindfulness Skills for Kids Card Deck and 3 Card Games
- Radical Self-Care When You Are Ill Digital Card Deck

Her CDs help with ADHD, sleep, and mindfulness.

- Mindfulness Toolkit
- Mindfulness Toolkit for Kids
- Meditations for Concentration
- Meditation for Sleep

Her online trainings include:

- Mindfulness – the Basics and Beyond
- Transforming Stress