



The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration (Norton Series on Interpersonal Neurobiology)

By Daniel J. Siegel

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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.

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Editorial Review

Review

“In 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.” (Daniel Gottlieb, PhD, Host, "Voices in the Family," WHYY FM Radio)

“Dr. Dan Siegel absolutely gets it—the synthesis of psychotherapy and neuroscience—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)

About the Author

DANIEL J. SIEGEL, MD, is a graduate of the Harvard Medical School, Executive Director of the Mindsight Institute, and Clinical Professor of Psychiatry at UCLA School of Medicine, where he is Co-Director of the Mindful Awareness Research Center. He is the author of the internationally acclaimed, best-selling *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* and the co-editor of *The Healing Power of Emotion and Healing Trauma: Attachment, Mind, Body, and Brain*.

Users Review

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Jonathan Head:

This book untitled *The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration* (Norton Series on Interpersonal Neurobiology) to be one of several books that will best seller in this year, that's because when you read this reserve you can get a lot of benefit upon it. You will easily to buy that book in the book retail store or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Touch screen phone. So there is no reason to you personally to past this e-book from your list.

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