



Working the Present, Mindfully-Based: Bringing Mindfulness-Based Group Work Into Individual Therapy

Donald Fleck LCSW

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Mindfulness-Based therapies are getting a lot of attention these days, to say the least, and they are very effective in a group format. But clients meeting one-on-one expect sessions geared to their unique needs. They expect therapy to be about their progress or difficulty in working towards their unique treatment goals. In the eight years I have been teaching Mindfulness-Based Cognitive Therapy I have tried taking my individual clients through the content only to be reminded again and again that the weekly discussion of progress and difficulties takes priority over a curriculum. So, over the years I have sought out new ways to use the powerful elements of Mindfulness-Based therapies within the individual session. With the approach in this book, therapists can continue with the methods they find effective, and add in mindfulness elements as needed.

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