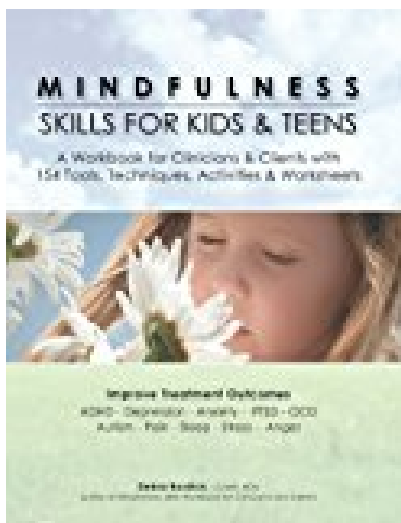


Mindfulness Skills for Kids & Teens A Workbook for Clinicians & Clients with 154 Tools Techniques Activities & Worksheets



BOOK DETAILS

- Author : Debra Burdick
- Pages : 296 Pages
- Publisher : PESI Publishing & Media
- Language : English
- ISBN : 1937661571

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BOOK SYNOPSIS

Finally -- a comprehensive, practical and user-friendly mindfulness resource written specifically for children and adolescents. Best-selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens. This expertly crafted resource features a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Perfect for mental health practitioners, teachers and all in the helping professions. Tools for explaining mindfulness and neurobiology in kids' language Activities, games, and meditations that build basic through advanced mindfulness skills Step-by-step instruction on teaching and practicing mindfulness, meditation and reflection Guidance on choosing age appropriate skills How to apply mindfulness skills to specific childhood mental health disorders Journal prompts to help integrate learning Goal-setting charts for tracking progress Downloadable worksheets, exercises and reflections

MINDFULNESS SKILLS FOR KIDS & TEENS A WORKBOOK FOR CLINICIANS & CLIENTS WITH 154 TOOLS TECHNIQUES ACTIVITIES & WORKSHEETS

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