

BOOK REVIEW

Book review: *Teaching Clients to use Mindfulness Skills: A Practical Guide*

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In recent years, mindfulness has become a popular technique or method to enhance psychological and physical wellbeing. It has been used to tackle stress and anxiety. There are mindfulness apps that clients can use to assist their training too.

This book, *Teaching Clients to Use Mindfulness Skills: A Practical Guide*, was written by Dr Christine Dunkley and Dr Maggie Stanton, who are experienced therapists, lecturers and trainers. They were asked by many delegates attending their mindfulness workshops for useful tips on teaching mindfulness skills to clients and decided that developing a practical guide would assist health professionals to meet this need.

The book has eight chapters which follow in a logical order:

Chapter 1: What is Mindfulness?

Chapter 2: Orienting Clients to Mindfulness.

Chapter 3: Introducing a Mindfulness Practise.

Chapter 4: Taking Feedback after a Practise.

Chapter 5: Mindfulness of Thoughts.

Chapter 6: Living Mindfully.

Chapter 7: Acting Wisely.

Chapter 8: Mindfulness as a Skill: Case Examples.

It is an easy to read book full of practical ideas and exercises with clear instructions for therapists and facilitators on teaching mindfulness, with many case examples. Each chapter finishes with a list of tasks such as describe mindfulness skills; validate the client's concerns; link to the client's goals and use client-specific examples; and also a list of stylistic factors such as increase discussion

of real-life scenarios and examples; model being unafraid of experiences even if they are unpleasant; create and collect examples, metaphors and stories that are relevant to your particular client group.

I would recommend this book as an excellent introduction to teaching mindfulness for both trainee and experienced counsellors and psychotherapists working in private practice or in therapy centres. I would recommend that appropriate supervision would be really helpful for the practice of mindfulness. ■

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Biography

Prof Stephen Palmer PhD is Director of the Centre for Stress Management, London since 1987. He is Professor of Practice, Wales Institute for Work Based Learning, Adjunct Professor of Coaching Psychology at Aalborg University. He is the Honorary President of the International Stress Management Association and the International Society for Coaching Psychology. He is also Honorary Vice President of the Society for Dialectical Behaviour Therapy and Deputy Chair of the Association for Rational Emotive Behaviour Therapy. He has written or edited over 50 books including the *Handbook of Counselling* (Routledge, 1997), *The Handbook of Solution-Focused Therapy* (Sage, 2003) and *The Beginner's Guide to Counselling and Psychotherapy* (Sage, 2015). He has published over 225 articles.



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