



Mindfulness-Based Cognitive Therapy for Posttraumatic Stress Disorder

Richard W. Sears, Kathleen M. Chard

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MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into PTSD treatment. Based on the authors' experience in the first randomized controlled clinical trial, this pioneering book expands the range of potential treatment options.

- MBCT has been growing in popularity, and has solid research support, but this is the first text to apply it to trauma survivors
- This pioneering text is based on the authors' experience in using MBCT for PTSD in the first randomized controlled clinical trial
- Containing numerous case examples, it expands the range of potential treatment options and lends new hope for trauma survivors to lead more fulfilling lives
- The authors combined have a unique set of expert skills; Dr Chard is a well-known expert on PTSD, and Dr Sears is an expert on mindfulness and MBCT

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