



# Mindfulness and Acceptance in Couple and Family Therapy

*Diane R. Gehart*

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## **Mindfulness and Acceptance in Couple and Family Therapy** Diane R. Gehart

This book reviews the research and philosophical foundations for using mindfulness, acceptance, and Buddhist psychology in couple and family therapy. It also provides a detailed and practical approach for putting these ideas into action in the therapy room, including a mindful approach to therapeutic relationships, case conceptualization, treatment planning, teaching meditation, and intervention.



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