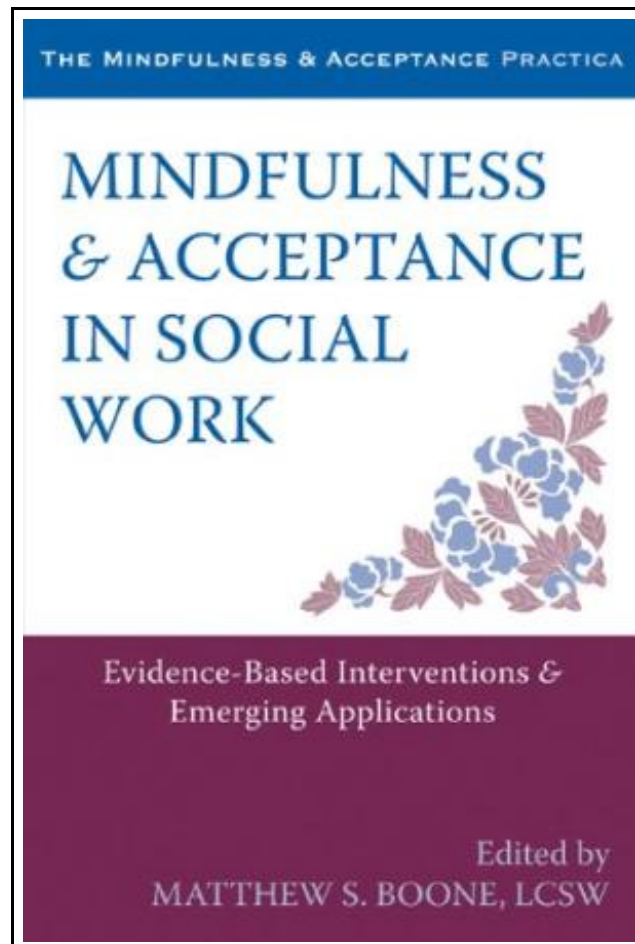# Mindfulness and Acceptance in Social Work: Evidence-Based Interventions and Emerging Applications

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MINDFULNESS AND ACCEPTANCE IN SOCIAL WORK: EVIDENCE-BASED INTERVENTIONS AND EMERGING APPLICATIONS

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindfulness and Acceptance in Social Work: Evidence-Based Interventions and Emerging Applications, Matthew S. Boone, In the last twenty years, mindfulness and acceptance-based therapies have gained immense popularity as treatment options for various health and mental health concerns. Meanwhile, social work has focused on serving the needs of people who are vulnerable, oppressed, and disadvantaged. Both social work and psychology stress the importance of understanding and addressing the contextual forces which contribute to human problems. Now, in Mindfulness and Acceptance in Social Work, a clinical social worker brings together the top voices in social work and mindfulness-based treatments in one volume. With contributions by mindfulness experts and pioneers, such as Kirk Strosahl, Patricia Robinson, Matthew S. Boone, and Steven C. Hayes, this book offers an introduction to evidence-based mindfulness concepts and discusses how they can be applied to your profession in social work. It also includes brief interventions that can bring mindfulness and acceptance into daily practice, whether you work with clients in a therapy setting or in other settings. Unlike many books on mindfulness and acceptance which come from the field of psychology, this book touches on issues such as social justice, cultural diversity, and macro social work. In this book you will learn how to move past culturally-informed biases, as well as how to best utilize mindfulness interventions for both individuals and the community at large.

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