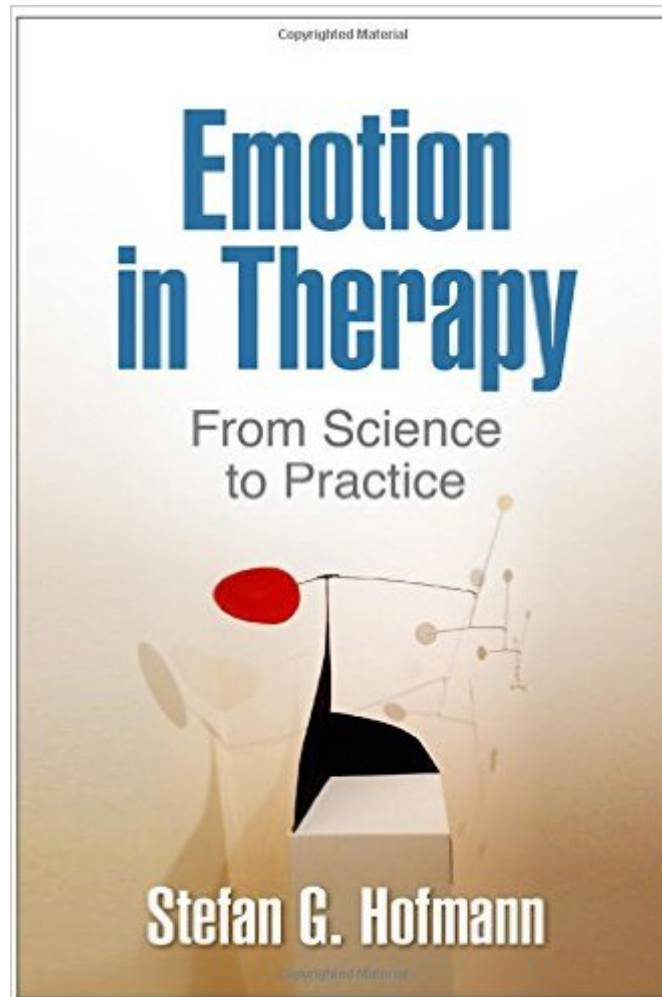


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Emotion In Therapy: From Science To Practice



Synopsis

Grounded in cutting-edge scientific research, this book presents innovative ways to explore and work with emotions in psychotherapy. Preeminent clinician-researcher Stefan G. Hofmann accessibly explains how emotions operate, what influences them, and how they can cause distress. He presents strategies that can significantly improve existing evidence-based treatments and promote positive affect and happiness. Clinicians are guided to help clients with any diagnosis gain emotional awareness and use emotion regulation techniques, mindfulness-based practices, and other effective strategies. "In Practice" features highlight specific clinical issues and offer illustrative case vignettes.

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