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4 Mindfulness Activities for Groups and Group Therapy. Group therapy that incorporates mindfulness has shown some promising results. It is as effective as cognitive-behavioral therapy (CBT), a staple of the clinical psychology world (Kocovski, Fleming, Hawley, Huta, & Antony, 2013).. There is also evidence that group mindfulness meditation therapy is as effective as individual CBT (Sundquist ...

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Many positive psychology exercises are considered classics – and for good reason. While activities such as gratitude journaling and loving-kindness meditation have been shown time and again to lead to positive outcomes, the goal of this article is to provide a variety of new and novel ways to include positive psychology in your work with clients.

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what are the two most popular subfields of psychology. clinical and counseling. ... Assignment 1.4.3 Guided Reading Q&A 10 Terms. KYHJ89. Chapter 1 Section 3: Psychology as a Profession 20 Terms. sjlim5745. Psychology Intro Quiz 25 Terms. sjv2017489. Psychology as a profession 1-3 9 Terms. smjang.

22 Mindfulness Exercises, Techniques & Activities For ...

The power of visualization underscores the mind-body connection that some fields of medicine have traditionally ignored. Guided imagery and Interactive Guided Imagery SM are two types of visualization that can help people relieve physical and emotional pain in their lives, as well as increase their levels of well-being. These two therapeutic treatments can be particularly helpful for people who have not found success with traditional medicine or traditional therapy.

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Visualization, also called Guided Imagery is a wonderful way to take a mini-vacation in your mind. Start by closing your eyes and imagining in your mind

a peaceful and relaxing place like a beach or a park. Allow your imagination to feel and see everything, using all of your senses. Feel the warm sun, hear the ocean, or watch the birds.

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