



Przewodnik po Uważności: Kluczowe Umiejętności i Kompetencje w Nauce Interwencji opartych na Uważności

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Opis

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions

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- **temat:** BODY, MIND & SPIRIT / Mindfulness & Meditation, Body, Mind & Spirit/Mindfulness & Meditation, EDUCATION / Adult & Continuing Education, Education/Adult & Continuing Education, PSYCHOLOGY / Psychotherapy / General, Psychology/Psychotherapy - General, Body, Mind & Spirit/Mindfulness & Meditation, Body, Mind & Spirit, Mindfulness & Meditation, Psychology/Psychotherapy - General, Psychology, Psychotherapy - General, Education/Adult & Continuing Education, Education, Adult & Continuing Education, mindfulness teachers; meditation instruction; acceptance and commitment therapy; mbsr; mindfulness based stress reduction; dialectical behavior therapy; dbt; mindfulness based cognitive therapy; MBCT; MBSR teacher training; mindfulness training; mindfulness courses; mindfulness teacher training; meditation teacher training; benefits of meditation; meditation techniques; mindfulness scripts; mindfulness studies; mindfulness group; mindfulness facilitator; learn to teach mindfulness; buddhism, Psychotherapy
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