



# **Core Principles of Meditation for Therapy: Improving the Outcomes for Psychotherapeutic Treatments**

*Annellen M. Simpkins, C. Alexander Simpkins*

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**Use print, audio, and video to incorporate meditation techniques into clients' psychotherapeutic routines**

*Core Principles of Meditation for Therapy: Improving the Outcome of Psychotherapeutic Treatment* provides the multi-modal strategies and tools therapists need to guide their clients' adaptations of meditation into their lives. Complete with text, audio, and video content, this package introduces a variety of meditation routines and explains how, when, and why each technique should be used to reach specific goals. The availability of audio and video, as well as print, allows the therapist to customize each presentation to the client and the presenting problem.

Meditation simultaneously engenders both relaxation and alertness, and regular practice can change brain function to permanently improve internal sensing. The three major meditation methods—focus (Yoga meditations and postures), open-focus (Mindfulness), and no-focus (clearing the mind Zen and Taoist flow)—are best suited to different kinds of problems. *Core Principles of Meditation for Therapy* explains them all, and details the most practical applications of each. This guide matches the meditation type to a therapeutic goal.

- Shows how to individualize meditation practice for each client
- Provides neuroscientific and clinical evidence for the efficacy of meditation
- Guides clients toward new problem-solving skills

Consistent with the positive psychology movement, meditative practice puts people on a positive path and offers distinctive techniques to actualize change. This package's multi-sensory approach makes it adaptable to the needs of therapists and clients, supports their initiation, practice, and mastery of meditation for improved mental health. For clinicians seeking to integrate meditation and therapy, *Core Principles of Meditation for Therapy* is a complete guide to both theory and practice.

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