



# Mindfulness for Therapists: Practice for the Heart

*Eric E. McCollum*

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**Mindfulness for Therapists: Practice for the Heart** Eric E. McCollum

*Mindfulness for Therapists: Practice for the Heart* encourages therapists to embrace mindfulness practice to create presence and depth in their work with clients. Mindfulness helps therapists cultivate compassion, relieve stress, and weather the often emotionally difficult work of providing therapy. In addition, the therapist's own meditation practice is a necessary foundation for teaching mindfulness to clients. Through a variety of exercises and stories from his own clinical experience, McCollum helps therapists understand the usefulness of mindfulness, and develop their own practice.

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