

**MINDFULNESS AND ACCEPTANCE IN COUPLE AND  
FAMILY THERAPY**

Elise Quiett

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Mindful emotion regulation: an integrative review. Focusing in on a single sensory modality provides an easily accessible experience of calm for family members.

The therapist incorporated mindfulness approaches into the family treatment.

Robert C. Collaborative Therapy: Relationships and Conversations that Make a Difference I co-edited this book with Harlene Anderson, one of the developers of this approach. In line with the notion that awareness of experiences in combination with a non-judging stance towards those experiences are both intrinsic aspects of mindfulness, it is conceivable that scoring high on all facets would be the profile where the level of partner acceptance is highest.

Condition: Good. Ruth Milkman.