



# Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals

*Catherine P., PhD Cook-Cottone*

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*The first book to present mindfulness and yoga-based treatment for dysregulated, consumption-oriented disorders*

Mindfulness and yoga-based approaches as beneficial supplements to traditional mental health paradigms are well supported by empirical research. Although numerous texts have examined these approaches for treatment of depression, anxiety, and eating disorders, this is the first to address mindfulness and yoga-based approaches as embodied tools for reducing dysregulation associated with self-destructive and consumption-oriented behaviors. Introducing the basic theoretical foundations, key practices, and comprehensive protocols of mindfulness and yoga-based approaches for the treatment of externally oriented behaviors, the text is targeted at mental health professionals who wish to learn how to incorporate these techniques into their practice.

The book explores the societal influences that lead to the externally oriented, idealized, and ultimately self-defeating concept of the individual. It provides the structure and practical applications for clinicians to help their clients overcome struggles with externally oriented behaviors and discover an internal sense of satisfaction and peace of mind. Tapping into the concept of a "hungry self" within the context of consumerism, the book advocates mindfulness and yoga approaches as alternate pathways toward a contented, regulated, and authentic experience of self. It addresses various aspects of the consumptive self and defines related syndromes such as disordered eating, compulsive shopping, substance use, and gambling. Creating a context for using alternative and complementary approaches, the book describes the challenges of traditional therapies. It then covers the conceptual aspects of mindfulness and yoga and describes specific protocols that facilitate behaviors associated with a healthy experience of the self for a variety of disorders.

## ***Key Features:***

- Describes mindfulness and yoga approaches as an effective treatment for a range of consumption and self-regulation issues--the first book of its kind
- Explains how to integrate mindfulness and yoga with traditional mental health paradigms for maximum benefits
- Designed for clinicians with minimal background in yoga or mindfulness
- Combines a conceptual overview of embodied self-regulation with practical techniques
- Reviews treatment protocols informed by mindfulness and yoga practices covering their evidence base and contraindications for use

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