

Nicht-wertende Werterhöhung?

Über Achtsamkeit und Selbstwert in der Verhaltenstherapie.

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Literaturliste

Hauptwerke

MBSR

Kabat-Zinn, Jon: *Gesund durch Meditation*. (engl. Titel: Full catastrophe living.)

MBCT

Segal, Z. V.; Williams, J. M. G. & Teasdale, J. D.: *Die Achtsamkeitsbasierte Kognitive Therapie der Depression: Ein neuer Ansatz zur Rückfallprävention*. (engl. Titel: Mindfulness-based cognitive therapy for depression.)

Achtsames Selbstmitgefühl

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ACT

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Metakognitive Therapie

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Zitierte Werke

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