



**Mindfulness & acceptance for gender & sexual minorities : a clinician's guide to fostering compassion, connection & equality using contextual strategies**

<https://libcat.nshealth.ca/en/permalink/provcat42506>

Call Number: BF 692.2 M56 2016  
Other Authors: Skinta, Matthew  
Responsibility: edited by Matthew Skinta, Aisling Curtin  
Alternate Title: Mindfulness and acceptance for gender and sexual minorities  
Place of Publication: Oakland, CA  
Publisher: New Harbinger Publications  
Date of Publication: c2016  
Physical Description: 312 p.  
ISBN: 9781626254282  
Subjects (MeSH): Mindfulness  
Gender identity - psychological aspects  
Sexual minorities - psychological aspects

Abstract: As more clinicians train in mindfulness and acceptance-based therapies, the demand for skills specifically for treating diverse clients grows. In this much-needed edited volume, you'll find evidence-based strategies for treating gender and sexual minorities with acceptance and compassion for better treatment outcomes.

Format: Book  
Location: Aberdeen Hospital  
Cape Breton Regional  
Nova Scotia Hospital  
Yarmouth Regional Hospital

Loan Period: 3 weeks use