



The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration

Daniel J. Siegel M.D.

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Research suggests that the presence of the therapist, and how the therapist truly forges a connection with the client in therapy, are the most crucial factors affecting the client's healing process. An engaged, committed, caring therapist who is mindful of his or her own self—and how that self relates to the client—is the key determinant of how well that client will respond to therapy.

The Mindful Therapist is a deep exploration of what it means to be mindful and how to cultivate mindfulness in the therapeutic relationship. Building on Siegel's influential work, *The Mindful Brain*, this audiobook is written in a unique, relational style in which the author speaks directly to the reader as a fellow professional—an informal yet in-depth conceptual discussion about the mind, brain, and human relations.

Because creating positive outcomes in psychotherapy hinges on the presence of the clinician as a person, here Siegel explores the underlying science beneath this assertion and offers experiential strategies to cultivate mindful presence in the therapist's own life. Exercises offered throughout the book promote the development of “mindsight”—our ability to sense and shape the flow of energy and information within and between each of us. Mindsight promotes integration, a mindful presence, and the nurturing of empathic relationships—all of which are key to effective therapy.

The Mindful Therapist helps clinicians, both new and experienced in the healing arts, to dive deeply into how the mind interacts with the brain, and how disorder and rigidity can be transformed into integration and harmony.

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