

Mp3 Stefanie Goldstein Ph.d. & Elisha Goldstein, Ph.d. - Mindful Solutions For Addiction And Relapse Prevention

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Based on thousands of years of wisdom combined with modern psychological research, this CD offers educational and experiential tools to effectively work with Addiction and Relapse Prevention, giving you the space to live the life you want. 7 MP3 Songs in this album (77:36) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: Stefanie Goldstein, Ph.D. is a respected Clinical Psychologist, Addiction Medicine Specialist, and a trained practitioner in Psychosynthesis, an integrative form of psychology that focuses on the synthesis, healing, and growth of the self. She has worked individually with adolescents, adults, couples, and families and has facilitated many process and education groups. She is a public speaker including places such as USC, UCLA, Kansas University, Institute of Transpersonal Psychology, and University of Washington. She is co-author of the CD "Mindful Solutions for Addiction and Relapse Prevention". Elisha Goldstein, Ph.D. is a pioneer in the integration of mindfulness meditative techniques into the clinical therapeutic setting. He holds a private practice in West Los Angeles, is a public speaker, and a Consultant to Aliveworld. He is author of the audio CD "Mindful Solutions for Stress, Anxiety, and Depression", co-author of the CD "Mindful Solutions for Addiction and Relapse Prevention", co-author of the upcoming workbook "Mindfulness Stress Reduction" and co-author of the multimedia Guide and Community "Mindfulness, Anxiety, and Stress" found in Aliveworld. He is also teacher of the increasingly popular program Mindfulness-Based Stress Reduction (MBSR).

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