



**Mindfulness and Acceptance for Gender and Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection, and Equality Using Contextual Strategies ... Mindfulness and Acceptance Practica Series)**

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**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.**

Gender and sexual minorities face unique concerns and, according to research, are actually more likely to want and seek therapeutic help due to greater levels of psychological distress. But research also shows that many psychologists and therapists do not feel adequately educated or efficacious discussing topics related to sexuality and gender in clinical practice. This book will address this significant gap with evidence-based and best-practice interventions and applications.

*Mindfulness and Acceptance for Gender and Sexual Minorities* offers a number of practical strategies within a contextual behavioral science framework, including mindfulness and acceptance-based interventions, compassion-focused therapy (CFT), acceptance and commitment therapy (ACT), relational frame theory (RFT), and more. With chapters on stigma, shame, relationships, and parenting, this book will be a valuable resource for all therapists.

If you're a clinician, you understand the ongoing need for cutting-edge, effective approaches for treating a variety of clients. With this guide, you'll learn about the unique application of contextual behavioral approaches as they relate specifically to the experiences of gender and sexual minorities, and feel better equipped to help all of your clients work toward happiness and health.

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