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# Sitting Together Essential Skills For Mindfulness Based Psychotherapy Susan M Pollak

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Sitting Together helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular clients and patients, while avoiding those that are contraindicated. Building on the foundation of a personal meditation practice, it introduces exercises designed to develop the core skills of concentration, open monitoring, and compassionate acceptance, and brings each to life with detailed clinical illustrations.  
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Sitting Together is an extraordinary achievement and an outstanding resource for introducing mindfulness into psychotherapy.  
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Sitting Together invites the therapist to develop, through mindfulness, those qualities common to all gifted practitioners: accurate attention, caring without judgment, compassion, and wisdom." —Judith Lewis Herman, MD, Department of Psychiatry, Harvard Medical School  
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Sitting Together invites the therapist to develop, through mindfulness, those qualities common to all gifted practitioners: accurate attention, caring without judgment, compassion, and wisdom."--Judith Lewis Herman, MD, Department of Psychiatry, Harvard Medical School

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