

## Practical Exercise Therapy

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Practical Exercise Therapy Fourth Edition Edited by Margaret Hollis MBE, MSc, FCSP, DipTP Formerly Principal, Bradford School of Physiotherapy and Phyl Fletcher-Cook MEd, MCSP, Cert Ed Senior Lecturer, Huddersfield University With contributions by Sheila S. Kitchen MSc, MSCP, DipTP Course Co-ordinator, Physiotherapy Group King's College, London Barbara Sanford DipPE (Lond. Univ.) Formerly ...

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Breathing exercises and mindfulness in therapy are very much part of a client's inner dialogue that then is canvased onto a dialogue and communication with the therapist, the client/patient can create such images with their mind, exploring their aims and creating a safe place that can be reached when feeling overwhelmed and/or distressed, one way or another. Important aspects to keep in mind ...

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