

## عنوان مقاله:

A Brief Look into Mindfulness in Group Counseling

## محل انتشار:

سومین کنفرانس بین المللی روانشناسی، مشاوره، تعلیم و تربیت (سال: 1399)

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## خلاصه مقاله:

The present review article tries to encapsulate some of the main concepts, strategies, and benefits of group counseling that will enhance individuals' mindfulness. Mindfulness is difficult to define since it encompasses several affective and cognitive factors. However, it can be generally defined as a balance between our thoughts, feelings, and the external world. The term also directly attends to three cognitive components of attention, attitude, and intention and is now believed to be related to one's emotional intelligence. In this regard, group counseling, with its emphasis on the present moment rather than the past and the key features of mindfulness such as positive thinking, group congruence, empathetic understanding, hope instillation, unconditional positive regard, altruism, information sharing, socializing techniques, and nonjudgmental attitude helps individuals douse their anger and reach the catharsis stage where their tensions are also resolved.

## کلمات کلیدی:

Mindfulness, group counseling, emotional intelligence, interpersonal, harmony

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