
MINDFULNESS-BASED TREATMENT APPROACHES

CLINICIAN'S GUIDE TO EVIDENCE BASE
AND APPLICATIONS

EDITED BY

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DEDICATION

*To my husband, Terry Schoen, for his undying support of my journey
and his love and companionship along the way.*

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PREFACE

For many centuries, Eastern spiritual traditions have maintained that mindfulness meditation can lead to reduced suffering and increased well-being. In recent decades, traditional mindfulness practices have been adapted for secular use in the West, and have been incorporated into several well-researched treatment approaches that are now widely available in medical, mental health, and wellness settings. These include mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). The range of problems, disorders, and populations to which these interventions are applied is growing rapidly. The empirical literature shows considerable support for their efficacy, and conceptual and theoretical understanding of how they may work has greatly advanced.

This book is unique in two ways. First, it provides a comprehensive introduction to the best-researched mindfulness-based treatments in one volume. Second, it integrates theoretical and empirical rigor with detailed clinical illustration and practical utility, providing a close-up view of how these treatments are implemented, the skills required of therapists, the responses that can be expected from participants, and the issues that professionals wishing to use these treatments must consider. The book is organized by the types of populations in which these treatments are used. The introductory chapter provides a detailed overview of MBSR, MBCT, DBT, and ACT, focusing on the methods used to teach mindfulness skills. The first section describes applications for psychological disorders in adults, including anxiety, depressive relapse, eating disorders, psychosis, and borderline personality disorder. The next section describes applications for

children, adolescents, and older adults. The following sections address applications for medical populations, for improving interpersonal relationships, and for stress reduction in the workplace.

Chapters were designed to include several distinctive features. Although the treatments described vary in many ways, all have a well-developed theoretical and conceptual foundation, clearly specified treatment procedures, and strong empirical support for their efficacy. All chapters were written by clinical researchers with good scientific credentials and extensive experience in the implementation of mindfulness-based treatment with their respective populations. Each chapter includes a clear explanation of the conceptual rationale for using a mindfulness-based treatment with this population and a review of the relevant evidence base. A detailed case study illustrates how the intervention is implemented with real-world people and explores the clinical and practical issues that may arise and how they can be managed.

This book should be useful for clinicians, researchers, teachers, and students at all levels of expertise. Newcomers to this area will find helpful descriptions of mindfulness, its theoretical and conceptual underpinnings, how it might work to reduce suffering, and how these interventions can be implemented with a wide range of people. Readers with more extensive knowledge of some of these interventions can expect to broaden their understanding of the wide range of mindfulness-based approaches and gain interesting insights about their commonalities and differences. All readers are likely to find themselves inspired to further exploration of this emerging area with great potential for the treatment of numerous difficult problems and the cultivation of wisdom, insight, and happiness.

Ruth A. Baer