Dedication

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

1

OVERVIEW OF MINDFULNESS- AND ACCEPTANCE-BASED TREATMENT APPROACHES
RUTH A. BAER AND JENNIFER KRIETEMEYER

Introduction 3
Mindfulness-Based Stress Reduction 6
Mindfulness-Based Cognitive Therapy 13
Mindfulness Skills in Dialectical Behavior Therapy 18
Mindfulness and Related Skills in Acceptance and Commitment Therapy 23

Conclusion 26
References 27
PART II
APPLICATIONS FOR PSYCHOLOGICAL DISORDERS IN ADULTS

2
MINDFULNESS-BASED COGNITIVE THERAPY FOR PREVENTION OF DEPRESSIVE RELAPSE
SANDRA J. COFFMAN, SONA DIMIDJIAN, AND RUTH A. BAER

Introduction: Depression and Relapse 31
Theoretical and Conceptual Background of Mindfulness-Based Cognitive Therapy 32
Empirical Support 36
Case Study 37
Practical Issues 45
Summary 48
Acknowledgments 49
References 49

3
INCORPORATING MINDFULNESS- AND ACCEPTANCE-BASED STRATEGIES IN THE TREATMENT OF GENERALIZED ANXIETY DISORDER
LIZABETH ROEMER, KRISTALYN SALTERS-PEDNEAULT, AND SUSAN M. ORSILLO

Brief Description of Generalized Anxiety Disorder 52
Theoretical and Conceptual Rationale for a Mindfulness and Acceptance-Based Approach to Treating Generalized Anxiety Disorder 53
Brief Overview of the Treatment 55
Case Study 59
Empirical Support to Date 66
Practical Considerations 67
Directions for Future Research 72
Acknowledgments 72
References 73
4
MINDFULNESS-BASED APPROACHES TO EATING DISORDERS
JEAN L. KRISTELLER, RUTH A. BAER, AND RUTH QUILLIAN-WOLEVER

Introduction: Characteristics and Prevalence of Eating Disorders 75
Mindfulness-Based Treatments for Eating Disorders 77
Empirical Support for Mindfulness-Based Approaches to Eating Disorders 82
Case Study 84
Practical and Conceptual Issues in Using Mindfulness-Based Interventions in Eating Disordered Populations 86
Concluding Comments 89
References 89

5
ACCEPTANCE, MINDFULNESS, VALUES, AND PSYCHOSIS: APPLYING ACCEPTANCE AND COMMITMENT THERAPY (ACT) TO THE CHRONICALLY MENTALLY ILL
PATRICIA A. BACH, BRANDON GAUDIANO, JULIEANN PANKEY, JAMES D. HERBERT, AND STEVEN C. HAYES

Theoretical and Conceptual Rationale 94
Case Study 98
Adaptations for Shorter Inpatient Stays 102
Review of Empirical Support 102
Practical Issues 107
Conclusions 113
References 114

6
MINDFULNESS IN DIALECTICAL BEHAVIOR THERAPY (DBT) FOR BORDERLINE PERSONALITY DISORDER
STACY SHAW WELCH, SHIREEN RIZVI, AND SONA DIMIDJIAN

Introduction 117
Overview of Dialectical Behavior Therapy 118
Empirical Support for the Efficacy of Mindfulness in DBT 124
PART III
APPLICATIONS FOR PSYCHOLOGICAL DISORDERS IN CHILDREN, ADOLESCENTS, AND OLDER ADULTS

7
MINDFULNESS-BASED COGNITIVE THERAPY FOR CHILDREN
RANDYE J. SEMPLE, JENNIFER LEE, AND LISA F. MILLER

Introduction to Mindfulness-Based Cognitive Therapy for Children 143
Theory and Concepts 147
Empirical Support for Mindfulness as a Clinical Approach 150
The Twelve-Session Program 152
Practical Issues in Working with Children 161
In Closing 164
References 165

8
MINDFULNESS IN DIALECTICAL BEHAVIOR THERAPY (DBT) FOR ADOLESCENTS
ELIZABETH E. WAGNER, JILL H. RATHUS, AND ALEC L. MILLER

Introduction 167
Mindfulness in Adolescent DBT: Laying the Foundation 168
Core Mindfulness Skills in Adolescent DBT 171
Case Study 176
Empirical Support for DBT 184
Practical Issues and Challenges 185
References 187
“Like Waking Up from a Dream”: Mindfulness Training for Older People with Anxiety and Depression

Alistair Smith

Introduction 191
Why Offer Mindfulness Training to Older People? 192
Treatments Delivered 196
Case Study: Melissa—“I feel a different person” 200
Other Support for Efficacy of Mindfulness Training for Older People 203
Different Etiologies of Emotional Disorders in Older People 205
Practical Issues 206
Conclusions and Future Directions: Mindfulness Training is Ideal for Older People 210
Acknowledgments 212
References 212

Mindfulness and Dialectical Behavior Therapy (DBT): Application with Depressed Older Adults with Personality Disorders

Thomas R. Lynch and Leslie L. Bronner

Introduction 217
The Topography of Mindfulness in DBT 218
DBT and Wise Mind: Links to Empirical Data 219
Hypothesized Mechanisms of Change for Mindfulness in DBT 221
Application of DBT with Depressed Older Adults with Comorbid Personality Disorders 225
Case Study 226
Empirical Support 230
Practical Issues 230
Summary and Conclusions 232
Acknowledgments 233
References 233
Part IV
Applications with Medical Populations

11 Mindfulness-Based Stress Reduction (MBSR) as an Intervention for Cancer Patients
Michael Speca, Linda E. Carlson, Michael J. MacKenzie, and Maureen Angen

Theoretical and Conceptual Rationale 239
Case Study 247
Review of Empirical Support 254
Practical Issues 256
References 257

12 Mindfulness-Based Stress Reduction (MBSR) with Spanish- and English-Speaking Inner-City Medical Patients
Beth Roth and Lia Calle-Mesa

Introduction 263
Case Study 264
Conceptual Framework 270
Literature Review 274
Practical Issues 278
Conclusion 283
Acknowledgments 283
References 284

13 Acceptance and Commitment Therapy (ACT) in the Treatment of Chronic Pain
JoAnne Dahl and Tobias Lundgren

Introduction: Pain and Suffering 285
Overview of ACT for Chronic Pain 286
PART V
APPLICATIONS FOR INTERPERSONAL RELATIONSHIPS

14
MINDFULNESS-BASED RELATIONSHIP ENHANCEMENT (MBRE) IN COUPLES
JAMES W. CARSON, KIMBERLY M. CARSON, KAREN M. GIL, AND DONALD H. BAUCOM

Introduction: Stress, Relationships, and Mindfulness 309
Intervention Description 311
Empirical Support 315
An Illustrative Case Study 317
Practical Issues in Offering Mindfulness to Couples 326
References 329

15
DIAGNOSTIC BEHAVIOR THERAPY (DBT):
A MINDFULNESS-BASED TREATMENT FOR INTIMATE PARTNER VIOLENCE
JILL H. RATHUS, NICHOLAS CAVUOTO, AND VINCENT PASSARELLI

Introduction 333
Theoretical and Conceptual Rationale 334
Case Study: Mr. C 342
Empirical Support for DBT for Intimate Partner Violence 349
Practical Implementation of DBT for Intimate Partner Violence 352
Acknowledgments 354
References 354
PART VI
APPLICATIONS FOR STRESS REDUCTION
IN THE WORKPLACE

16
MINDFULNESS-BASED STRESS REDUCTION (MBSR)
in a WORKSITE WELLNESS PROGRAM
Kimberly Williams

Theoretical and Conceptual Rationale 361
Case Study 364
Empirical Support for MBSR in Worksite Programs 370
Practical Issues in Implementing MBSR in Workplace Settings 372
References 374

17
ACCEPTANCE AND COMMITMENT THERAPY (ACT)
in the WORKPLACE
Paul E. Flaxman and Frank W. Bond

Introduction 377
Theoretical and Conceptual Background 378
ACT in the Workplace: Implementation and Case Study 383
Practical Issues 394
Research on ACT in the Workplace 397
Conclusion 398
References 399

AUTHOR INDEX 403
SUBJECT INDEX 416
Maureen Angen (239), Department of Psychosocial Resources, Tom Baker Cancer Centre, Alberta Cancer Board, Calgary, Alberta, Canada T2S 3C1

Patricia A. Bach (93), Institute of Psychology, Illinois Institute of Technology, Chicago, Illinois 60616

Ruth A. Baer (3, 31, 75), Department of Psychology, University of Kentucky, Lexington, Kentucky 40506

Donald H. Baucom (309), Department of Psychology, University of North Carolina, Chapel Hill, North Carolina, 27599

Frank W. Bond (377), Goldsmiths College, University of London, New Cross, London, UK SE14 6NW

Leslie L. Bronner (217), Department of Psychiatry, Duke University Medical Center, Durham, North Carolina 27710

Lia Calle-Mesa (263), Independent Consultant, Hamden, Connecticut 06514

Linda E. Carlson (239), Department of Oncology, University of Calgary, Department of Psychosocial Resources, Tom Baker Cancer Centre, Alberta Cancer Board, Calgary, Alberta, Canada T2S 3C1

James W. Carson (309), Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, North Carolina 27708

Kimberly M. Carson (309), Department of Psychiatry and Behavioral Sciences, Duke University Medical Center, Durham, North Carolina, 27708

Nicholas Cavuoto (333), Long Beach Reach, Inc., Long Beach, New York, 11561

Sandra J. Coffman (31), Independent Practice, University of Washington, Seattle, Washington 98121

JoAnne Dahl (285), Department of Psychology, Uppsala University, Uppsala, Sweden 75142
Sona Dimidjian (31, 117), Department of Psychology, University of Washington, Seattle, Washington 98125
Paul E. Flaxman (377), Goldsmiths College, University of London, New Cross, London, UK SE14 6NW
Karen M. Gil (309), Department of Psychology, University of North Carolina, Chapel Hill, North Carolina, 27599
Brandon Gaudiano (93), Department of Psychiatry and Human Behavior, Brown University Medical School, Psychosocial Research Program, Butler Hospital, Providence, Rhode Island 02906
Steven C. Hayes (93), Department of Psychology, University of Nevada, Reno, Nevada 89557
James D. Herbert (93), Department of Psychology, Drexel University, Philadelphia, Pennsylvania 19102
Jennifer Krietemeyer (3), Department of Psychology, University of Kentucky, Lexington, Kentucky 40506
Jean L. Kristeller (75), Department of Psychology, Indiana State University, Terre Haute, Indiana 47809
Jennifer Lee (143), Columbia University, Teachers College, New York, New York 10027
Tobias Lundgren (285), Department of Psychology, Uppsala University, Uppsala, Sweden 75142
Thomas R. Lynch (217), Department of Psychology and Psychiatry, Duke University and Duke University Medical Center, Durham, North Carolina 27710
Michael J. MacKenzie (239), Department of Psychosocial Resources, Tom Baker Cancer Centre, Alberta Cancer Board, Calgary, Alberta, Canada T2S 3C1
Alec L. Miller (167), Department of Psychiatry and Behavioral Sciences, Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, New York 10467
Lisa F. Miller (143), Columbia University, Teachers College, New York, New York 10027
Susan M. Orsillo (51), Psychology Department, Suffolk University, Boston, Massachusetts 02114
Julieann Pankey (93), Department of Psychology, University of Nevada, Reno, Nevada 89557
Vincent Passarelli (333), Department of Psychiatry, Mood and Personality Disorders Research Program, Mount Sinai School of Medicine, New York, New York 10029
Ruth Quillian-Wolever (75), Duke University School of Medicine, Durham, North Carolina 27710
Jill H. Rathus (167, 333), Department of Psychology, C.W. Post Campus/Long Island University, Brookville, New York 11548
Shireen Rizvi (117), National Center for PTSD, Boston VA Healthcare System and Boston University School of Medicine, Boston, Massachusetts 02130
List of Contributors

Lizabeth Roemer (51), Department of Psychology, University of Massachusetts at Boston, Boston, Massachusetts 02125
Beth Roth (263), Mindfulness Meditation Consulting, New Haven, Connecticut 06511
Kristalyn Salters-Pedneault (51), National Center for PTSD, VA Boston Healthcare System, Jamaica Plain, Massachusetts 02130
Randye J. Semple (143), New York State Psychiatric Institute, Division of Clinical and Genetic Epidemiology, Department of Psychiatry, Columbia University, New York, New York 10032
Stacy Shaw Welch (117), Evidence Based Treatment Centers of Seattle, Seattle, Washington 98101
Alistair Smith (191), Psychology Service, Lancashire Care NHS Trust, Chorley, Lancashire, UK PR7 1PS
Michael Speca (239), Department of Oncology, University of Calgary, Department of Psychosocial Resources, Tom Baker Cancer Centre, Alberta Cancer Board, Calgary, Alberta, Canada T2S 3C1
Elizabeth E. Wagner (167), Department of Psychiatry and Behavioral Sciences, Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, New York 10467
Kimberly Williams (361), Department of Community Medicine, West Virginia University, Morgantown, West Virginia 26506
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