Mindfulness Based Cognitive Therapy For Depression

This new edition of Mindfulness-Based Cognitive Therapy: Distinctive Features (MBCT) provides a concise, straightforward overview of MBCT, fully updated to include recent developments. The training process underpinning MBCT is based on mindfulness meditation practice and invites a new orientation towards internal experience as it arises - one that is characterised by acceptance and compassion. The approach supports a recognition that even though difficulty is an intrinsic part of life, it is possible to work with it in new ways. The book provides a basis for understanding the key theoretical and practical features of MBCT and retains its accessible and easy-to-use format that made the first edition so popular, with 30 distinctive features that characterise the approach. Mindfulness-Based Cognitive Therapy: Distinctive Features will be essential reading for professionals and trainees in the field. It is an appealing read for both experienced practitioners and newcomers with an interest in MBCT. Mindfulness-Based Cognitive Therapy for Anxious Children offers a complete professional treatment program designed to help children ages nine through twelve who struggle with anxiety. This twelve-session protocol can be used to treat anxious children in group or individual therapy. The poems, stories, session summaries, and home practice activities on the enclosed CD-ROM supplement child therapy sessions and parent meetings to illuminate mindful awareness concepts and practices. In twelve simple sessions, children will learn new ways to relate to anxious thoughts and feelings and develop the ability to respond to life events with greater awareness and confidence. Help children manage the symptoms of all types of anxiety: •Panic disorder •Agoraphobia •Obsessive-compulsive disorder •Post-traumatic stress
disorder • Generalized anxiety disorder • Social phobia • Specific phobias • Separation anxiety disorder • School refusal

Mindfulness-based Cognitive Therapy (MBCT) is a class-based manualised program designed to treat recurrent depression and prevent relapse. MBCT has been found to be effective for both symptomatic and asymptomatic patients with three or more previous episodes of depression. While research estimates that 50 - 75% of individuals with depression also experience anxiety, the role of anxiety in the MBCT treatment of recurrent depression is not clearly understood. The aim of the present study was to fill this gap in the literature in order to understand the effect that MBCT has on anxiety outcomes, and the effect that anxiety has on depression outcomes. Sixty-seven individuals with recurrent depression completed an MBCT course and were followed for up to 49 months. MBCT was found to significantly reduce levels of anxiety, both in the short and long-term. Secondly, while MBCT was effective in reducing levels of depression and depressive relapse, it was more effective for individuals who were not clinically anxious at the beginning of treatment. The results support the use of MBCT in treating individuals with recurrent depression and co-occurring anxiety, in order to reduce depressive and anxiety symptoms. Future research into ways that the MBCT protocol could be adapted to better accommodate individuals with anxiety may reduce the discrepancy between those with and without anxiety symptoms, and greatly assist the large proportion of individuals who enroll in MBCT programs and who experience both recurrent depression and anxiety.

Section A summarises theory and research relevant to understanding the interaction between intimate-partnership and depressive relapse. Interpersonal theories of depression are introduced. Following this, extant empirical studies examining the effects of interpersonal
processes on depressive relapse are critically evaluated. As these studies do not consider how depressive relapse might affect the intimate-partner over time, a separate body of literature examining the impact of depression on intimate-partners is reviewed. Limitations and gaps in the existing evidence-base are discussed, and areas for future research are outlined, such as studies to understand the bidirectional interaction and to explore alternative interventions that enable both partners to cope with relapses. Section B presents a Grounded Theory study of the process of engaging in mindfulness-based cognitive therapy (MBCT), which is a relapse prevention strategy for depression, as an intimate-partnership. Twelve participants took part in a semi-structured interview about their experience of the MBCT course. These data were triangulated with sessional data from an MBCT course and facilitator validation. The proposed theory captured the 'process of learning new mindfulness skills together'. While intimate-partnerships who engaged in an MBCT course seemed to learn similar mindfulness skills as in individual MBCT courses, learning as a partnership seemed to facilitate home practice, attendance and a sense of mutual support, which led to unique outcomes for the partnership and their sense of responsibility for each others' wellbeing. Limitations and implications are discussed. Section C provides a critical appraisal of the process of conducting this research study, including the researcher's learning experience, implications for clinical practice and future research.

This book presents the first treatment program that adapts the proven practices of mindfulness-based cognitive therapy (MBCT) to meet the unique needs of people struggling with obsessive–compulsive disorder (OCD). Leading authority Fabrizio Didonna shows how techniques such as "mindful exposure" are uniquely suited to help OCD sufferers overcome
intrusive thoughts and compulsive rituals while developing a new relationship to their internal experience. In a convenient large-size format, the book includes detailed instructions for implementing each of the 11 group sessions, complete with reproducible scripts for the guided mindfulness practices and 79 client handouts. Purchasers can download and print the reproducible materials at the companion website, which also provides audio recordings of the guided practices. A separate website for clients features the audio files and scripts only.

Introduces tens of thousands of clinicians to mindfulness-based cognitive therapy for depression (MBCT), an eight-week program with proven effectiveness. The authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse.

Grounded in current knowledge about bipolar disorder and its treatment, this book presents an empirically supported therapy program with step-by-step guidelines for implementation. Mindfulness-based cognitive therapy (MBCT) for bipolar disorder is specifically designed for clients who have experienced many mood episodes and who struggle with chronic, pervasive depressive and residual manic symptoms. The authors provide everything needed to conduct the 12 weekly group sessions, which are supplemented by regular individual sessions. Reproducible tools include 29 client handouts and an Instructor Checklist. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus the reproducible materials, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only.

Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based program that
combines mindfulness and cognitive therapy techniques for working with stress, anxiety, depression, and other problems. Building Competence in Mindfulness-Based Cognitive Therapy provides the first transcript of an entire 8-week program. This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the MBCT protocol.

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. In every chapter, the authors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches both inside and outside behavior therapy.

Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorders,
psychosis, and borderline personality disorder. This book discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). All chapters were written by researchers with extensive clinical experience. Each chapter includes the conceptual rationale for using a mindfulness-based treatment and a review of the relevant evidence base. A detailed case study illustrates how the intervention is implemented in "real life," exploring the clinical and practical issues that may arise and how they can be managed. This book will be of use to clinicians and researchers interested in understanding and implementing mindfulness based treatments. * Comprehensive introduction to the best-researched mindfulness-based treatments * Covers wide range of problems & disorders (anxiety, depression, eating, psychosis, personality disorders, stress, pain, relationship problems, etc) * Discusses a wide range of populations (children, adolescents, older adults, couples) * Includes wide range of settings (outpatient, inpatient, medical, mental health, workplace) * Clinically rich, illustrative case study in every chapter * International perspectives represented (authors from US, Canada, Britain, Sweden)

Mindfulness: A Kindly Approach to Being with Cancer offers people with cancer a means to bring mindfulness and kindliness into their lives, to help them cope with the challenge of a life-threatening illness. Adapts Mindfulness-Based Cognitive Therapy
Read Book Mindfulness Based Cognitive Therapy For Depression

(MBCT), an approach with a strong evidence base for people with recurrent depression, for the needs and challenges of people with cancer Presents the standard 8-week course of MBCT for cancer in a flexible format that is designed to suit each reader’s own particular timescale, context and situation Based on more than 15 years of program development and clinical application by the author, and the work and experience of mindfulness teachers in other cancer centres around the world Provides specific practices and approaches tailored to support the different phases of a cancer experience – from diagnosis and treatment to living with uncertainty and managing life with cancer Features five extended stories from people personally affected by cancer who have used mindfulness-based practices to support them in their own experience of illness, life and treatment

This unique new guide integrates recent advances in the biopsychosocial understanding of chronic pain with state-of-the-art cognitive therapy and mindfulness techniques to offer a fresh, highly-effective MBCT approach to helping individuals manage chronic pain. There is intense interest from clinicians, researchers and patients alike in mindfulness-based therapeutic techniques, and the integration of mindfulness theory and practice with CBT Provides everything a therapist needs to integrate MBCT into their practice and optimize its delivery, including a manualized 8-session program and guidance on how to teach MBCT skills Features case studies and real-world examples that help practitioners to avoid common pitfalls and optimize the delivery of

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MBCT for chronic pain for their own individual clients. Features links to guided meditations, client and therapist handouts and other powerful tools.

Mindfulness-based cognitive therapy (MBCT) is a powerful, evidence-based treatment for depression and other mental health conditions. This groundbreaking professional book provides clinicians with the essential skills they need to deliver MBCT. In this book, you’ll discover the foundations of teaching MBCT, guidance on embodied mindful presence (a focused awareness of experience in the moment), the contemplative dialogue known as inquiry, and other strategies for delivering group-based MBCT. You’ll also find scripts, access to audio material, and practice guidelines for you and your clients. Although focused on MBCT, this book can be referenced for use in other mindfulness-based programs. In addition, you’ll gain the knowledge and confidence you need to effectively deliver MBCT and build the foundations of an embodied practice. The book starts with an overview of the MBCT program, before devoting chapters to the structure and skills required for developing competence and best practice. You’ll deepen your understanding and facility in the most challenging elements of MBCT: mindful embodied presence and inquiry. You’ll also learn strategies for delivering this therapy to a group; troubleshooting tips; and a chapter on training, mentorship, and maintaining competence. Finally, you’ll find essential information including meditation scripts, tools, and other resources for delivering MBCT. If you are looking to deepen your practice and ability to teach MBCT, this book—written by
renowned MBCT clinicians—is an invaluable addition to your professional library. This empirically robust resource examines multiple ways mindfulness can be harnessed to support self-regulation, in part as a real-world component of therapy. Its authoritative coverage approaches complex mind/brain connections from neuroscience, cognitive, personality, social, clinical, and Buddhist perspectives, both within and outside traditional meditation practice. In domains such as letting go of harmful habits and addictions, dealing with depression and anxiety, regulating emotions, and training cognitive function, contributors show how mindfulness-based interventions encourage and inspire change. In addition to scientific coverage, experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians. Included in the Handbook: Mindfulness and its role in overcoming automatic mental processes Burning issues in dispositional mindfulness research Self-compassion: what it is, what it does, and how it relates to mindfulness Mindfulness-based cognitive therapy and mood disorders Mindfulness as a general ingredient of successful psychotherapy The emperor's clothes: a look behind the Western mindfulness mystique Heralding a new era of mind/brain research--and deftly explaining our enduring fascination with mindfulness in the process--the Handbook of Mindfulness and Self-Regulation will enhance the work of scholars and practitioners. This book brings together a cutting-edge selection of the most current applications of mindfulness-based cognitive therapy (MBCT), giving clinicians as well as researchers a
Mindfulness-based Cognitive Therapy (MBCT) is a relapse prevention treatment for major depressive disorder. The current observational pilot, utilising a clinical audit of 39 participants, explored the longer term therapy effects of MBCT. It was found that MBCT was associated with statistically significant reductions in depression from pre to post treatment and that gains were maintained over time. Depression scores among participants who were followed up over the longest period, did however, begin to increase, yet were still within the mild range of the Beck Depression Inventory-II. It is suggested that ongoing MBCT skills and practice may be important for relapse prevention over the longer term. Further randomized studies of the mechanisms of how MBCT operates are recommended.

Lijd je aan stress, vermoeidheid of ziekte, of wil je gewoon balans in je leven brengen? Dan helpt mindfulness-meditatie je het leven kalmer en met meer vertrouwen tegemoet te treden.

Grounded in extensive research and clinical experience, this book describes how to adapt mindfulness-based cognitive therapy (MBCT) for participants who struggle with recurrent suicidal thoughts and impulses. Clinicians and mindfulness teachers are presented with a comprehensive framework for understanding suicidality and its underlying vulnerabilities. The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail, highlighting issues that need to be taken into account with highly vulnerable people. Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples. The book also discusses how to develop the required mindfulness teacher skills and competencies. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices, narrated by Zindel Segal, Mark Williams, and John Teasdale.

(Published in hardcover as Mindfulness and the Transformation of Despair: Working with People at Risk of Suicide.) See also Mindfulness-Based Cognitive Therapy for Depression, Second Edition, by Zindel Segal, Mark Williams, and John Teasdale, the authoritative
presentation of MBCT.
Praise for Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies "One of the most fruitful aspects of the encounter between classical Buddhist knowledge and modern science has been the emergence of new therapeutic and educational approaches that integrate contemplative practice, such as mindfulness, and contemporary psychology methods, such as those of cognitive therapy. The systematic approach of this book, wherein the insights of both classical Buddhist and contemporary psychology are integrated, represents a most beneficial and powerful method of ensuring a healthy mind and heart." —His Holiness the Dalai Lama "What has been missing in the midst of partisan battles between orthodox CBT therapists and enthusiastic proponents of newer acceptance/mindfulness approaches is a reasoned, scientifically grounded discourse that would help researchers and clinicians alike sort through the various claims and counterclaims. This book, skillfully conceived and edited by James Herbert and Evan Forman, provides just such a sober and open-minded appraisal of a trend that has sometimes suffered both from too much hype from one side and too sweeping a rejection by the other. This volume encourages careful consideration of both positions and can advance evidence-based psychosocial therapy both conceptually and procedurally to the benefit of all." —From the Foreword by Gerald C. Davison, PhD, University of Southern California Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies brings together a renowned group of leading figures in CBT who address key issues and topics, including: Mindfulness-based cognitive therapy Metacognitive therapy Mindfulness-based stress reduction Dialectical behavior therapy Understanding acceptance and
commitment therapy in context
The definitive guide to Mindfulness in the indispensable new Mind, Body, Spirit series from the creators of the bestselling Godsfield Bibles The Godsfield Companions are all-new guides to conscious living that set a new standard in wellness publishing. Fresh, contemporary and authoritative, each book - written by a specialist in their field - provides the growing wellness audience with essential background, revealing insights, valuable context and useful instruction to enable them to understand and expand their personal practice every day. This companion is a comprehensive guide to mindfulness: its benefits, the science and how to use it to improve your relationships, work and mental health. Sections include: What is mindfulness and why do we need it?Mindfulness hype - Doubt and scepticismMindfulness throughout the day - How to be mindful moment by momentMindful eatingMindfulness for secure relationships - Parents and children, partners - everywhere you meet peopleMindfulness for mental health - Anxiety, depression, PTSD and shameMindful sleep and restMindful ageing
This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. More than 40 reproducible handouts
are included. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all of the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only. New to This Edition *Incorporates a decade's worth of developments in MBCT clinical practice and training. *Chapters on additional treatment components: the pre-course interview and optional full-day retreat. *Chapters on self-compassion, the inquiry process, and the three-minute breathing space. *Findings from multiple studies of MBCT's effectiveness and underlying mechanisms. Includes studies of adaptations for treating psychological and physical health problems other than depression. *Audio files of the guided mindfulness practices, narrated by the authors, on two separate Web pages--one for professionals, together with the reproducibles, and one just for clients. See also the authors' related titles for clients: The Mindful Way through Depression demonstrates these proven strategies in a self-help format, with in-depth stories and examples. The Mindful Way Workbook gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: Mindfulness-Based Cognitive Therapy with People at Risk of Suicide extends and refines MBCT for clients with
suicidal depression.
This practical guide helps therapists from virtually any specialty or theoretical orientation choose and adapt mindfulness practices most likely to be effective with particular patients, while avoiding those that are contraindicated. The authors provide a wide range of meditations that build the core skills of focused attention, mindfulness, and compassionate acceptance. Vivid clinical examples show how to weave the practices into therapy, tailor them to each patient's needs, and overcome obstacles. Therapists also learn how developing their own mindfulness practice can enhance therapeutic relationships and personal well-being. The Appendix offers recommendations for working with specific clinical problems. Free audio downloads (narrated by the authors) and accompanying patient handouts for selected meditations from the book are available at www.sittingtogether.com. See also Mindfulness and Psychotherapy, Second Edition, edited by Christopher K. Germer, Ronald D. Siegel, and Paul R. Fulton, which reviews the research on therapeutic applications of mindfulness and delves into treatment of specific clinical problems.
Stay in the present and build a happier future Mindfulness-Based Cognitive Therapy For Dummies takes you through the eight-week MBCT course, using the principles of mindfulness to complement established CBT techniques. You'll
discover how using MBCT can help lower your risk of relapsing into depression and reduce the risk of other mental health disorders including anxiety, stress, and low self-esteem. Provides a solid foundation for positive mental health. The downloadable audio files contain guided meditations, a core feature of the MBCT program. MBCT works as an excellent supplement to therapy and may reduce the need for medication. If you suffer from depression, anxiety, insomnia, or a host of other mental health disorders, let Mindfulness-Based Cognitive Therapy For Dummies keep you in the present and build a happier future.

This book attempts to bridge the considerable gaps that exist between spiritual philosophies and evidence-based medicine and between the psychotherapeutic models of the East and the West. Based on the insights of both the ancient wisdom and modern medicine, this book presents Yogic science not just as a set of physical exercises or religious rituals but as theories about the mind that have bio-psycho-social implications in relation to health and illness. Drawing on his years of monastic training and his extensive experiential, clinical and research knowledge on the utility of Yoga meditation in standardized and evidence-based medicine protocols, the author describes symptom-specific clinical applications of Yogic/meditative techniques using standardized protocols for the various psychiatric and psychosomatic conditions. In addition, he explains the value of
these techniques in reducing stress and improving quality of life in healthy populations. Dr. Pradhan names the proposed integrative model of psychotherapy Yoga and Mindfulness Based Cognitive Therapy (Y-MBCT). Unlike other models, Y-MBCT uses Yoga in its entirety (all eight limbs, including meditation) rather than piecemeal. The standardized and evidence-based format of Yoga meditation described in this book will help all aspiring Yoga practitioners and will hopefully also provide the impetus for multicenter research studies on the value of this ancient wisdom.

MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into PTSD treatment. Based on the authors’ experience in the first randomized controlled clinical trial, this pioneering book expands the range of potential treatment options. MBCT has been growing in popularity, and has solid research support, but this is the first text to apply it to trauma survivors. This pioneering text is based on the authors’ experience in using MBCT for PTSD in the first randomized controlled clinical trial. Containing numerous case examples, it expands the range of potential treatment options and lends new hope for trauma survivors to lead more fulfilling lives. The authors combined have a unique set of expert skills; Dr Chard is a well-known expert on PTSD, and Dr Sears is an expert on mindfulness and MBCT.
"Mindfulness-based Cognitive Therapy for Cancer is a practitioner handbook which presents an eight-week course for MBCT for cancer course, tried and tested over ten years of clinical use which has been tried and tested over ten years of clinical use, and adapted and targeted specifically for people with cancer. The experiences of people living with cancer, who use mindfulness in their everyday lives, are included to inform and inspire those working or wanting to work in the field. The intention is to enable the voices of cancer patients to influence professional practice in psycho-oncology."--Publisher.

Research has shown that, for many teens, trauma can lead to addiction. Now, for the first time ever, two mental health experts offer a powerful, integrative program to effectively treat teens with these co-occurring issues. Trauma and addiction often present side by side. However, up until now, clinicians have lacked the tools needed to treat these two issues together. Based in cognitive behavioral therapy (CBT) and mindfulness—two proven-effective therapies for addiction and mental health issues—Treating Co-occurring Adolescent PTSD and Addiction is essential for anyone working with adolescents with addiction and post-traumatic stress disorder (PTSD). Developed and researched explicitly for dual diagnosis adolescent clients, this book provides a range of mindfulness practices and tools to help your client be present in what he or she is experiencing—instead of
slipping into a pattern of avoidance. In addition, the cognitive behavioral strategies can help adolescents who are at risk of recurrent trauma, and who could therefore benefit from practicing coping strategies to assist them in their current daily situations. This is a must-have resource for any mental health provider treating adolescents with dual diagnosis of PTSD and addiction. Mindfulness en cognitieve therapie bij depressie
NieuwezijdsMindfulness-Based Cognitive Therapy for OCDA Treatment ManualGuilford Publications

Two books on getting to know two very popular and powerful self-help theory techniques. The CBT For Dummies Collection includes Cognitive Behavioural Therapy For Dummies, 2nd Edition and Mindfulness–Based Cognitive Therapy For Dummies With indispensable advice on finding your way out of the debilitating maze of negative thoughts and actions, Cognitive Behavioural Therapy For Dummies, 2nd Edition is brimming with invaluable suggestions that will have even a confirmed pessimist well–armed for the journey forward. Mindfulness–Based Cognitive Therapy For Dummies takes you through the eight week MBCT course, using the principles of mindfulness to complement established CBT techniques Discover the tools to learn to forget about the past and concentrate on the present to build a happy tomorrow.
For many years, cognitive-behavioral techniques have been at the forefront of treatment for anxiety disorders. More recently, strategies rooted in Eastern concepts of acceptance and mindfulness have demonstrated some promise in treating anxiety, especially in tandem with CBT. Now, with Acceptance-Based Behavioral Therapies for Anxiety, thirty expert clinicians and researchers present a comprehensive guide to integrating these powerful complementary approaches—where they match, when they differ, and why they work so well together. Chapter authors clearly place mindfulness and acceptance into the clinical lexicon, establishing links with established traditions, including emotion theory and experiential therapy. In addition, separate chapters discuss specific anxiety disorders, the current state of treatment for each, and practical ways of integrating acceptance and mindfulness approaches into therapy. Though acceptance and mindfulness interventions have proven enormously effective for adults with stress, anxiety, depression, and other mental health issues, they have not been fully documented for use with children and adolescents. And yet they are a natural fit for children's therapy—the focus on acceptance and mindfulness builds children's psychological flexibility, and the values component of these methods helps young people learn to set goals and take action to achieve them. The chapters in Acceptance and Mindfulness
Treatments for Children and Adolescents show how to modify third-wave behavioral and cognitive therapy methods for the treatment of children and adolescents. This book also considers the early evidence for the adaptability and effectiveness of these methods. Edited by two luminaries in the field of third-wave behavior therapy, these essays will be invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR). •Learn how ACT, DBT, MBCT, and MBSR can be used with young people and their families •Discover recent third-wave behavior therapy research •Explore the practice issues that arise when acceptance and mindfulness techniques are used with children and adolescents •Find out how to put these techniques to work in your own practice

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