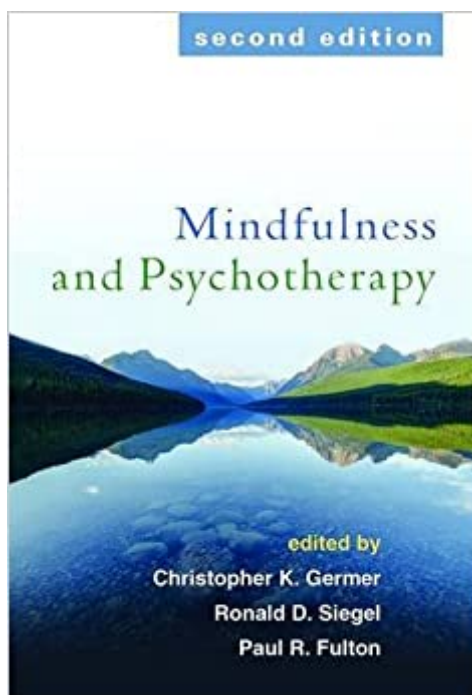


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# Mindfulness And Psychotherapy, Second Edition



## Synopsis

This practical book has given tens of thousands of clinicians and students a comprehensive introduction to mindfulness and its clinical applications. The book describes the philosophical underpinnings of mindfulness and reviews the growing body of treatment studies and neuroscientific research. Leading practitioners and researchers present clear-cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression, anxiety, chronic pain, and other problems. Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. User-friendly features include illustrative case examples and practice exercises. New to This Edition \*Incorporates significant empirical advances--mindfulness has become one of the most-researched areas in psychotherapy. \*Most chapters extensively revised or rewritten. \*Chapters on practical ethics, trauma, and addictions. \*Greater emphasis on the role of acceptance and compassion in mindfulness. See also *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*, by Susan M. Pollak, Thomas Pedulla, and Ronald D. Siegel, a hands-on guide to incorporating mindfulness practices into psychotherapy.

## Book Information

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## Customer Reviews

"From Buddhist psychology, to the latest brain research, to the uses of mindfulness across a spectrum of conditions, the editors and contributors cover it all. This book offers a comprehensive, accessible, and authoritative guide to integrating mindfulness into psychotherapy. I particularly

appreciate the new material on compassion and practical ethics in the second edition."--John D. Teasdale, PhD, Cambridge, United Kingdom "The book weaves a comprehensive narrative regarding mindfulness, its relevance for therapeutic relationships, and its application in clinical settings. It is truly valuable for clinicians who wish to introduce mindfulness concepts to help patients reduce their suffering. The book is rich with practical techniques that can be readily applied with patients, and provides specific recommendations for introducing mindfulness to different populations. An exceptional tool for clinicians."--Stuart J. Eisendrath, MD, Department of Psychiatry, University of California, San Francisco "At this time of dynamic exploration of the relationship between Western psychology and Buddhist mindfulness meditation practices, this second edition of Mindfulness and Psychotherapy is most welcome. A wide range of readers--therapists, psychology students, researchers, and others seeking to better understand mindfulness--will find themselves referring to this volume again and again."--Sharon Salzberg, author of Real Happiness and Lovingkindness "Mindfulness and Psychotherapy, Second Edition, weaves together the rigor of science, the wisdom of reflection, and years of clinical experience, offering a wealth of ideas and practices that have the power to transform our understanding of psychotherapy. This is an excellent text for graduate students in clinical psychology."--Shauna L. Shapiro, PhD, Department of Counseling Psychology, Santa Clara University "I developed and taught a Mindfulness and Compassion practice course for social work graduate students around this book. Students benefited from the accessible, engaged, and thoughtful approaches that contributors present for both beginning and experienced practitioners. They also benefited from the exercises for developing necessary self-care."--Jania Sommers, MSW, LCSW, Clinical Instructor, University of Utah College of Social Work

Christopher K. Germer, PhD, a clinical psychologist in private practice, is Clinical Instructor in Psychology at Harvard Medical School/Cambridge Health Alliance, and a founding faculty member of the Institute for Meditation and Psychotherapy (IMP). Dr. Germer is a co-developer of the Mindful Self-Compassion training program, author of *The Mindful Path to Self-Compassion*, and coeditor of *Wisdom and Compassion in Psychotherapy*. Ronald D. Siegel, PsyD, is Assistant Clinical Professor of Psychology at Harvard Medical School/Cambridge Health Alliance, where he has taught for over 30 years. He serves on the board of directors and faculty of IMP. Dr. Siegel teaches internationally about mindfulness and psychotherapy and mind-body treatment. His books include *The Mindfulness Solution*, *Wisdom and Compassion in Psychotherapy*, and *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*. Paul R. Fulton, EdD, is a clinical psychologist in private practice

and Clinical Instructor in Psychology at Harvard Medical School/Cambridge Health Alliance. He was formerly the president of IMP and is currently director of the Certificate Program in Mindfulness and Psychotherapy. Dr. Fulton received lay ordination as a Zen Buddhist in 1972, has been a student of psychology and meditation for over 44 years, is on the board of directors of the Barre Center for Buddhist Studies, and teaches internationally.

Well written and providing a great operational description of how mindfulness and psychotherapy are naturally integrated. Very helpful and satisfying reading for both the professional and the lay person.

A great tool for the therapist or the layperson.

what a wonderful book to explore the Mindfulness concept, especially as it relates to psychotherapy.

I am a psychiatrist who treats anxiety and depression primarily with therapy. Although I have had a lot of training in meditation reading this book was illuminating and made it much easier to incorporate meditation into the therapy. This is an incredibly well researched and well written book that is useful and practical for therapists as well as anyone interested in learning more about mindfulness meditation and psychotherapy. I recommend it highly. Larry Drell, MD Medical Director: Anxiety and Depression Therapy Center Washington, DCLMD@drdrell.com/mindfulness

Very comprehensive and understandable

Best textbook of my entire doctorate in Clinical Psychology - by far.

Great overview of this important emerging field!

This updated version has many improvements and is extremely helpful to the therapist who wants to apply mindfulness to his or her practice. Highly suggested. I had the first edition and was not sure if I needed the second edition. It was worth getting

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