

Contents

| | |
|-------------------------------|------|
| Contributors | xi |
| Preface to the Second Edition | xiii |

Part I Introduction

1. Introduction to the Core Practices and Exercises

Ruth A. Baer

| | |
|--------------------------------------|----|
| Mindfulness-Based Stress Reduction | 5 |
| Mindfulness-Based Cognitive Therapy | 13 |
| Other Important Skills and Practices | 17 |
| How These Practices Help | 19 |
| Questions for Future Research | 21 |
| Conclusions | 22 |
| References | 22 |

Part II Current Applications for Psychological Disorders in Adults

2. Mindfulness-Based Cognitive Therapy for Recurrent Depression

Willem Kuyken and Alison Evans

| | |
|---|----|
| Rationale for MBCT | 29 |
| Does MBCT Work? Empirical Support for Efficacy and Mechanism of Action | 54 |
| Practical Issues | 55 |
| Acknowledgments | 58 |
| References | 58 |

3. Mindfulness-Based Cognitive Therapy for Treatment- Resistant Depression

Walter E.B. Sipe and Stuart J. Eisendrath

| | |
|---|----|
| The Problem of Treatment-Resistant Depression | 62 |
| Case Study | 66 |
| Studies of MBCT in Active Depression | 70 |
| Practical Issues in Implementing MBCT for TRD | 71 |
| References | 74 |

4. Mindfulness-Based Cognitive Therapy for Bipolar Disorder

Thilo Deckersbach, Natasha Hansen and Britta Holzel

| | |
|---|----|
| Limitations of Pharmacotherapy for Bipolar Disorder | 77 |
| Psychosocial Treatments for Bipolar Disorder | 78 |
| MBCT for Bipolar Disorder: Theoretical and Conceptual Rationale | 80 |
| How We Modified MBCT for Bipolar Disorder | 82 |
| Clinical Case Study | 84 |
| MBCT for Bipolar Disorder: Empirical Studies | 86 |
| Practical Considerations in Using MBCT for Bipolar Disorder | 87 |
| Conclusions | 88 |
| References | 89 |

5. Incorporating Mindfulness and Acceptance-Based Strategies in the Behavioral Treatment of Generalized Anxiety Disorder

Lizabeth Roemer, Cara Fuchs and Susan M. Orsillo

| | |
|--|-----|
| Brief Description of GAD | 96 |
| Theoretical and Conceptual Rationale for a Mindfulness and Acceptance-Based Approach to Treating GAD | 96 |
| Brief Overview of the Treatment | 98 |
| Case Study | 102 |
| Empirical Support to Date | 109 |
| Practical Considerations | 110 |
| Directions for Future Research | 114 |
| Acknowledgments | 115 |
| References | 115 |

6. Mindfulness-Based Eating Awareness Training: Treatment of Overeating and Obesity

Jean L. Kristeller and Ruth Q. Wolever

| | |
|--------------------------------------|-----|
| Eating-Related Disorders and Obesity | 121 |
| Therapeutic Approaches | 123 |
| Empirical Support for MB-EAT | 127 |
| Case Study | 131 |
| Conceptual and Practical Issues | 132 |
| Concluding Comments | 135 |
| References | 135 |

7. Mindfulness-Based Relapse Prevention for Addictive Behaviors

Sarah Bowen, Neha Chawla and Katie Witkiewitz

| | |
|---------------------|-----|
| Foundations of MBRP | 142 |
| Empirical Support | 150 |

| | |
|--------------------------|-----|
| Practical Considerations | 152 |
| Conclusions | 155 |
| References | 156 |

Part III

Applications Across the Lifespan

8. Mindfulness-Based Cognitive Therapy for Children

Randy J. Semple and Jennifer Lee

| | |
|--|-----|
| Mindfulness-Based Cognitive Therapy for Children | 161 |
| Theory and Concepts | 164 |
| Empirical Support for Mindfulness as a Clinical Intervention | 167 |
| Other Clinical Applications of Mindfulness | 169 |
| The 12-Session Program | 169 |
| Affective and Behavioral Outcomes | 181 |
| Practical Issues in Working with Children | 182 |
| In Closing | 185 |
| References | 185 |

9. Mindfulness-Based Stress Reduction for Teens

Gina M. Biegel, Kiki Chang, Amy Garrett and Michelle Edwards

| | |
|---|-----|
| Introduction | 189 |
| Overview of MBSR-T | 189 |
| Introducing Mindfulness to Teens | 191 |
| Foundational Skills of MBSR-T | 191 |
| Session-By-Session Outline for MBSR-T | 193 |
| Other Practices and Exercises | 195 |
| Applying Mindfulness Skills to Teen-Specific Concerns | 201 |
| Empirical Support for MBSR-T | 204 |
| Practical Issues | 208 |
| Conclusions | 209 |
| Acknowledgments | 209 |
| References | 210 |

**10. Mindfulness-Based Childbirth and Parenting:
Cultivating Inner Resources for the Transition to
Parenthood and Beyond**

Nancy Bardacke and Larissa G. Duncan

| | |
|--|-----|
| Introduction | 213 |
| Theoretical and Conceptual Foundations | 214 |
| Overview of MBCP | 219 |
| Case Study | 229 |
| Empirical Support | 232 |
| Practical Matters | 233 |

| | |
|--|-----|
| Conclusion | 235 |
| References | 235 |
| 11. I Am Sure to Grow Old: Mindfulness-Based Elder Care | |
| <i>Lucia McBee</i> | |
| Introduction | 239 |
| Mindfulness-Based Elder Care | 244 |
| Case Studies | 244 |
| Empirical Evidence | 249 |
| Practical Issues | 252 |
| Future Directions | 259 |
| Acknowledgment | 261 |
| References | 261 |
| Part IV | |
| Applications with Medical Populations | |
| 12. Mindfulness-Based Stress Reduction for Chronic Pain | |
| <i>Jeffrey Greeson and Tory Eisenlohr-Moul</i> | |
| Introduction | 269 |
| Theoretical Foundation and Conceptual Rationale | 272 |
| Case Study | 273 |
| Review of Empirical Support | 278 |
| Practical Issues for Clinicians | 286 |
| Conclusion | 289 |
| Acknowledgment | 289 |
| References | 289 |
| 13. Mindfulness-Based Cancer Recovery: An Adaptation of Mindfulness-Based Stress Reduction (MBSR) for Cancer Patients | |
| <i>Michael Speca, Linda E. Carlson, Michael J. Mackenzie and Maureen Angen</i> | |
| Theoretical and Conceptual Rationale | 293 |
| Review of Empirical Support | 300 |
| Case Study | 302 |
| Practical Issues | 311 |
| Acknowledgments | 312 |
| References | 312 |

Part V

Applications for Work-Related Stress**14. Mindfulness for Health Care Professionals and Therapists in Training***Shauna Shapiro, Sonica Thakur and Sarah de Sousa*

| | |
|--|-----|
| Introduction | 319 |
| Theoretical Foundations: What Is Mindfulness? | 319 |
| Why Should Health Care Professionals Practice Mindfulness? | 322 |
| Case Study: A Graduate Course in Mindfulness | 333 |
| Conclusion | 341 |
| References | 341 |

15. Mindfulness Training in High Stress Professions: Strengthening Attention and Resilience*Amishi P. Jha, Scott L. Rogers and Alexandra B. Morrison*

| | |
|--|-----|
| Theoretical and Empirical Foundations | 348 |
| Mindfulness Training in the Legal Profession | 356 |
| Case Study | 359 |
| Conclusions | 361 |
| References | 362 |

| | |
|---------------|-----|
| Subject Index | 367 |
|---------------|-----|

| | |
|--------------|-----|
| Author Index | 373 |
|--------------|-----|