

Mindfulness and Psychotherapy, Second Edition

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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.

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Editorial Review

Review

"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

"Of particular interest to social workers may be the review of diverse applications of mindfulness to clinical practice....The editors of *Mindfulness and Psychotherapy* have successfully accomplished what they set out to do in an inviting and hopeful manner, contributing meaningfully to the psychotherapeutic literature, while hinting at an untold number of possibilities in practice and research for successive clinicians." (on the first edition)

(*Smith College Studies in Social Work* 2013-01-31)

"If the reader is new to the concept of 'mindfulness,' this book is a wonderful place to introduce himself or herself to the possibilities of mindfulness within his or her own life and therapy practice. If mindfulness is already familiar to the reader, this book is a wonderful collection of reference materials that can be easily navigated and used." (on the first edition)

(*PsycCRITIQUES* 2006-03-14)

"The editors and authors of this volume effectively demonstrate the use of mindfulness meditation techniques as a viable means for addressing clinician and client issues. Not only do they provide an information-dense collection of chapters representing numerous applications of mindfulness strategies, but they also present the information in a delightful conversant style that gently emanates an embracing warmth

for the reader." (on the first edition)
(*Journal of Marital and Family Therapy* 2006-07-01)

"Focuses on the benefits of mindfulness practice for the therapist as well as the patient, and it includes specific mindfulness exercises." (on the first edition)
(*Bulletin of the Menninger Clinic* 2013-01-31)

"A thoughtful exploration of the theory and practice of how mindfulness can be integrated into therapy....The writers make powerful cases for including mindfulness as a part of the work within different therapeutic modalities and with different clients."(on the first edition)
(*Therapy Today* 2008-02-01)

"A well researched book that provides good tools for the clinician who is not overly wed to more traditional Western theory." (on the first edition)
(*Doody's Reviews* 2005-11-04)

"Not only does the book serve as an introduction to various religious and philosophical influences on mindfulness, but it's also a resource for therapists and anyone interested in the world of clinical psychology." (on the first edition)
(*Science and Theology News* 2005-11-01)

"This impressive volume is an invaluable resource in psychology, medicine, social work, nursing, and related fields, and for laypersons interested in the development and history of psychotherapy....Essential. Lower-division undergraduates through faculty; professionals and general readers."
(*Choice Reviews* 2014-02-01)

About the Author

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, part time, 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.

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