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
9
"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

10
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
DIAGNOSTICAL 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