

Contents

Acknowledgments	xi
About the Editor	xiii
Contributors	xv
Foreword	xxv
Introduction: Where New and Old Paths to Dealing with Suffering Meet	01
Fabrizio Didonna	
Part 1 Theory, Conceptualization, and Phenomenology	
1 Mindfulness: What Is It? Where Did It Come From?	17
Ronald D. Siegel, Christopher K. Germer, and Andrew Olendzki	
2 Mindfulness and Meditation	37
Andrew Olendzki	
3 The Neurobiology of Mindfulness	45
Michael T. Treadway and Sara W. Lazar	
4 Toward a Phenomenology of Mindfulness: Subjective Experience and Emotional Correlates	59
Kirk Warren Brown and Shari Cordon	
Part 2 Clinical Applications: General Issues, Rationale, and Phenomenology	
5 Mindfulness and Psychopathology: Problem Formulation ..	85
Nancy L. Kocovski, Zindel V. Segal, and Susan R. Battista	

6 Emotional Memory, Mindfulness and Compassion	99
Paul Gilbert and Dennis Tirsch	
7 The Use of Metaphor to Establish Acceptance and Mindfulness	111
Alethea A. Varra, Claudia Drossel, and Steven C. Hayes	
8 Mindfulness and Feelings of Emptiness	125
Fabrizio Didonna and Yolanda Rosillo Gonzalez	
9 Assessment of Mindfulness	153
Ruth A. Baer, Erin Walsh, and Emily L. B. Lykins	

Part 3 Mindfulness-Based Interventions for Specific Disorders

10 Mindfulness and Anxiety Disorders: Developing a Wise Relationship with the Inner Experience of Fear	171
Jeffrey Greeson, Jeffrey Brantley	
11 Mindfulness and Obsessive-Compulsive Disorder: Developing a Way to Trust and Validate One's Internal Experience	189
Fabrizio Didonna	
12 Mindfulness-Based Cognitive Therapy for Depression and Suicidality	221
Thorsten Barnhofer and Catherine Crane	
13 Mindfulness and Borderline Personality Disorder	245
Shireen L. Rizvi, Stacy Shaw Welch, and Sona Dimidjian	
14 Mindfulness-Based Approaches to Eating Disorders	259
Ruth Q. Wolever and Jennifer L. Best	
15 Paradise Lost: Mindfulness and Addictive Behavior	289
Thomas Bien	
16 Mindfulness for Trauma and Posttraumatic Stress Disorder	299
Victoria M. Follette and Aditi Vijay	
17 Mindful Awareness and ADHD	319
L. Zylowska, S.L. Smalley, and J.M. Schwartz	
18 Mindfulness and Psychosis	339
Antonio Pinto	

19	Mindfulness-Based Stress Reduction for Chronic Pain Management	369
	Jacqueline Gardner-Nix	
20	Mindfulness-Based Interventions in Oncology	383
	Linda E. Carlson, Laura E. Labelle, Sheila N. Garland, Marion L. Hutchins, and Kathryn Birnie	
Part 4 Mindfulness-Based Interventions for Specific Settings and Populations		
21	Mindfulness-Based Intervention in an Individual Clinical Setting: What Difference Mindfulness Makes Behind Closed Doors	407
	Paul R. Fulton	
22	Mindfulness with Children: Working with Difficult Emotions	417
	Trudy A. Goodman and Susan Kaiser Greenland	
23	Mindfulness-Based Elder Care: Communicating Mindfulness to Frail Elders and Their Caregivers	431
	Lucia Mc Bee	
24	Mindfulness-Based Interventions in an Inpatient Setting	447
	Fabrizio Didonna	
25	Training Professionals in Mindfulness: The Heart of Teaching	463
	Susan Lesley Woods	
Appendix A: Mindfulness Practice		477
Thomas Bien and Fabrizio Didonna		
Appendix B: Resources		489
Index		497

Clinical Handbook of Mindfulness

Didonna, F. (Ed.)

2009, XXXIII, 523 p., Hardcover

ISBN: 978-0-387-09592-9