



Clinical Handbook of Mindfulness

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Over the last two decades, Eastern psychology has provided fertile ground for therapists, as a cornerstone, a component, or an adjunct of their work. In particular, research studies are identifying the Buddhist practice of mindfulness—a non-judgmental self-observation that promotes personal awareness—as a basis for effective interventions for a variety of disorders.

The *Clinical Handbook of Mindfulness* is a clearly written, theory-to-practice guide to this powerful therapeutic approach (and related concepts in meditation, acceptance, and compassion) and its potential for treating a range of frequently encountered psychological problems.

Key features of the Handbook:

- A neurobiological review of how mindfulness works.
- Strategies for engaging patients in practicing mindfulness.
- Tools and techniques for assessing mindfulness.
- Interventions for high-profile conditions, including depression, anxiety, trauma
- Special chapters on using mindfulness in oncology and chronic pain.
- Interventions specific to children and elders,
- Unique applications to inpatient settings.
- Issues in professional training.
- Appendix of exercises.

The *Clinical Handbook of Mindfulness* includes the contributions of some of the most important authors and researchers in the field of mindfulness-based interventions. It will have wide appeal among clinicians, researchers, and scholars in mental health, and its potential for application makes it an excellent reference for students and trainees.

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