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The second edition of Mindfulness-Based Treatment Approaches discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT).

### **Mindfulness-Based Treatment Approaches - Elsevier**

Description. Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorders, psychosis, and borderline personality disorder.

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These include mindfulness- based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT), and acceptance and commit- ment therapy (ACT). The range of problems, disorders, and populations to which these interventions are applied is growing rapidly.

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Conclusions: MBSR is an effective treatment for reducing stress and anxiety that accompanies daily life and chronic illness. MBSR is also therapeutic for healthcare providers, enhancing their interactions with patients. No negative side effects from MBSR have been documented.

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Core mindfulness skills are present in all modalities of treatment: Formal mindfulness practice begins the multifamily skills group (MFSG), the therapists' consultation group, and the graduate group (explained later); mindfulness skills are used as needed in individual therapy, family therapy, and phone coaching; mindfulness is taught formally in MFSG (by co-leaders to clients), in consultation group (by staff to staff), and in graduate group (by clients to clients).

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The authors interweave elements of acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based relapse prevention, and dialectical behavior therapy. They demonstrate how to conduct an assessment, develop a case formulation, and derive a flexible treatment plan for each patient.

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