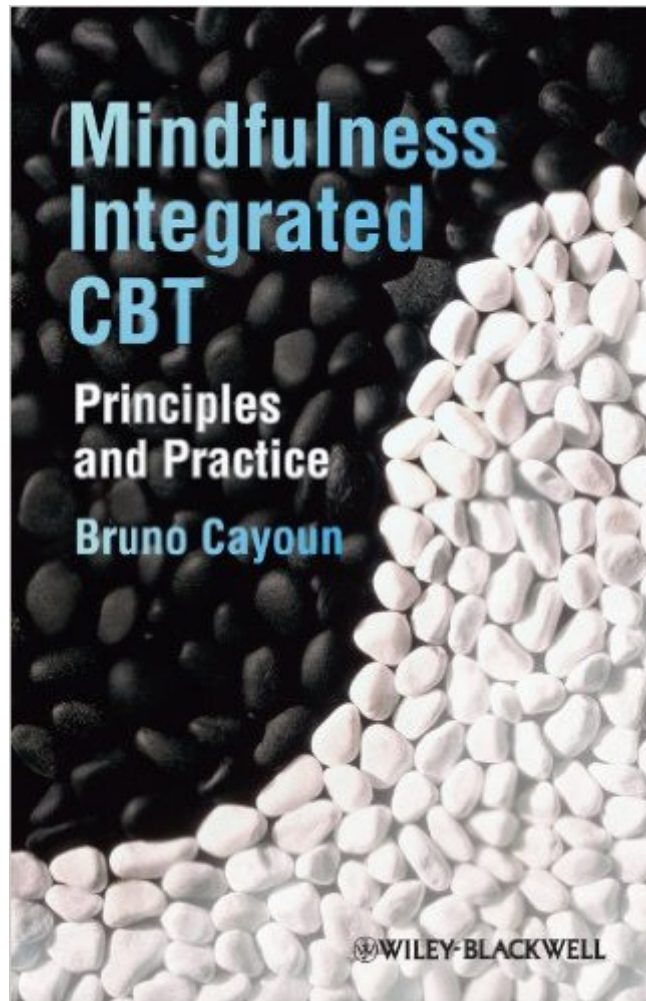


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# Mindfulness-integrated CBT: Principles And Practice



## Synopsis

Mindfulness-integrated CBT: Principles and Practice represents the first set of general principles and practical guidelines for the integration of mindfulness meditation with well-documented and newly developed CBT techniques to address a broad range of psychological dysfunctions. The first book to provide a strong rationale and general guidelines for the implementation of mindfulness meditation integrated with CBT for a wide range of psychological difficulties Incorporates ancient Buddhist concepts of how the mind works, while remaining firmly grounded in well-documented cognitive and behavioural principles Provides new insights into established understanding of conditioning principles Includes a comprehensive list of frequently asked questions, week-by-week instructions for professionals to facilitate application of the therapy, along with case examples and the inspiring stories of former clients

## Book Information

File Size: 2156 KB

Print Length: 322 pages

Publisher: Wiley-Blackwell; 1 edition (July 15, 2011)

Publication Date: July 15, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005DIAQD0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,027,418 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

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## Customer Reviews

Modern psychotherapy has taken a leap forward. This book outlines, in a clear, succinct yet accessible writing style, the essentials of providing a therapeutic intervention that is effective.

Having practiced this model of therapy for several years after attending workshops in its use, I can directly attest to the efficacy of the approach. This book is the culmination of a number of years of practice, and theoretical development which has evolved from the mindfulness approach and created a nexus with the more western scientific schools of thought. Yet it is more than a nexus, as the title suggests, its focus is on integration between CBT and Mindfulness practice. Dr Cayoun has brought together his own personal experiences with mindfulness, a thoughtful development of a comprehensive theory, and the practical use of these in a therapeutic environment. Taken together, he has cleverly spliced the Eastern mindfulness tradition with cognitive behaviour therapy and western knowledge of the functioning of the human brain. The book provides a clear and concise outline for the use of the therapy while explaining the important implications and theoretical underpinnings of the approach along the way. He uses a 4 stage structured programme and the explanation of this provides clear evidence of a thorough practical understanding of each aspect of the approach. Embedded within the text are numerous examples and practical suggestions relating to the way the therapy might unfold with each unique individual. The book contains case examples, as well as scientific theories, all seamlessly integrated side by side. The reader gains the feeling that the author knows what he is talking about and explains this in a manner that reaches out to any audience in a simple yet comprehensive way.

This book is essential reading for anyone interested in learning more about the mind and therapy and integrating the best of Eastern Wisdom and Western science. It is rich with information and beautifully shows how well two approaches to mind: Buddhist Mindfulness Meditation and Cognitive Behavior Therapy can be integrated together and can reinforce one another and create a therapeutic approach that is much greater than the sum of the two. His approach is simply called Mindfulness Integrated Cognitive Behavior Therapy ( MiCBT ) Not only does the book illustrate the actual clinical use and integration of the wisdom of Mindfulness Meditation and scientifically proven results of Western cognitive behavior therapy, but it contains comprehensive descriptions of the underlying general principles of meditation, behavior therapy, and some basic learning theory. These descriptions of the underlying principles make clear the essence of these approaches and how they affect how we react and respond and therefore how we can learn to use them to create a healthier mind. By clearly explaining the underlying principles of how these approaches actually help change repetitive behaviors and thoughts, the reader is given a strong foundation in understanding what truly occurs in therapy and how to do this more effectively. Dr Cayoun has developed his approach (Mindfulness Integrated Cognitive Behavior Therapy) over many years with clients, students and

colleagues at his center in Australia. This book is in part a guidebook to using this MiCBT approach with patients and individuals who are suffering with various conditions or who simply wish to learn this approach to enhance their own wellness.

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