

# Mindfulness- Based Cognitive Therapy

The CBT Distinctive Features Series  
Series editor: Windy Dryden

Rebecca Crane

# Mindfulness Based Cognitive Therapy Distinctive Features Cbt Distinctive Features

**Arthur James Wells**



## **Mindfulness Based Cognitive Therapy Distinctive Features Cbt Distinctive Features:**

**Mindfulness-Based Cognitive Therapy** Rebecca Crane, 2017-09-19 This new edition of Mindfulness Based Cognitive Therapy Distinctive Features MBCT provides a concise straightforward overview of MBCT fully updated to include recent developments The training process underpinning MBCT is based on mindfulness meditation practice and invites a new orientation towards internal experience as it arises one that is characterised by acceptance and compassion The approach supports a recognition that even though difficulty is an intrinsic part of life it is possible to work with it in new ways The book provides a basis for understanding the key theoretical and practical features of MBCT and retains its accessible and easy to use format that made the first edition so popular with 30 distinctive features that characterise the approach Mindfulness Based Cognitive Therapy Distinctive Features will be essential reading for professionals and trainees in the field It is an appealing read for both experienced practitioners and newcomers with an interest in MBCT Sport and Exercise

Psychology Stewart Cotterill, Neil Weston, Gavin Breslin, 2016-06-13 SPORT AND EXERCISE PSYCHOLOGICAL This book is a joy to read and greatly needed The overall scholarly quality is very strong and the chapters are clear accessible helpful and interesting a rare combination There are few texts that examine sport and exercise from a practitioner's perspective and fewer that help students and trainees navigate the complex terrain of practice The editors should be congratulated on pulling together a book that educates inspires provokes and will be of practical use Professor Brett Smith School of Sport Exercise and Rehabilitation Sciences University of Birmingham Sport and Exercise Psychology Practitioner Case Studies is a contemporary text focusing on current issues in the discipline of sport and exercise psychology Integrating research and practice in order to develop a coherent understanding of existing knowledge future research directions and applied implications within the field the text explores issues pertinent to the applied practitioner supervisor and draws on expert commentary to investigate potential solutions to many key issues Each chapter uses a case study approach to allow internationally recognized contributors to highlight and evaluate their experience across a broad range of sport and exercise performance areas Practitioners are provided with a full range of available interventions to address specific types of psychological issue including performing under pressure working with teams injury rehabilitation working with coaches mental toughness career transitions athlete well being physical activity promotion exercise and body image lifestyle interventions exercise dependence and motor learning and control Sport and Exercise Psychology is supported by a range of online materials designed to help both study and practice It presents content that is directly applicable to those seeking to enter the profession and which can also inform the ongoing development of reflective practitioners **Beck's Cognitive Therapy** Frank Wills, 2009 First Published in 2009 Routledge is an imprint of Taylor Francis an informa company

*Cognitive Behaviour Therapies* Windy Dryden, 2012-01-20 CBT has become more established as the therapy of choice for certain conditions in recent years and consequently different voices in the CBT tradition have become prominent This book

brings together these voices by offering its readers a one stop guide to the major approaches Each chapter offers an overview of a particular approach to CBT covering Historical development of the approach Theoretical underpinnings Practical Applications Case Examples Research status This book is essential reading for CBT trainees and practitioners as well as those training within the broader field of counselling and psychotherapy Windy Dryden is Professor of Psychotherapeutic Studies and Programme Co ordinator of the MSc in Rational Emotive and Cognitive Behaviour Therapy at Goldsmiths University of London

*Mindfulness and Acceptance for Counseling College Students* Jacqueline Pistorello,2013-06-01 In *Mindfulness and Acceptance for Counseling College Students* clinical researcher Jacqueline Pistorello explores how mindfulness and acceptance based approaches such as acceptance and commitment therapy ACT dialectical behavioral therapy DBT mindfulness based cognitive therapy MBCT and mindfulness based stress reduction MBSR are being utilized by college counseling centers around the world to treat student mental health problems like severe depression substance abuse and eating disorders This book offers easy to use applications for college counselors and therapists and includes a website link for downloadable worksheets for students a sample podcast and interactive web based materials

**Acceptance and Commitment Therapy** Paul E. Flaxman,J.T. Blackledge, Frank W. Bond,2010-11-16 This accessible and concise book provides an excellent guide to the key features of Acceptance and Commitment Therapy ACT explaining how it differs from traditional cognitive behaviour therapy

**Psychological Interventions for Psychosis** Juan Antonio Díaz-Garrido,Raquel Zúñiga,Horus Laffite,Eric Morris,2023-05-27 This book shows how psychological and social interventions can help people with psychosis It brings together both theoretical chapters that contribute to the reconceptualization of psychosis and clinical cases illustrating how contemporary psychotherapeutic intervention models can be applied in the treatment of this mental health condition with reflections strategies and practical guidelines demonstrating how these models can inform professional practice in mental healthcare Chapters brought together in this volume aim to reflect a paradigm shift in psychosis care They present person centered models that lead to a way of seeing understanding and treating psychosis that is very different from the traditional biomedical model Current authors and approaches are revolutionizing an outdated model trapped in purely pharmacological actions and tautological explanations of a biological nature where symptom control is the basic and fundamental form of approach and in which psychotherapeutic actions take second place as subsidiary to the former Approaches such as Acceptance and Commitment Therapy Acceptance and Recovery Therapy by Levels Open Dialogue Compassion Centered Therapy or the Hearing Voices movement to name but a few of those presented in this book represent a journey of self knowledge and learning for those recovering from psychosis and have an intense transformative potential for the therapeutic team The fundamental principle that guides this book is to share models belonging to psychology that aim at personal development while respecting the needs values and goals of each person and that can be adopted by any professional or student of clinical psychology psychiatry nursing social work or any

other discipline searching for more humanistic approaches to treat psychosis      Cognitive Behaviour Therapy Frank Wills, 2012-10-04 A delightful volume with unique style and content This new edition amply lives up to the authors aim of demonstrating a mode of CBT practice that incorporates many exciting developments whilst retaining the reassuring strength of the original parsimonious model Ann Hackmann Oxford Mindfulness Centre University of Oxford One of the very best introductions to CBT now enhanced with excellent coverage of new developments Professor Neil Frude Consultant Clinical Psychologist My first choice recommendation for trainee therapists This outstanding and easy to read introduction just got better Peter Simpson Senior Lecturer in Mental Health University of Glamorgan In their established guide to contemporary CBT theory and practice the authors show how therapeutic change takes place across a network of cognitive emotional and behavioural functioning They explain the central concepts of CBT and illustrate with numerous case examples how these can effectively be put into practice at each stage of the therapeutic process They also explain how the essence of cutting edge third wave can be integrated into everyday clinical practice With two new chapters on mindfulness and increasing access to CBT a wider coverage of client issues extra case studies and learning resources and a discussion of recent developments this book continues to be the ideal companion for those working or training to work in the psychological therapies and mental health Frank Wills is an independent Cognitive Psychotherapist in Bristol and tutor at the University of Wales Newport Diana Sanders Counselling Psychologist and BABCP Accredited Cognitive Psychotherapist in Independent Practice Oxford      *Metacognitive Therapy* Peter Fisher, Adrian Wells, 2009-01-30 Metacognitive therapy is based on the principle that worry and rumination are universal processes leading to emotional disorder These processes are linked to erroneous beliefs about thinking and unhelpful self regulation strategies Metacognitive Therapy Distinctive Features is an introduction to the theoretical foundations and therapeutic principles of metacognitive therapy Divided into two sections Theory and Practice and using thirty key points the authors explore how metacognitive therapy can allow people to escape from repetitive thinking patterns that often lead to prolonged psychological distress This book is a valuable resource for both students and practitioners wishing to develop a basic understanding of metacognitive therapy and how it compares and contrasts with traditional forms of cognitive behavioural therapy      *Beck's Cognitive Therapy* Frank Wills, 2013-12-19 Beck's Cognitive Therapy Distinctive Features explores the key contributions made by Aaron T Beck to the development of cognitive behaviour therapy This book provides a concise account of Beck's work against a background of his personal and professional history The author Frank Wills considers the theory and practice of Beck's cognitive therapy by firstly examining his contribution to the understanding of psychopathology and going on to explore Beck's suggestions about the best methods of treatment Throughout the book a commentary of how Beck's thinking differs from other approaches to CBT is provided as well as a summary of the similarities and differences between Beck's methods and other forms of treatment including psychoanalysis and humanistic therapy Beck's Cognitive Therapy will be ideal reading for both newcomers to the field and

experienced practitioners wanting a succinct guide      **Beck's Cognitive Therapy** Frank Wills,2021-08-31 Beck's Cognitive Therapy explores the key contributions made by Aaron T Beck to the development of cognitive behaviour therapy The book describes the development of the unique model of therapy developed by Professor Aaron T Beck and his daughter Dr Judith S Beck The first part on theory explains how the Becks understand psychological problems The second part on practice describes the main methods and skills that have evolved in cognitive therapy Updated throughout to include recent developments this revised edition of Beck's Cognitive Therapy will be ideal for both newcomers and experienced practitioners      Trial-Based Cognitive Therapy Irismar Reis de Oliveira,2016-05-26 Trial Based Cognitive Therapy TBCT is a new model of cognitive behaviour therapy CBT that organizes standard cognitive and behavioural techniques in a step by step fashion making CBT more easily mastered by the new therapist more easily understood by the patients and simpler to be implemented whilst still maintaining flexibility and CBT's recognized effectiveness Dividing thirty key features into two parts Theory and Practice this concise book explores the principles of TBCT explains the techniques developed throughout TBCT therapy to change dysfunctional cognitions and provides a clear guide to the distinctive characteristics of TBCT Trial Based Cognitive Therapy will be of interest to psychiatrists psychologists social workers therapists counsellors and other professionals working in the field of mental health plus those wanting to learn CBT Trial Based Cognitive Therapy is part of the Distinctive Features series which asks leading practitioners and theorists of the main CBT therapies to highlight the main features of their particular developing approach The series as a whole will be essential reading for psychotherapists counsellors and psychologists of all orientations      **Counseling and Coaching in Times of Crisis and Transition** Laura Nota,Salvatore Soresi,2017-08-10 Counseling and Coaching in Times of Crisis and Transition explores how threats and challenges caused by rapid social and technological changes require counselors and coaches to rethink their usual ways of working and in some cases even abandon their traditional theoretical anchors The authors of this forward thinking book argue that practitioners who aim to help others strengthen their resources can no longer afford to wait for clients in their offices or offer them protected objective and neutral professional relationships Contributors from around the world argue that there is a real need for new counseling and coaching actions to be delivered in different contexts counselors and coaches should be able to use heterogeneous languages and interventions as well as numerous relationship modalities and activities in order to streamline the support that they offer to people in sectors as diverse as health and well being life and career design prevention and community inclusion work inclusion and schools The book provides an evidence based framework with numerous counseling and coaching examples that are capable of promoting people's strengths whether this be face to face in groups or online This book will appeal to academics researchers and postgraduate students in the fields of counseling and coaching as well as those with an interest in psychological social and educational science It should also be essential reading for practitioners and policymakers in a diverse range of contexts including those working on intervention and support for

vulnerable people non traditional and disadvantaged students and people with disabilities      **Cognition and Addiction**

Marcus Munafò, I. Albery, 2006 It is only recently that the cognitive aspects of addictive behaviors have begun to be investigated by experimental psychologists and neuroscientists This is the first book to investigate the complex inter play of cognitive mechanisms that subserve subjective experiences associated with addiction such as drug craving as well as relapse

*The British National Bibliography* Arthur James Wells, 2009      **Motivational Cognitive Behavioural Therapy** Cathy Atkinson, Paul Earnshaw, 2019-12-06 This informative and straightforward book explores the emergence of motivational interviewing MI and cognitive behavioural therapy CBT with specific attention given to the increasing focus on the central importance of the therapeutic alliance in improving client outcomes Comprising 30 short chapters divided into two parts theory and practice this entry in the popular CBT Distinctive Features Series covers the key features of MI informed CBT offering essential guidance for students and practitioners experienced in both MI and CBT as well as practitioners from other theoretical orientations who require an accessible guide to this developing approach      **Mastery in Coaching** Jonathan

Passmore, 2014 Get the best from your clients with these relevant effective psychological coaching techniques      **Rational Emotive Behaviour Therapy** Windy Dryden, 2008-09-01 Rational Emotive Behaviour Therapy REBT encourages the client to focus on their emotional problems in order to understand challenge and change the irrational beliefs that underpin these problems REBT can help clients to strengthen conviction in their alternative rational beliefs by acting in ways that are consistent with them and thus encourage a healthier outlook This accessible and direct guide introduces the reader to REBT while indicating how it is different from other approaches within the broad cognitive behavioural therapy spectrum Divided into two sections The Distinctive Theoretical Features of REBT and The Distinctive Practical Features of REBT this book presents concise straightforward information in 30 key points derived from the author's own experience in the field Rational Emotive Behaviour Therapy Distinctive Features will be invaluable to both experienced clinicians and those new to the field It will appeal to psychotherapists and counsellors together with students and practitioners who are keen to learn how REBT can be differentiated from the other approaches to CBT      **Mindfulness-Based Cognitive Therapy with People at Risk of Suicide** J. Mark G. Williams, Melanie Fennell, Rebecca Crane, Sarah Silverton, 2017-03-24 Grounded in extensive research and clinical experience this book describes how to adapt mindfulness based cognitive therapy MBCT for participants who struggle with recurrent suicidal thoughts and impulses Clinicians and mindfulness teachers are presented with a comprehensive framework for understanding suicidality and its underlying vulnerabilities The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail highlighting issues that need to be taken into account with highly vulnerable people Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples The book also discusses how to develop the required mindfulness teacher skills and competencies Purchasers get access to a companion website featuring downloadable audio

recordings of the guided mindfulness practices narrated by Zindel Segal Mark Williams and John Teasdale Published in hardcover as Mindfulness and the Transformation of Despair Working with People at Risk of Suicide See also Mindfulness Based Cognitive Therapy for Depression Second Edition by Zindel Segal Mark Williams and John Teasdale the authoritative presentation of MBCT     *Dialectical Behaviour Therapy* Michaela A. Swales, Heidi L. Heard, 2016-11-01 Dialectical Behaviour Therapy DBT is a psychotherapeutic approach used to treat individuals with complex psychological disorders particularly chronically suicidal individuals with borderline personality disorder BPD The therapy articulates a series of principles that effectively guide clinicians in responding to problematic behaviours Treated problems include among others attempting suicide bingeing purging using illegal drugs and behaviours that directly impede the treatment Dialectical Behaviour Therapy Distinctive Features highlights theoretical and practical features of the treatment using extensive clinical examples to demonstrate how the theory translates into practice This updated edition reviews recent modifications to the structure of the treatment and considers more recent research evidence for both the biosocial theory underpinning the treatment and treatment efficacy The book provides a clear overview of a complex treatment through a unique application of strategies and a discussion of a comprehensive treatment programme that structures the therapeutic journey for the client The book will be of interest to clinicians wanting to develop their knowledge about the treatment prior to formal training post graduate students in mental health seeking to learn how to conceptualize complex problems DBT trained clinicians who require a useful pr cis of the treatment with clinical examples and clients about to embark upon this treatment This book provides a clear and structured overview of a complex treatment It is written for both practising clinicians and students wishing to learn more about DBT and how it differs from the other cognitive behaviour therapies



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