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Nota di contenuto

""Introduction""; ""Mindfulness- and Acceptance-Based Interventions and Processes of Change Ruth A. Baer, University of Kentucky""; ""Part 1""; ""Processes of Change""; ""Chapter 1""; ""Mindfulness and Decentering as Mechanisms of Change in Mindfulness- and Acceptance-Based Interventions Shannon Sauer and Ruth A. Baer, University of Kentucky""; ""Chapter 2""; ""Psychological Flexibility as a Mechanism of Change in Acceptance and Commitment Therapy Joseph Ciarrochi, Linda Bilich, and Clair Godsell, University of Wollongong, Australia""; ""Chapter 3""

""Understanding, Assessing, and Treating Values Processes in Mindfulness- and Acceptance-Based Therapies Kelly Wilson, Emily K. Sandoz, Maureen K. Flynn, and Regan M. Slater, University of Mississippi and Troy DuFrene, OneLife Education and Training""; ""Chapter 4""; ""Emotion Regulation as a Mechanism of Change in Acceptance- and Mindfulness-Based Treatments Kim L. Gratz and Matthew T. Tull, University of Mississippi Medical Center""; ""Chapter 5""; ""Self-Compassion as a Mechanism of Change in Mindfulness- and Acceptance-Based Treatments Ruth A. Baer, University of Kentucky""

""Chapter 6""; ""Spiritual Engagement as a Mechanism of Change in Mindfulness- and Acceptance-Based Therapies Jean L. Kristeller, Indiana State University""; ""Chapter 7""; ""Meditation and Neuroplasticity: Using Mindfulness to Change the Brain Michael T. Treadway, Vanderbilt University, and Sara W. Lazar, Massachusetts General Hospital""; ""Chapter 8""; ""What Does Mindfulness Training Strengthen? Working Memory Capacity as a Functional Marker of Training Success Amishi P. Jha, University of Pennsylvania; Elizabeth A. Stanley, Georgetown University and Michael J. Baime, University of Pennsylvania""

""Part 2""; ""Special Populations and Settings""; ""Chapter 9""; ""Acceptance and Mindfulness as Mechanisms of Change in Mindfulness-Based Interventions for Children and Adolescents Michael P. Twohig, Clinton E. Field, Andrew B. Armstrong, and Angie L. Dahl, Utah State University""; ""Chapter 10""; ""Acceptance and Mindfulness as Processes of Change in Medical Populations Lance M. McCracken and Kevin E. Vowles, University of Bath, United Kingdom; and Jennifer Gregg and Priscilla Almada, San Jose State University, San Jose, California""

""Chapter 11""; ""Acceptance and Commitment Training: Promoting Psychological Flexibility in the Workplace Paul E. Flaxman, City University London; and Frank W. Bond, Goldsmiths College, University of London""; ""Index""

Sommario/riassunto

How does mindfulness work? Thousands of therapists utilize mindfulness-based treatments and have witnessed firsthand the effectiveness of these approaches on clients suffering from anxiety, depression, and other common mental health issues. But for many clinicians, the psychological processes and brain functions that explain these changes remain a mystery, and effective methodologies for measuring each client's progress are elusive. In *Assessing Mindfulness and Acceptance Processes in Clients*, Ruth Baer presents a collection of articles by some of the most respected mindfulness researchers and
