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Assessing Motivation to Change: A Proposed Script; Developing and Delivering an Appropriate Rationale; An Experiential Rationale for Mindfulness with Breathing; Modeling Acceptance and Equanimity in the 1st Interview; Summary of Main Points

Chapter 4 Stage 1 of MiCBT - Part I: How to Generalize Metacognitive and Interceptive ExposureSet Up; Relaxation as a Preparatory Measure; Practice Overview: Description and Operationalization; Summary of Main Points; Chapter 5 Clinical Relevance; Confounding Factors; Relaxation and Equanimity; Summary of Main Points; Chapter 6 Stage 1 of MiCBT - Part II: Explaining Difficulties and Facilitating Shifts; Lost in Thoughts; Dealing with Pain; Other Typical Difficulties; Promoting Adherence; Completion of Stage 1; Summary of Main Points; Part III: Externalizing Skills

Chapter 7 Stage 2 of MiCBT: Mindful Exposure and Cognitive ReappraisalAim of Stage 2; Basic Notion of Graded Exposure in Behavior Therapy; Exposure in Imagination; Overcoming Imagery Limitations; "Bi-polar Exposure"; Basic Notion of Cognitive Restructuring in Cognitive Therapy; Some Limitations; The Concept of Irrationality; Cognitive Reappraisal as a Consequence of Mindfulness; Re-evaluating the Self-Concept; Summary of Main Points; Chapter 8 Stage 3 of MiCBT: Interpersonal Mindfulness; Social Identity Theory; Stage 3 and the Theory of Social Identity

Using Stages 1 and 2 to Understand OthersSummary of Main Points; Chapter 9 Stage 4 of MiCBT: Relapse Prevention with Grounded Empathy; Empathy as Part of the MiCBT Model; Consequences of Mindfulness; Empathy as a Function of "Egolessness"; Self-Esteem; Two Bases for Self-Acceptance; Training in Stage 4; Reappraising Relapse; Summary of Main Points; Part IV: The Benefits; Chapter 10 MiCBT with DSM-V Axis 1 and Axis 2 Disorders; Developmental versus Situational Causes of Psychopathology; Early Cue Detection versus Experiential Avoidance; Case Example 1: Social Phobia; Case Example 2: PTSD Case Example 3: PTSD and Dysthymic Disorder

Sommario/riassunto

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-d
