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Autore	Cayoun Bruno A
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Nota di contenuto	Cover; Title page; Copyright page; About the Author; Acknowledgments; Preface; Abbreviations; Introduction; Part I: Theoretical Foundation; Chapter 1 Operationalization of Mindfulness; Definition of MiCBT; Case Illustration with Generalized Anxiety Disorder; Western Understanding of Eastern Conceptualization; Changes in Western Clinical Psychology; Summary of Main Points; Chapter 2 The Co-emergence Model of Reinforcement: A Rationale for Mindfulness Integration; Integrating Essential Components of Behavior Change; Role and Phenomenology of the Four Functional Components Widening the Scope of Learning TheoryA Dynamic Systems Explanation of Intrusive Thoughts; Maintaining Mental Illness; Recreating Balance in the System; Summary of Main Points; Part II: Internalizing Skills; Chapter 3 Suitability and Rationale for MiCBT: Practical Guidelines for Therapists; A Transdiagnostic Assessment; Contraindications;

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 Interoceptive Exposure Set 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 Reappraisal Aim 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 Others Summary 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

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## 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

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