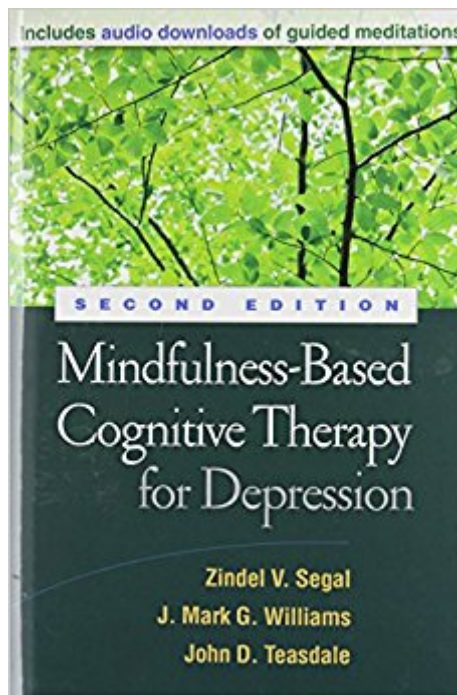




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# Mindfulness-Based Cognitive Therapy For Depression, Second Edition



## Synopsis

This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. More than 40 reproducible handouts are included. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all of the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only. New to This Edition \*Incorporates a decade's worth of developments in MBCT clinical practice and training. \*Chapters on additional treatment components: the pre-course interview and optional full-day retreat. \*Chapters on self-compassion, the inquiry process, and the three-minute breathing space. \*Findings from multiple studies of MBCT's effectiveness and underlying mechanisms. Includes studies of adaptations for treating psychological and physical health problems other than depression. \*Audio files of the guided mindfulness practices, narrated by the authors, on two separate Web pages--one for professionals, together with the reproducibles, and one just for clients. See also the authors's related titles for clients: *The Mindful Way through Depression* demonstrates these proven strategies in a self-help format, with in-depth stories and examples. *The Mindful Way Workbook* gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: *Mindfulness-Based Cognitive Therapy with People at Risk of Suicide* extends and refines MBCT for clients with suicidal depression. Â

## Book Information

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## Customer Reviews

"MBCT is a major achievement. Based on a coherent body of experimental work, the treatment has proven its worth in reducing the recurrence of depression and, as a consequence, changing the future prospects of numerous people whose lives are blighted by repeated episodes of this disabling condition. This second edition will be widely welcomed by practitioners; every chapter has been updated and numerous new practical aids have been added, including downloadable practice exercises and handouts. Thoroughly recommended."--David M. Clark, DPhil, Department of Experimental Psychology, University of Oxford, United Kingdom "Mindfulness-Based Cognitive Therapy for Depression is the gold standard for anyone who wants to learn this powerful approach. The second edition brings this classic up to date, making it the state-of-the-art guide for therapists and students alike."--Daniel Goleman, PhD, author of Emotional Intelligence "This book has revolutionized not only the treatment of depression but the entire field of psychotherapy, bringing mindfulness practices into the treatment of many disorders and motivating an explosion of research. This second edition provides detailed guidelines for implementing the therapy that have been refined by a decade of experience. It also describes the growing mountain of evidence in favor of mindfulness-based interventions. A 'must have' for clinicians and researchers."--Susan Nolen-Hoeksema, PhD, Professor and Chair, Department of Psychology, Yale University "I love this book. More than a book, actually, it is a trusted friend. If you are dedicated to helping vulnerable people stay well and protect themselves from future episodes of depression, you will find what you need here. The program is grounded in rigorous clinical research, sound theory, and an unwavering conviction about the possibility of learning to live each moment fully and wisely. The core building blocks from the first edition remain--step-by-step descriptions of each session, including transcripts, handouts, and rich case illustrations--but there are countless new treasures as well. The themes of many of the sessions have been refined in ways that bring the curriculum even closer to the lived experience of people struggling with recurrent depression. This book stands as an exemplar of how to integrate clinical innovation, science, and practice."--Sona Dimidjian, PhD, Department of Psychology and Neuroscience, University of Colorado Boulder "What began as a thoughtful new approach to treating depression over a decade ago has since changed the face of cognitive

therapy. In this truly outstanding second edition, the authors offer crystal-clear instructions for teaching the MBCT program. Important new chapters have been added on embodying compassion and practicing inquiry in the teaching process. The authors review the impressive research on MBCT and offer reflections on how it actually works. Clinicians of all theoretical orientations and levels of experience will discover insights and practical skills that can have a vital impact on how they practice psychotherapy."--Christopher K. Germer, PhD, private practice, Arlington, Massachusetts "Superb! The authors describe their evidence-based maintenance therapy for depression in great detail, while telling an engrossing (and well-referenced) story of how they developed their approach. Fascinating reading."--Ricardo F. Muñoz, PhD, Distinguished Professor of Clinical Psychology, Palo Alto University "A defining resource in the burgeoning arena of mindfulness-based therapies. The second edition incorporates new evidence from both clinical trials and neuroscientific studies of the mind, continuing the story of discovery of the mindfulness path out of chronic depression. Presented is up-to-date conceptual and clinical material that reflects the experience and wisdom of the authors, their colleagues, and the many individuals who have benefited from MBCT. As a graduate textbook for a course on either major depression or psychotherapeutic uses of meditation, this volume illustrates the theory and application of mindfulness-based approaches in an elegant and always readable manner."--Jean L. Kristeller, PhD, Department of Psychology, Indiana State University "Warmly written, accessible, and deeply insightful. This landmark book has played a key role in making mindfulness a central concern in clinical practice. The up-to-date second edition not only summarizes the extraordinary expansion of research evidence, but also is immensely practical and filled with clinical wisdom. Important, too, is its emphasis on compassion. A 'must' for all therapists interested in mindfulness."--Paul Gilbert, PhD, Head, Mental Health Research Unit, University of Derby, United Kingdom "The authors' descriptions of the session details and the tools used will be helpful to professionals wanting to know more about how to implement mindfulness-based therapies." (Doody's Review Service 2013-03-01) "A landmark book." • (on the first edition) (Mindful Magazine 2016-08-01) "A seminal book. Segal, Williams, and Teasdale have made a unique and enormous contribution to the field and have sparked a new generation of research in mindfulness-based approaches to emotional and physical conditions. This is a 'must read' book for anyone working in our field." (on the first edition) (Cognitive Behavioral Therapy Book Reviews 2007-01-01) "As a major plus, the book contains many practical tools useful to initiate an MBCT program, including client handouts....The concepts discussed in this book are truly visionary." (on the first edition) (Psychiatry: Interpersonal and Biological Processes 2003-10-01) "Not your ordinary treatment manual for depression....A

skillful and practical integration of some key elements of a 2,500-year-old mind science with 21st-century cognitive psychology." (on the first edition) (Journal of Cognitive Psychotherapy 2005-07-01)"Readable and practical. An effective, brief group treatment for preventing depressive relapse is welcome news for patients, clinicians, and managed care companies alike." (on the first edition) (Psychiatric Services 2005-09-01)â œA seminal work, from the clinicians who pioneered MBCTâ |.The book is aimed primarily at those intending to train as MBCT instructors but is accessible enough for the general reader, particularly those interested in depression, psychological therapies, or mindfulness meditation. It is well written in an engaging style and the authorsâ™ enthusiasm is evident. It is good value for money and is highly recommended.â • (International Journal of Social Psychiatry 2013-12-01)

Zindel V. Segal, PhD, is Distinguished Professor of Psychology in Mood Disorders at the University of Torontoâ "Scarborough. He is Director of Clinical Training in the Clinical Psychological Science Program and is also Professor in the Department of Psychiatry. Dr. Segal has conducted influential research into the psychological processes that make certain people more vulnerable than others to developing depression and experiencing recurrent episodes. He actively advocates for the relevance of mindfulness-based clinical care in psychiatry and mental health. He collaborated with John Teasdale and Mark Williams in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored Mindfulness-Based Cognitive Therapy for Depression, Second Edition (for mental health professionals), as well as the self-help guides The Mindful Way Workbook and (with Jon Kabat-Zinn) The Mindful Way through Depression. J. Mark G. Williams, DPhil, is Professor of Clinical Psychology Emeritus and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry, where he was Founding Director of the Oxford Mindfulness Centre. He collaborated with John Teasdale and Zindel Segal in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored Mindfulness-Based Cognitive Therapy for Depression, Second Edition (for mental health professionals), as well as the self-help guides The Mindful Way Workbook and (with Jon Kabat-Zinn) The Mindful Way through Depression. Dr. Williams is also coauthor of Mindfulness-Based Cognitive Therapy with People at Risk of SuicideÂ (for mental health professionals). He continues to work with colleagues to research the role of mindfulness in the prevention of depression in adolescents, and to train new mindfulness teachers internationally. He is a Fellow of the Academy of Medical Sciences and the British Academy. John D. Teasdale, PhD, held a Special Scientific Appointment with the United Kingdom

Medical Research Council's Cognition and Brain Sciences Unit in Cambridge. He is a Fellow of the British Academy and the Academy of Medical Sciences. He collaborated with Mark Williams and Zindel Segal in developing mindfulness-based cognitive therapy (MBCT) to prevent relapse and recurrence in major depression; together, they coauthored *Mindfulness-Based Cognitive Therapy for Depression, Second Edition* (for mental health professionals), as well as the self-help guides *The Mindful Way Workbook* and (with Jon Kabat-Zinn) *The Mindful Way through Depression*. Since retiring, Dr. Teasdale has taught mindfulness and insight meditation internationally. He continues to explore and seek to understand the wider implications of mindfulness and meditation for enhancing our way of being.

Great for practitioners...some material meant for them to use with clients during therapy sessions...but the information is useful. And, I like the other perspective on therapy and using mindfulness in conjunction with it.

This is new revision of a classic text that brought MBCT to the attention of the mental health community. It includes updates on the research findings of the past 10 years including the latest theoretical implications. It also offers audio files of meditations which many will find quite helpful. It continues to paint its subject matter in clearly outlined brush strokes that is clinically relevant to a wide audience. Overall, an important update on a psychotherapy that is of growing importance.

If you are willing to and capable of working alone on this challenging topic with the Intention of working in this field of therapy this is the book for you, along with *Full Catastrophe Living* by Kabat-Zinn.

Full of insights and practical. Excellent.

The initial summary of approaches to depression over the years is a worthwhile purchase and read on its own. Not everyone will make the commitment to their own well-being that this approach takes, however, if done, a true difference will be found. The practices can be used as a foundation for an improved daily life, empowering those who have struggled with the helplessness of recurrent depressive episodes. I am grateful to the authors for the enormous work and commitment they have given to the approach. There is the potential for many to benefit.

Clearly written, important book but more for professionals than for patients. The workbook is more useful for the latter.

This book is very informative. As a school psychologist it helps me understand these aspects of therapy so I can be aware of them in my own practice.

This was a good and comprehensive text that covered a lot of material. i will keep it for a future reference book.

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