

## Assessing Mindfulness and Acceptance Processes in Clients: Illuminating the Theory and Practice of Change (The Context Press Mindfulness and Acceptance Practica Series)

*From Context Press*

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**Assessing Mindfulness and Acceptance Processes in Clients: Illuminating the Theory and Practice of Change (The Context Press Mindfulness and Acceptance Practica Series)** From Context Press


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 therapists practicing today. Each contribution assesses the variables that represent potential processes of change, such as mindfulness, acceptance, self-compassion, spirituality, and focus on values, and determines the importance of each of these processes to enhanced psychological functioning and quality of life. Clinicians learn to accurately measure each process in individual clients, an invaluable skill for any practicing therapist. A seminal contribution to the existing professional literature on mindfulness-based treatments, this book is also an essential resource for any mental health professional seeking to illuminate the processes at work behind any mindfulness and acceptance-based therapy.

### **The Mindfulness and Acceptance Practica Series**

As mindfulness and acceptance-based therapies gain momentum in the field of mental health, it is increasingly important for professionals to understand the full range of their applications. To keep up with the growing demand for authoritative resources on these treatments, *The Mindfulness and Acceptance Practica Series* was created. These edited books cover a range of evidence-based treatments, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion-focused therapy (CFT), dialectical behavioral therapy

(DBT), and mindfulness-based stress reduction (MBSR) therapy. Incorporating new research in the field of psychology, these books are powerful tools for mental health clinicians, researchers, advanced students, and anyone interested in the growth of mindfulness and acceptance strategies.

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## **Editorial Review**

### **Review**

"Informed by the maxim that you can't study what you can't see, Baer's book provides the necessary psychometric underpinning to further our understanding of core change processes in mindfulness-based interventions."

—Zindel V. Segal, Ph.D., Cameron Wilson Chair in Depression Studies at the Centre for Addiction and Mental Health and author of *The Mindful Way Through Depression*

"Mindfulness meditation has become a leading clinical intervention for clients with multiple problems, ranging from pain and physical discomfort (mindfulness-based stress reduction) to mental health problems such as depression (mindfulness-based cognitive therapy). Although mindfulness training has been shown to be effective in various clinical outcome studies, questions have been raised about the mechanisms of change that help explain these successful results. This new book, edited by Ruth Baer, provides a variety of perspectives on potential mechanisms of change, including decentering, psychological flexibility, values processes, emotion regulation, self-compassion, and spiritual engagement. I highly recommend this book as a cutting-edge approach to understanding mindfulness and acceptance processes in clients."

—G. Alan Marlatt, Ph.D., professor of psychology at the University of Washington and director of the Addictive Behaviors Research Center

"Ruth Baer has consistently been at the forefront of careful study of the efficacy of mindfulness-based treatments. In this edited volume, she provides readers with a thoughtful review of a crucial area of study: potential mechanisms that may underlie the efficacy of mindfulness and acceptance-based psychotherapies. Each chapter provides a conceptual and empirical review of a relevant process (e.g., decentering, emotion regulation), as well as relevant assessment methods. This kind of attention to the reasons why mindfulness-based intervention may be beneficial will help stimulate informative research in the area and also help clinicians provide therapy that enhances these important skills."

—Lizabeth Roemer, Ph.D., professor of psychology at the University of Massachusetts and coauthor of *Mindfulness- and Acceptance-Based Behavioral Therapies in Practice*

"In this comprehensive and much-needed book, Ruth Baer and colleagues present the most up-to-date findings on exactly *how* mindfulness and acceptance might work to increase psychological well-being. An excellent resource not only for mindfulness researchers and practitioners, but for anyone interested in what leads to mental health and emotional balance."

—Cassandra Vieten, Ph.D., director of research at the Institute of Noetic Sciences and author of *Mindful*

## *Motherhood*

"A fascinating journey to the heart of what actually changes in mindfulness and acceptance-based treatment. Ruth Baer and her colleagues offer a brilliant and careful review of one of the most exciting areas of behavioral research in decades. This book is highly recommended for psychotherapists, health care professionals, and anyone seeking the very latest scientific understanding of psychological change."

—Christopher K. Germer, Ph.D., clinical instructor in psychology at Harvard Medical School and author of *The Mindful Path to Self-Compassion*

"A cutting edge text which responds with rigor and clarity to the salient questions in the field of mindfulness-based interventions, namely, what are the mechanisms and processes of change? And how can these processes be assessed? Baer does an excellent job weaving different perspectives and theories from a wide range of experts to provide a pioneering response to these compelling questions."

—Shauna L. Shapiro, Ph.D., coauthor of *The Art and Science of Mindfulness*

"This is an important and timely book. Ruth Baer has brought together international experts in the clinical and research fields to build a critically important bridge between ancient wisdom and modern psychological science. This book will be essential reading for students, researchers, and practitioners of mindfulness and acceptance-based approaches."

—Mark Williams, professor of clinical psychology at the University of Oxford and coauthor of *The Mindful Way Through Depression*

### From the Publisher

In **Assessing Mindfulness and Acceptance Processes in Clients**, well-known psychology researcher Ruth Baer and eleven other contributors including Kelly Wilson, Lizabeth Roemer, and Jean Kristeller examine how mindfulness works, explain how to measure mindfulness in clients, and explore how mindfulness can account for improvements in psychological functioning.

### About the Author

**Ruth Baer, PhD**, is professor of clinical psychology at the University of Kentucky in Lexington, where she conducts research on mindfulness and teaches mindfulness-based treatments. She is the editor of two books: *Mindfulness-Based Treatment Approaches* and *Assessing Mindfulness and Acceptance Processes in Clients*.

### Users Review

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Have you spare time for the day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take

a walk, shopping, or went to the particular Mall. How about open or maybe read a book titled *Assessing Mindfulness and Acceptance Processes in Clients: Illuminating the Theory and Practice of Change* (The Context Press Mindfulness and Acceptance Practica Series)? Maybe it is to become best activity for you. You already know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have different opinion?

**Ralph Ainsworth:**

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**Elizabeth Morris:**

*Assessing Mindfulness and Acceptance Processes in Clients: Illuminating the Theory and Practice of Change* (The Context Press Mindfulness and Acceptance Practica Series) can be one of your beginner books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to set every word into joy arrangement in writing *Assessing Mindfulness and Acceptance Processes in Clients: Illuminating the Theory and Practice of Change* (The Context Press Mindfulness and Acceptance Practica Series) however doesn't forget the main point, giving the reader the hottest along with based confirm resource info that maybe you can be one among it. This great information can drawn you into brand new stage of crucial thinking.

**Sylvia Ferland:**

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