

Contents

Acknowledgments	xi
About the Editor	xiii
Contributors	xv
Foreword	xxv
Introduction: Where New and Old Paths to Dealing with Suffering Meet	01
Fabrizio Didonna	
Part 1 Theory, Conceptualization, and Phenomenology	
1 Mindfulness: What Is It? Where Did It Come From?	17
Ronald D. Siegel, Christopher K. Germer, and Andrew Olendzki	
2 Mindfulness and Meditation	37
Andrew Olendzki	
3 The Neurobiology of Mindfulness	45
Michael T. Treadway and Sara W. Lazar	
4 Toward a Phenomenology of Mindfulness: Subjective Experience and Emotional Correlates	59
Kirk Warren Brown and Shari Cordon	
Part 2 Clinical Applications: General Issues, Rationale, and Phenomenology	
5 Mindfulness and Psychopathology: Problem Formulation ..	85
Nancy L. Kocovski, Zindel V. Segal, and Susan R. Battista	

6	Emotional Memory, Mindfulness and Compassion	99
	Paul Gilbert and Dennis Tirsch	
7	The Use of Metaphor to Establish Acceptance and Mindfulness	111
	Alethea A. Varra, Claudia Drossel, and Steven C. Hayes	
8	Mindfulness and Feelings of Emptiness	125
	Fabrizio Didonna and Yolanda Rosillo Gonzalez	
9	Assessment of Mindfulness	153
	Ruth A. Baer, Erin Walsh, and Emily L. B. Lykins	
Part 3 Mindfulness-Based Interventions for Specific Disorders		
10	Mindfulness and Anxiety Disorders: Developing a Wise Relationship with the Inner Experience of Fear	171
	Jeffrey Greeson, Jeffrey Brantley	
11	Mindfulness and Obsessive-Compulsive Disorder: Developing a Way to Trust and Validate One's Internal Experience	189
	Fabrizio Didonna	
12	Mindfulness-Based Cognitive Therapy for Depression and Suicidality	221
	Thorsten Barnhofer and Catherine Crane	
13	Mindfulness and Borderline Personality Disorder	245
	Shireen L. Rizvi, Stacy Shaw Welch, and Sona Dimidjian	
14	Mindfulness-Based Approaches to Eating Disorders	259
	Ruth Q. Wolever and Jennifer L. Best	
15	Paradise Lost: Mindfulness and Addictive Behavior	289
	Thomas Bien	
16	Mindfulness for Trauma and Posttraumatic Stress Disorder	299
	Victoria M. Follette and Aditi Vijay	
17	Mindful Awareness and ADHD	319
	L. Zylowska, S.L. Smalley, and J.M. Schwartz	
18	Mindfulness and Psychosis	339
	Antonio Pinto	

19 Mindfulness-Based Stress Reduction for Chronic Pain Management 369
 Jacqueline Gardner-Nix

20 Mindfulness-Based Interventions in Oncology 383
 Linda E. Carlson, Laura E. Labelle, Sheila N. Garland,
 Marion L. Hutchins, and Kathryn Birnie

Part 4 Mindfulness-Based Interventions for Specific Settings and Populations

21 Mindfulness-Based Intervention in an Individual Clinical Setting: What Difference Mindfulness Makes Behind Closed Doors 407
 Paul R. Fulton

22 Mindfulness with Children: Working with Difficult Emotions 417
 Trudy A. Goodman and Susan Kaiser Greenland

23 Mindfulness-Based Elder Care: Communicating Mindfulness to Frail Elders and Their Caregivers 431
 Lucia Mc Bee

24 Mindfulness-Based Interventions in an Inpatient Setting 447
 Fabrizio Didonna

25 Training Professionals in Mindfulness: The Heart of Teaching 463
 Susan Lesley Woods

Appendix A: Mindfulness Practice 477
 Thomas Bien and Fabrizio Didonna

Appendix B: Resources 489

Index 497



<http://www.springer.com/978-0-387-09592-9>

Clinical Handbook of Mindfulness

Didonna, F. (Ed.)

2009, XXXIII, 523 p., Hardcover

ISBN: 978-0-387-09592-9