

# Contents

<b>1</b>	<b>Introduction: A New Hope</b> . . . . .	<b>1</b>
	Donald McCown	
<b>Part I Issues in the Ethics of Mindfulness</b>		
<b>2</b>	<b>Is Mindfulness Secular or Religious, and Does It Matter?</b> . . . . .	<b>23</b>
	Jane F. Compson	
<b>3</b>	<b>Ethics, Transparency, and Diversity in Mindfulness Programs</b> . . . . .	<b>45</b>
	Candy Gunther Brown	
<b>4</b>	<b>Professional Ethics and Personal Values in Mindfulness-Based Programs: A Secular Psychological Perspective</b> . . . . .	<b>87</b>
	Ruth Baer and Laura M. Nagy	
<b>5</b>	<b>Ethics and Teaching Mindfulness to Physicians and Health Care Professionals</b> . . . . .	<b>113</b>
	Michael Krasner and Patricia Lück	
<b>Part II Ethics in Mindfulness-based Interventions and Programs</b>		
<b>6</b>	<b>The Moral Arc of Mindfulness: Cultivating Concentration, Wisdom, and Compassion</b> . . . . .	<b>143</b>
	Lynette M. Monteiro	
<b>7</b>	<b>The Purpose, Mechanisms, and Benefits of Cultivating Ethics in Mindfulness-Integrated Cognitive Behavior Therapy</b> . . . . .	<b>163</b>
	Bruno A. Cayoun	
<b>8</b>	<b>Mindfulness-Based Symptom Management: Mindfulness as Applied Ethics</b> . . . . .	<b>193</b>
	Lynette M. Monteiro and Frank Musten	

**9 Promoting the Ethics of Care in a Mindfulness-Based Program for Teachers** . . . . . 229  
 Patricia A. Jennings and Anthony A. DeMauro

**10 Compassion as the Highest Ethic** . . . . . 253  
 James N. Kirby, Stanley R. Steindl, and James R. Doty

**11 Core Values in Mindful Self-Compassion** . . . . . 279  
 Pittman McGehee, Christopher Germer, and Kristin Neff

**12 Mindfulness, Compassion, and the Foundations of Global Health Ethics** . . . . . 295  
 David G. Addiss

**Part III Ethics of Mindfulness in Corporate and Military Organizations**

**13 Ethics of Mindfulness in Organizations** . . . . . 325  
 Frank Musten

**14 Paradoxes of Teaching Mindfulness in Business** . . . . . 345  
 Shalini Bahl

**15 Mindfulness and Minefields: Walking the Challenging Path of Awareness for Soldiers and Veterans** . . . . . 373  
 Sean Bruyca

**Index** . . . . . 409



<http://www.springer.com/978-3-319-64923-8>

Practitioner's Guide to Ethics and Mindfulness-Based Interventions

Monteiro, L.; Compson, J.F.; Musten, F. (Eds.)

2017, XVII, 418 p. 9 illus., 2 illus. in color., Hardcover

ISBN: 978-3-319-64923-8