



Mindfulness-oriented interventions for trauma : integrating contemplative practices

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- Abstract: Grounded in research and accumulated clinical wisdom, this book describes a range of ways to integrate mindfulness and other contemplative practices into clinical work with trauma survivors.
- The volume showcases treatment approaches that can be tailored to this population's needs, such as mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindful self-compassion (MSC), among others.
- Featuring vivid case material, the book explores which elements of contemplative traditions support recovery and how to apply them safely. Neurobiological foundations of mindfulness-oriented work are examined. Treatment applications are illustrated for specific trauma populations, such as clients with chronic pain, military veterans, and children and adolescents.

Contents: Pain and suffering : a synthesis of Buddhist and Western approaches to trauma / John Briere – Healing traumatic fear : the wings of mindfulness and love / Tara Brach – Cultivating self-compassion in trauma survivors / Christopher K. Germer and Kristin D. Neff – Mindfulness and valued action : an acceptance and commitment therapy approach to working with trauma survivors / Jessica Engle and Victoria M. Follette – Dialectical behavior therapy for trauma survivors / Devika R. Fiorillo and Alan E. Fruzzetti – Mindfulness-based cognitive therapy for chronic depression and trauma / J. Mark G. Williams and Thorsten Barnhofer – Eye movement desensitization and reprocessing and Buddhist practice : a new model of posttraumatic stress disorder treatment / Deborah Rozelle and David J. Lewis – The internal family systems model in trauma treatment : parallels with Mahayana Buddhist theory and practice / Richard C. Schwartz and Flint Sparks – Teaching mindfulness-based stress reduction and mindfulness to women with complex trauma / Trish Magyari – Focusing-oriented psychotherapy : a contemplative approach to healing trauma / Doralee Grindler Katonah – Yoga for complex trauma / David Emerson and Elizabeth K. Hopper – Harnessing the seeking, satisfaction, and embodiment circuitries in contemplative approaches to trauma / James W. Hopper – An interpersonal neurobiology approach to developmental trauma : the possible role of mindful awareness in treatment / Daniel J. Siegel and Moriah Gottman – Embedded relational mindfulness : a sensorimotor psychotherapy perspective on the treatment of trauma / Pat Ogden – Mindfulness-based stress reduction for underserved trauma populations / Mary Ann Dutton – Mindfulness in the treatment of trauma-related chronic pain / Ronald D. Siegel – Mindfulness-based stress reduction and loving-kindness meditation for veterans with trauma / David J. Kearney – Treating childhood trauma with mindfulness / Randy J. Semple and Laila A. Madni – Mindfulness and meditation for trauma-related dissociation / Lynn C. Waelde – Focusing-oriented therapy with an adolescent sex offender / Robert A. Parker – Intensive Vipassana meditation practice for prisoners with trauma / Jenny Phillips and James W. Hopper – Cognitively based compassion training for adolescents / Brooke Dodson-Lavelle, Brendan Ozawa-de Silva, Geshe Lobsang Tenzin Negi, and Charles L. Raison.

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