



Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse

By Zindel V. Segal, J. Mark G. Williams, John D. Teasdale

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This book presents an innovative eight-session program that has been clinically proven to bolster recovery from depression and prevent relapse. Developed by leading scientist-practitioners, and solidly grounded in current psychological research, the approach integrates cognitive therapy principles and practice into a mindfulness framework. Clinicians from any background will find vital tools to help clients maintain gains made by prior treatment and to expand the envelope of care to remission and beyond. Illustrative transcripts and a wealth of reproducible materials, including session summaries and participant forms, enhance the clinical utility of the volume. More than 35 reproducibles are also provided in a large-size format on Guilford's website for bookbuyers to download.

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Editorial Review

Review

"A seminal book....The remarkable synthesis that this book represents holds the promise not only of developing our theories of how cognition and emotion interact, but also of furthering our understanding of the deep inner capacities of human beings for healing."--From the Foreword by Jon Kabat-Zinn, PhD, University of Massachusetts Medical School

"A very valuable resource for clinicians and for treatment development researchers. The guidelines for teaching mindfulness are very solid. The transcripts of therapist-client interactions, verbatim instructions to give clients, reproducible handouts and forms, and clinical wisdom on how to teach skillfully are all superb. The only thing the book does not provide is practice itself. A wonderful initiation for the therapist who has not been introduced to mindfulness, and a book that will enhance the skills of the experienced practitioner."--Marsha M. Linehan, PhD

"This book offers an elegant and innovative method for breaking the cycle of recurrent depressive episodes, one that frees patients from the tyranny of relapses. The integration of mindfulness and cognitive therapy should become part of the basic training of every professional who treats people with depression, from psychiatric nurses and psychiatrists to clinical and counseling psychologists. Segal, Williams, and Teasdale offer a promising new response to a major public health problem of the 21st century."--Daniel Goleman, PhD, author of *Emotional Intelligence*

"Mindfulness-based cognitive therapy offers a provocative, sophisticated combination of Eastern and Western approaches to psychological well-being. In an accessible, easy-to-read manner, the authors, leaders in the field of cognitive therapy, offer an account of the transformation in their thinking that led to the incorporation of a mindfulness-based orientation to psychological distress. The combination of a mindfulness orientation and cognitive approaches to change seems to provide a particularly useful framework for sustaining gains made in therapy. This new direction has promising implications for cognitive therapy of depression."--Aaron T. Beck, MD, University of Pennsylvania

About the Author

Zindel V. Segal, PhD, is Head of Cognitive Behaviour Therapy at the Center for Addiction and Mental Health and Professor of Psychiatry and Psychology in the Department of Psychiatry at the University of Toronto, where he is also Head of the Psychotherapy Program. Dr. Segal is a founding fellow of the Academy of Cognitive Therapy. His publications include [i]Cognitive Vulnerability to Depression[/i], coauthored with Rick E. Ingram and Jeanne Miranda.

J. Mark G. Williams, DPhil, is Professor of Clinical Psychology at the University of Wales, Bangor, where he has also served since 1997 as Director of the University's Institute of Medical and Social Care Research. Widely published, he is a founding fellow of the Academy of Cognitive Therapy.

John D. Teasdale, PhD, holds a Special Scientific Appointment at the Medical Research Council's Cognition and Brain Sciences Unit in Cambridge, England. He is a fellow of the British Academy, a fellow of the Academy of Medical Sciences, a founding fellow of the Academy of Cognitive Therapy, and a recipient of

the American Psychological Association's Distinguished Scientist Award (Division 12).

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Foreword by Jon Kabat-Zinn

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Users Review

From reader reviews:

James Alvarez:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each book has different aim as well as goal; it means that publication has different type. Some people sense enjoy to spend their time and energy to read a book. They may be reading whatever they get because their hobby will be reading a book. How about the person who don't like looking at a book? Sometime, person feel need book after they found difficult problem as well as exercise. Well, probably you'll have this Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse.

Margaret Gray:

Book will be written, printed, or highlighted for everything. You can learn everything you want by a guide. Book has a different type. As it is known to us that book is important issue to bring us around the world. Beside that you can your reading talent was fluently. A publication Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse will make you to be smarter. You can feel considerably more confidence if you can know about every little thing. But some of you think which open or reading any book make you bored. It is far from make you fun. Why they are often thought like that? Have you looking for best book or acceptable book with you?

Samuel Puckett:

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Jesse Mansell:

Why? Because this Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content inside of easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of gains than the other book have got such as help improving your proficiency and your critical thinking technique. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

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