



# **A Mindfulness Intervention for Children with Autism Spectrum Disorders: New Directions in Research and Practice (Mindfulness in Behavioral Health)**

*Yoon-Suk Hwang, Patrick Kearney*

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This book presents emerging research on the effectiveness of mindfulness methods in reducing behavior problems associated with autism spectrum disorders (ASD) in children. The volume synthesizes current research and theories on the therapeutic uses of mindfulness, specifically for people living with developmental disabilities. In addition, it examines a promising new study in which mothers of children with ASD learn mindfulness techniques for their own use and are then trained to teach the methods to their children. The book concludes with a report of poststudy findings and a discussion of practical and methodological issues regarding mindfulness interventions for ASD.

Featured topics include:

- A genealogy of mindfulness, from original Buddhist texts to modern health applications.
- Implications for further research and advancement.
- Appendices of basic mindfulness exercises and activities.

*A Mindfulness Intervention for Children with Autism Spectrum Disorders* is a concise resource for researchers, clinicians and other scientist-practitioners, and graduate students in developmental psychology, social work, education, and related disciplines.

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