



Mindfulness-Based Cognitive Therapy: Innovative Applications

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This book brings together a cutting-edge selection of the most current applications of mindfulness-based cognitive therapy (MBCT), giving clinicians as well as researchers a concise guide to current and future directions. Each chapter begins with an illustrative case study to give readers an example of how MBCT would be used in the clinical setting, followed by an overview of the condition, the theoretical rationale for using MBCT, modifications of MBCT for that disorder, evidence for MBCT use. Chapters also discuss practical considerations of MBCT, including patient selection, home practice, group size, format, and facilitator training.

Written by some of the world's leading physicians using MBCT, *Mindfulness-Based Cognitive Therapy: Innovative Applications* is of great value to psychiatrists, psychologists, social workers, and therapists.

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