



Mindfulness, Acceptance, and the Psychodynamic Evolution: Bringing Values into Treatment Planning and Enhancing Psychodynamic Work with Buddhist ... Mindfulness and Acceptance Practica Series)

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If you are a psychodynamic therapist interested in the growing mindfulness movement, you may be looking for resources to help you enhance your practice. More and more, professionals in the psychodynamic tradition are finding that mindfulness exercises help their patients connect with the moment and discover the underlying causes of their fears and anxieties. This groundbreaking book spotlights the similarities between these two therapeutic approaches, and shows how mindfulness in the present moment, acceptance of internal experiences, and commitment to one's values are implicit elements of psychodynamic psychotherapy.

In this much-needed volume, psychologist and editor Jason M. Stewart offers a unique perspective on client treatment that fuses psychodynamic psychotherapy, mindfulness and acceptance-based approaches, and Buddhist psychology. Using the insights in this powerful resource, you will help your clients gain greater psychological flexibility, connect with their values and goals, and create a life that is purposeful, meaningful, and vital.

Recent research supports the effectiveness of both psychodynamic and mindfulness-based processes in contributing to success in psychotherapy. This book does not suggest that mindfulness practice can take the place of psychodynamic therapy. Rather, it offers powerful, evidence-based strategies to help you enhance your practice. If you are ready to take your practice to the next level, this book will be your guide.

The Mindfulness and Acceptance Practica Series

As mindfulness and acceptance-based therapies gain momentum in the field of mental health, it is increasingly important for professionals to understand the full range of their applications. To keep up with the growing demand for authoritative resources on these treatments, *The Mindfulness and Acceptance Practica Series* was created. These edited books cover a range of evidence-based treatments, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion-focused therapy (CFT), dialectical behavioral therapy (DBT), and mindfulness-based stress reduction (MBSR) therapy. Incorporating new research in the field of psychology, these books are powerful tools for mental health clinicians, researchers, advanced students, and anyone interested in the growth of mindfulness and acceptance strategies.

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Editorial Review

Review

“While the world of psychotherapy has historically been divided into separate spheres of isolated schools, modalities, and orientations, we increasingly witness dialogue, borrowing, recognition of commonality, and even efforts toward integration. Jason Stewart has gathered a first-rate lineup of contributors who are known for their serious scholarship on, and leadership in, psychotherapy integration from a broadly relational psychodynamic perspective. The book will advance this important academic and professional trend.”

—**Lewis Aron, PhD**, director at the New York University postdoctoral program in psychotherapy and psychoanalysis and author of *A Meeting of Minds: Mutuality in Psychoanalysis*

“In this creative and scholarly volume, Stewart brings the integration of mindfulness, acceptance, and relational psychodynamic therapy to a new level. [The contributors’] combined vision is balanced, flexible, and mature. Clinicians new to either psychoanalytic inquiry or mindfulness will quickly find themselves drawn into this exciting conversation through compelling case studies, historical background material, and practical discussion about clinical decision-making. Lynchpin issues, such as non-duality, compassion, mentalization, and the pursuit of a valued life, receive special attention. This book will invite readers to grow their work for years to come.”

—**Christopher Germer, PhD**, clinical instructor at Harvard Medical School, coeditor of *Mindfulness and Psychotherapy*, and author of *The Mindful Path to Self-Compassion*

“Acceptance and mindfulness have always been integral to therapeutic change, but their roles and applications have only been recently recognized. Editor Jason Stewart’s new book offers a penetrating and insightful look at the natural overlap and differences between newly emerged mindfulness-based therapies and psychodynamic work. This exploration reveals a rich potential for clinicians who want to support and strengthen their psychodynamic work through the integration of mindfulness-based approaches.”

—**Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

“Psychoanalysis, mindfulness-based psychotherapies, and traditional Buddhist meditation practices have evolved from existing in non-communicating, conceptually dissociated spheres through a stage of over-eager merger and identification, in which each was reduced to a variation of ‘evenly hovering attention’ in the service of a presumed common goal of engaging the totality of the mind. At last, we are moving into a more sophisticated and challenging stage where genuine differences and conflicts are allowed to emerge and be meaningfully engaged. This volume is a welcome addition to that process of genuine engagement and mutual influence.”

—**Barry Magid, MD**, faculty at The Stephen Mitchell Center for Relational Studies and author of *Nothing Is Hidden: The Psychology of Zen Koans* and *Ordinary Mind: Exploring the Common Ground of Zen and Psychoanalysis*

“As the evidence in support of Freud's, Bowlby's, and Winnicott's (among many others') works accumulates

through mindfulness research, the neuroscience of psychotherapy, and interpersonal neurobiology, Jason Stewart's book comes along as a practical and engrossing guide to an ongoing synthesis of ancient and modern wisdom aimed at addressing human suffering. He has assembled an impressive group of authors who remind us that when we are doing psychoanalysis, engaging clients in the process of systematic desensitization, or teaching mindfulness meditation, we are all involved in deeply interpersonal encounters with the intention of helping people 'pay attention' and, eventually, change their brains in salubrious ways. The highest praise I can give this book is that it will become required reading for my current and future psychotherapy students and supervisees."

—**Mark B. Andersen, PhD**, professor and coordinator of the doctoral program in applied psychology at Victoria University, Melbourne, Australia

About the Author

Now deceased, **Jason M. Stewart, PsyD**, was a clinical and sport psychologist in private practice. His areas of focus included men's issues, sport performance enhancement, and addictions and compulsions. He earned a doctorate at Yeshiva University and received postdoctoral training in psychoanalytic, acceptance- and mindfulness-based, and integrative harm reduction psychotherapies.

Foreword writer **Steven C. Hayes, PhD**, is Nevada Foundation Professor in the department of psychology at the University of Nevada. An author of thirty-four books and more than 470 scientific articles, he has shown in his research how language and thought lead to human suffering, and has developed acceptance and commitment therapy, a powerful therapy method that is useful in a wide variety of areas. Hayes has been president of several scientific societies and has received several national awards, including the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy.

Afterword writer **George Stricker, PhD**, is professor of psychology at the American School of Professional Psychology at Argosy University Washington, DC. He is the recipient of a number of awards for his contributions to psychology, including the Karl Heiser Award for Advocacy in 1996 from the American Psychological Association. He has served as the president of the Division of Clinical Psychology at the American Psychological Association, the Society for Personality Assessment, the New York State Psychological Association, and the National Council of Schools of Professional Psychology. Stricker is the author or editor of over twenty books and more than one hundred journal articles. His most recent books include *Psychotherapy Integration, A Case Book of Psychotherapy Integration* with Jerry Gold, and *The Scientific Practice of Professional Psychology* with Steven Trierweiler. His principal interests are psychotherapy integration, clinical training, and ethics.

Users Review

From reader reviews:

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James Yancey:

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Nancy Williams:

Within this era which is the greater man or who has ability in doing something more are more precious than other. Do you want to become considered one of it? It is just simple way to have that. What you should do is just spending your time not much but quite enough to enjoy a look at some books. One of several books in the top list in your reading list is usually Mindfulness, Acceptance, and the Psychodynamic Evolution: Bringing Values into Treatment Planning and Enhancing Psychodynamic Work with Buddhist ... Mindfulness and Acceptance Practica Series). This book which can be qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking right up and review this guide you can get many advantages.

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