

MINDFULNESS & ACCEPTANCE IN BEHAVIORAL MEDICINE

Current Theory & Practice

EDITED BY LANCE M. MCCRACKEN, PHD

THE MINDFULNESS & ACCEPTANCE PRACTICA

Mindfulness & ACT for:

Chronic pain
Epilepsy
Diabetes & obesity
Smoking cessation
Insomnia
Cancer & terminal illness

Also featuring:

ACT and motivational interviewing for health & behavior change

Integration of exposure-based and other traditional CBT methods with acceptance and mindfulness

Training and education of health care providers

Bias, prejudice and disparities in health care

Mindfulness-based training for health care professionals

Team working and the social contexts of health care

Medical professionals working in the field of behavioral medicine may find it difficult to keep up with the quickly evolving world of clinical psychology.

Behavioral medicine relies heavily on psychological developments, professionals need quick and effective tools for using the latest and most effective psychotherapeutic methods in their work with patients. *Mindfulness & Acceptance in Behavioral Medicine* is a collection of articles by renowned acceptance and commitment (ACT) and mindfulness-based therapy researchers. Featuring the latest findings on the efficacy of mindfulness and acceptance approaches, the collection offers suggestions for adapting ACT and other mindfulness therapies for use with specific populations, such as patients with chronic pain and patients who want to quit smoking. Articles are written by leading researchers in each subspecialty.

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About the
Editor

Lance M. McCracken, PhD, is a consultant, clinical psychologist, and clinical lead of the Centre for Pain Services at the Royal National Hospital for Rheumatic Diseases in Bath, UK. He is also a senior lecturer in the School for Health and a senior visiting fellow in the Department of Psychology at the University of Bath. He has more than twenty years of clinical and research experience in chronic pain management and behavioral medicine.

Featuring

Applications of ACT and Mindfulness to Specific Conditions and Populations

Acceptance and Commitment Therapy for Chronic Pain

by **Kevin E. Vowles & Miles Thompson**

Musculoskeletal Pain Assessment and Community Treatment Service Haywood Hospital, Stoke-on-Trent PCT & Primary Care Sciences Research Centre, Keele University

Analysis and Treatment of Epilepsy Using Mindfulness, Acceptance, Values, and Countermeasures

by **JoAnne Dahl & Tobias Lundgren**

Department of Psychology, University of Uppsala, Sweden

Health Behavior Problems in Diabetes, Obesity, and Secondary Prevention

by **Jennifer A. Gregg, Priscilla Almada & Eric Schmidt**

San Jose State University

Acceptance and Commitment Therapy: A Promising Approach to Smoking Cessation

by **Jonathan B. Bricker**

Fred Hutchinson Cancer Research Center & the University of Washington

Insomnia

by **Lars-Gunnar Lundh**

Department of Psychology, Lund University, Sweden

Mindfulness for Cancer and Terminal Illness

by **Linda E. Carlson**

Division of Psychosocial Oncology, Department of Oncology, Faculty of Medicine, University of Calgary; Department of Psychosocial Resources, Tom Baker Cancer Centre, Alberta Cancer Board, Calgary, Alberta, Canada

and **Joan Halifax**

Director, Upaya Institute, Project on Being with Dying, Santa Fe, New Mexico

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