

“Kelly Wilson does a masterful job of framing the many different ways in which a therapist grounded in mindfulness might skillfully nurture greater awareness and self-knowing in his or her clients. His approach is a very creative use of mindfulness within the dyadic relationship, both verbal and non-verbal... This book makes a seminal contribution to the growing literature on ACT and its interface with mindfulness theory and practice.”

—JON KABAT-ZINN, author of *Full Catastrophe Living* and *Letting Everything Become Your Teacher* and coauthor of *The Mindful Way Through Depression*

MINDFULNESS FOR TWO

An Acceptance and Commitment Therapy Approach to Mindfulness
in Psychotherapy

KELLY G. WILSON, PH.D., WITH TROY DUFRENE

A new book by the coauthor of *Acceptance and Commitment Therapy* explains the need for both the therapist and the client to **show up.**

You can spend years in graduate school, internship, and clinical practice. You can learn to skillfully conceptualize cases and structure interventions for your clients. You can have every skill and advantage as a therapist, but if you want to make the most of every session, both you and your client need to show up in the therapy room. *Really* show up. And this kind of mindful presence can be a lot harder than it sounds.

Mindfulness for Two is a practical and theoretical guide to the role mindfulness plays in psychotherapy, specifically acceptance and commitment therapy (ACT). In the book, coauthors Kelly G. Wilson and Troy DuFrene carefully define mindfulness from an ACT perspective and explore its relationship to the six ACT processes and to the therapeutic relationship itself. With unprecedented clarity, they explain the principles that anchor the ACT model to basic behavioral science. The latter half of the book is a practical guide to help therapists observe and foster mindfulness in their clients and themselves—good advice that they can put to use in their practices right away. Wilson, coauthor of the seminal *Acceptance and Commitment Therapy*, guides readers through this sometimes-challenging material with the clarity, humor, and warmth for which he is known around the world. More than any other resource available, ***Mindfulness for Two*** gets at the heart of Wilson’s unique brand of experiential ACT training.

The book comes with directions to a link where readers can download more than six hours of sample therapy sessions with a variety of therapists, including tracks of Wilson leading guided mindfulness exercises. To find out more, please visit www.mindfulnessfortwo.com.

FOR AN INTERVIEW
REQUEST or MORE
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MINDFULNESS FOR TWO

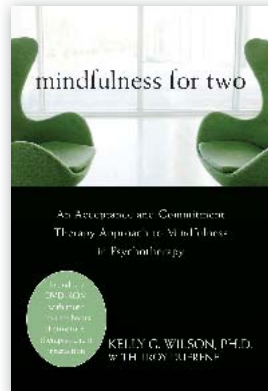
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By Kelly G. Wilson, Ph.D., with Troy DuFrene

July 2009 / 978-1-6088-2266-9 / Trade paperback / \$49.95 / 256 pages



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PRAISE

“This is a book of enormous breadth and depth, a book full of wisdom from an internationally acclaimed clinician and researcher. Wilson builds bridges between therapy traditions in a wonderful way. For those who already teach mindfulness as part of their therapy, this is a must-read. For those who are yet to do so, this book is the best invitation possible.”

—**MARK WILLIAMS**,
professor of clinical psychology at
the University of Oxford and coauthor
of *The Mindful Way Through
Depression*

“This book provides the
clearest description I’ve seen
of how understanding both
mindfulness and behavior
analysis contributes to effective
therapy...”

—**RUTH A. BAER**,
professor of psychology at the
University of Kentucky

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ABOUT the AUTHORS



KELLY G. WILSON, PH.D., is associate professor of psychology at the University of Mississippi. He is a central figure in acceptance and commitment therapy (ACT), and was one of the authors of the landmark ***Acceptance and Commitment Therapy***. Wilson is among the most sought-after ACT trainers. His popular experiential workshops touch thousands of clinicians and students each year. Visit Dr. Wilson online at www.onelifellc.com



TROY DUFRENE is a writer specializing in topics in psychology. He is coauthor of ***Coping with OCD*** and, with Kelly Wilson, of ***Things Might Go Terribly, Horribly Wrong***. DuFrene lives and works in the San Francisco Bay Area. Visit him online at www.troydufrene.com.

SUGGESTED INTERVIEW QUESTIONS

1. In *Mindfulness For Two*, you mention that you came to the experience of mindfulness from a different place than many other psychologists who have incorporated this technique into their practice (that is, from a place other than formal, Buddhist practice). What was this different place, and how has it shaped your understanding of mindfulness in psychotherapy.
2. *Mindfulness For Two* is unusual in that it doesn't necessarily focus on ways to teach clients how to be more mindful. Instead it largely deals with ways that contact with the present moment influences what goes on inside the therapy room, from the perspective of both the client and the therapist. How can this kind of mindful presence affect what goes on in the therapy room?
3. The ubiquity of human suffering is a strong theme in *Mindfulness For Two*. What are the implications of this observation to the kind of psychotherapy you describe in the book?
4. One of the striking things about the book is the way you inter-relate the concept of mindfulness with some very basic concepts of behavior science. Is *Mindfulness For Two* essentially proposing the science of mindfulness?
5. Any discussion about the applicability of the techniques in this book to specific mental illness diagnoses is noticeably absent in *Mindfulness For Two*. Moreover, there is a fairly long discussion early in the book about the ways in which our syndromal way of thinking about mental illness might be major shortcoming of modern psychotherapy. Can you say a little bit about how your kind of process-oriented diagnostic model is different from traditional diagnoses?

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