

PSYCHOLOGY MOMENT BY MOMENT

A Guide to Enhancing Your Clinical Practice with Mindfulness and Meditation

ELISE E. LABBÉ, PH.D.

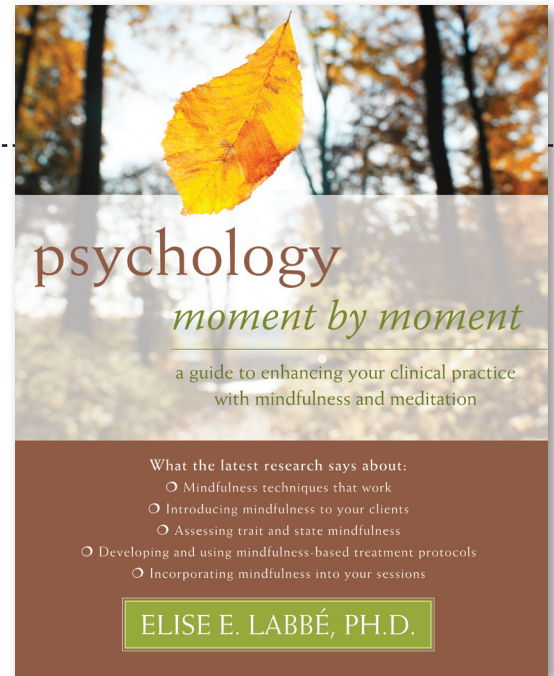
Chapters

- Foreword by Frank Andrasik, Ph.D.
- Mindfulness Concepts
- Mindfulness Strategies and Benefits
- Practical Considerations in Using Mindfulness Techniques with Clients
- Mindfulness Techniques for Formal Practice
- Mindfulness Techniques for Informal Practice
- Measuring Mindfulness
- Developing Mindfulness-Based Treatment Protocols
- Protocols for Specific Populations
- Protocols for Specific Problems
- Therapist Training in Mindfulness
- Growing Your Mindfulness-Based Clinical Practice

Develop powerful, evidence-based mindfulness protocols for your clients.

As the research supporting mindfulness-based therapies grows, so does the demand for mental health professionals who can develop effective mindfulness-based treatment protocols suited to the needs of individual clients. *Psychology Moment by Moment* guides clinicians through the process of creating and applying mindfulness-based interventions for a variety of client populations and problems, session by session, to focus treatment even more and help clients make substantial progress.

You'll learn the best mindfulness techniques for the treatment of anxiety disorders, depression, chronic illness, pain, stress, and eating disorders, and apply these techniques in therapy, including child and couples therapy. This handbook also offers methods for measuring and documenting client mindfulness that have previously been available only to researchers. The mindfulness approach in this book can be used as a stand-alone treatment or may be incorporated into cognitive behavioral therapy, acceptance and commitment therapy, dialectical behavior therapy, and other therapeutic modalities.



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MINDFULNESS AND MEDITATION

Elise E. Labbé

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It Begins with the Breath

"Breathe in. Breathe out. Notice your breath without trying to change your breathing. Just be aware of breathing in and breathing out. This is the best place to start your journey into mindfulness.

So quickly we forget that the only thing we really need in the moment is to breathe. Realizing and deeply understanding this essential truth opens the door to radical change, happiness, and freedom. I hope to take you on a journey that can help you and your clients find the freedom to breathe, change, and be happy.

Your first breath as you left your mother's womb represents the beginning of your life, opening the door to learning to be fully present in the moment. When you were young, it was easier to be present in the moment. As you grew, you began developing attitudes and beliefs that slowly wrapped you up in false bindings of needs and desires to be separate and independent. With patience and openheartedness, you can learn to loosen these wrappings by practicing mindfulness.

In using mindfulness with my clients, I find that I am most effective when my own mindfulness practice is strong. I encourage you to experiment with mindfulness techniques for yourself before you present them to your clients."

-Elise E. Labbé,

from *Psychology Moment by Moment*



Elise Labbé, Ph.D., is a licensed clinical psychologist and professor of psychology at the University of South Alabama where she has taught for 24 years.

She has published more than 60 professional, peer-reviewed publications in clinical and health psychology, and has presented at over 90 local, regional, national and international conferences. She has received over \$350,000 in research grant awards, and has developed both clinical and research programs on mindfulness and health.

Dr. Labbé has been Editor-in-Chief of *Journal of Sport Behavior* since 1998. She is on the editorial board of *Journal of Applied Psychophysiology and Biofeedback* and is invited to review for a number of clinical and health psychology journals each year.

Dr. Labbé currently teaches undergraduate health psychology, and master's and doctoral level students in clinical psychology courses such as evidence-based clinical and counseling psychology practices, applied health psychology and clinical practicum. She is the Clinic Director for the USA Psychological Clinic, a community clinic and training facility for graduate students serving the Mobile, AL area.

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