

Includes a collection of articles by some of the most respected mindfulness researchers and therapists:

- Priscilla Almada
- Andrew B. Armstrong
- Michael J. Baime
- Linda Bilich
- Frank W. Bond
- Joseph Ciarrochi
- Angie L. Dahl
- Troy DuFrene
- Clinton E. Field
- Maureen K. Flynn
- Clair Godsell
- Kim L. Gratz
- Jennifer Gregg
- Amishi P. Jha
- Jean L. Kristeller
- Sara W. Lazar
- Lance M. McCracken
- Emily K. Sandoz
- Shannon Sauer
- Regan M. Slater
- Elizabeth A. Stanley
- Michael T. Treadway
- Matthew T. Tull
- Michael P. Twohig
- Kevin E. Vowles
- Kelly Wilson

ASSESSING MINDFULNESS AND ACCEPTANCE PROCESSES IN CLIENTS

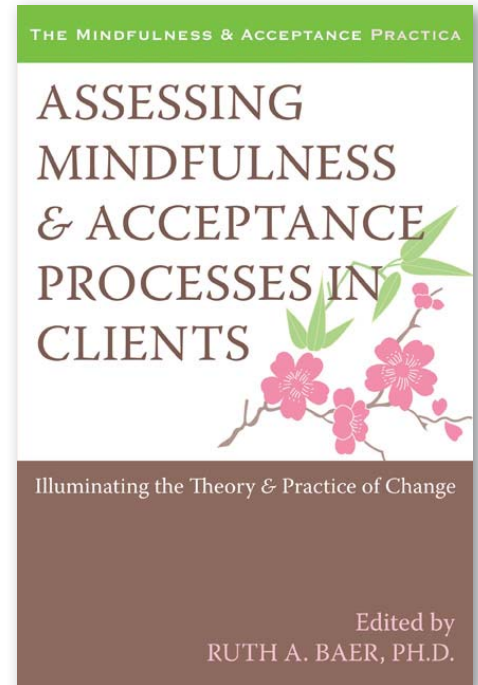
Illuminating the Theory and Practice of Change

EDITED BY RUTH A. BAER, PH.D.

How Does Mindfulness Work?

How does mindfulness work? Thousands of therapists utilize mindfulness-based treatments and have witnessed firsthand the effectiveness of these approaches on clients suffering from anxiety, depression, and other common mental health issues. But for many clinicians, the psychological processes and brain functions that explain these changes remain a mystery, and effective methodologies for measuring each client's progress are elusive.

In ***Assessing Mindfulness and Acceptance Processes in Clients***, Ruth Baer presents a collection of articles by some of the most respected mindfulness researchers and therapists practicing today. Each contribution assesses the variables that represent potential processes of change, such as mindfulness, acceptance, self-compassion, spirituality, and focus on values, and determines the importance of each of these processes to enhanced psychological functioning and quality of life. Clinicians learn to accurately measure each process in individual clients, an invaluable skill for any practicing therapist. A seminal contribution to the existing professional literature on mindfulness-based treatments, this book is also an essential resource for any mental health professional seeking to illuminate the processes at work behind any mindfulness and acceptance-based therapy.



“Informed by the maxim that you can’t study what you can’t see, Baer’s book provides the necessary psychometric underpinning to further our understanding of core change processes in mindfulness-based interventions.”

—ZINDEL V. SEGAL, PH.D., author of *The Mindful Way Through Depression*

FOR AN INTERVIEW
REQUEST or MORE
INFORMATION CONTACT:

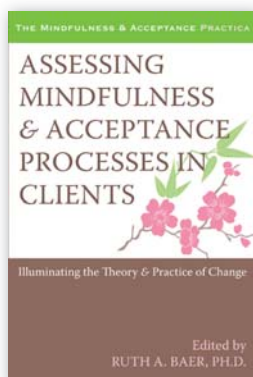
Adia Colar
510-594-6107
adia@newharbinger.com

ASSESSING MINDFULNESS AND ACCEPTANCE PROCESSES IN CLIENTS
Illuminating the Theory and Practice of Change

Edited by Ruth A. Baer, Ph.D.

May 2010 / 978-1-57224-6942 / \$58.95 / 6 x 9 / 320 pages

 newharbingerpublications, inc. | 800-748-6273 | newharbinger.com



“This kind of attention to the reasons why mindfulness-based intervention may be beneficial will help stimulate informative research in the area and also help clinicians provide therapy that enhances these important skills.”

—LIZABETH ROEMER, PH.D.,
co-author of *Mindfulness- and Acceptance-Based Behavioral Therapies in Practice*

“An excellent resource not only for mindfulness researchers and practitioners, but for anyone interested in what leads to mental health and emotional balance.”

—CASSANDRA VIETEN, PH.D.,
director of research at the Institute of Noetic Sciences and author of *Mindful Motherhood*

FOR AN INTERVIEW
REQUEST or MORE
INFORMATION CONTACT:

Adia Colar
510-594-6107
adia@newharbinger.com

ABOUT *the* EDITOR

Ruth A. Baer, Ph.D.,

is a professor of psychology at the University of Kentucky in Lexington, KY. She conducts research on mindfulness and related processes and teaches and supervises mindfulness and acceptance-based interventions. She is a renowned expert in mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT), and mindfulness-based stress reduction (MBSR).



PRAISE

“A fascinating journey to the heart of what actually changes in mindfulness and acceptance-based treatment.... Highly recommended for psychotherapists, health care professionals, and anyone seeking the very latest scientific understanding of psychological change.”

—CHRISTOPHER K. GERMER, PH.D.,
author of *The Mindful Path to Self-Compassion*

“A cutting edge text which responds with rigor and clarity to the salient questions in the field of mindfulness-based interventions, namely, what are the mechanisms and processes of change? And how can these processes be assessed? Baer does an excellent job weaving different perspectives and theories from a wide range of experts to provide a pioneering response to these compelling questions.”

—SHAUNA L. SHAPIRO, PH.D.,
coauthor of *The Art and Science of Mindfulness*

“This is an important and timely book. Ruth Baer has brought together international experts in the clinical and research fields to build a critically important bridge between ancient wisdom and modern psychological science. This book will be essential reading for students, researchers, and practitioners of mindfulness and acceptance-based approaches.”

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

ASSESSING MINDFULNESS AND ACCEPTANCE PROCESSES IN CLIENTS
Illuminating the Theory and Practice of Change

Edited by Ruth A. Baer, Ph.D.

May 2010 / 978-1-57224-6942 / \$58.95 / 6 x 9 / 320 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com