



Mindfulness-Based Cognitive Therapy for Depression

Zindel V. Segal , J. Mark G. Williams , John D. Teasdale

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This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. Forty-five reproducible handouts are included. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all of the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only.

New to This Edition

- *Incorporates a decade's worth of developments in MBCT clinical practice and training.
- *Chapters on additional treatment components: the pre-course interview and optional full-day retreat.
- *Chapters on self-compassion, the inquiry process, and the three-minute breathing space.
- *Findings from multiple studies of MBCT's effectiveness and underlying mechanisms. Includes studies of adaptations for treating psychological and physical health problems other than depression.
- *Audio files of the guided mindfulness practices, narrated by the authors, on two separate Web pages--one for professionals, together with the reproducibles, and one just for clients.

See also the authors' related titles for clients: *The Mindful Way through Depression* demonstrates these proven strategies in a self-help format, with in-depth stories and examples. *The Mindful Way Workbook* gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: *Mindfulness-Based Cognitive Therapy with People at Risk of Suicide* extends and refines MBCT for clients with suicidal depression.

Mindfulness-Based Cognitive Therapy for Depression Details

Date : Published October 23rd 2012 by The Guilford Press (first published November 1st 2001)

ISBN : 9781462507504

Author : Zindel V. Segal , J. Mark G. Williams , John D. Teasdale

Format : Hardcover 471 pages

Genre : Psychology, Nonfiction, Self Help

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From Reader Review Mindfulness-Based Cognitive Therapy for Depression for online ebook

Jen Marin says

In Mindfulness Based Cognitive Therapy for Depression, the authors bring an Eastern approach to managing the increasingly common issue of depression. Just last week, an article in the news proclaimed that 1 in 10 Americans are on antidepressants, and that most of them do not seek therapy in conjunction with pharmaceutical treatment. This is unfortunate. "Antidepressant drugs do not provide a long-term cure. Their effects do not outlast their use." They can be instrumental in keeping a depressive episode from becoming severe, but it is important to do therapeutic work as well in order to change the way the brain is functioning. This is where MBCT has proven itself successful.

It turns out that "negative thinking could itself cause a depression... [and] could certainly maintain the episode once it started." This tendency to ruminate on negative feelings does not help, and is in fact, counterproductive. Unfortunately, people in depressed states have a tendency to do just that, which can feed their feelings of hopelessness and despair. Rather than feeding or fighting these feelings, MBCT helps people develop a new relationship with their thoughts.

Mindfulness based practice teaches people to watch their mental and somatic processes intentionally and non-judgmentally. This observation can help people to understand that their "thoughts are not facts." As Jon Kabat-Zinn explains, "It is remarkable how liberating it feels to see that your thoughts are just thoughts and that they are not 'you' or reality." In fact, a core skill of MBCT is "to teach the ability to recognize and disengage from mind states characterized by self-perpetuating patterns of ruminative, negative thought." This invaluable skill teaches people how to direct their attention and to reduce the amount of energy they expend in these self-defeating habits.

Although there are definite benefits to mindfulness based practice, it is important to remain non-attached to outcome. It is "easy to believe deep down that success is achieved when we are with the breath and failure occurs when the mind wanders." In fact, one of the most useful ideas in this book was the concept that "it is just as valuable to become aware that the mind has wandered and to bring it back as to remain fixed on the chosen object of attention." In our goal-oriented culture, it is easy to fall into the trap of self-judgment, even while meditating. One can become overly concerned with whether they are 'doing it right' as they internalize the 'God-as-Judge' meme. This is why it is so important to approach this work with a sense of acceptance and self-compassion. Even long-time meditators have wandering thoughts. They just have developed a different relationship with them. They are aware that "just because your thoughts are compelling, doesn't make them true." Once we understand this truth, we can stop identifying so strongly with our thoughts. This can take the charge out of our inner critic and help us tune in to a different channel that supports and nurtures our growth and healing.

Understanding that it is the process of returning to the breath itself that helps us remember to return to a grounded and centered state in times of stress. This practice of returning is the most useful thing I learned in this book.

Mark says

There is a newer ed. <https://www.goodreads.com/book/show/1...>

Has been on pause for a couple months and now I let it get overdue. Got to page 46; that is, through most of the history part but none of the actual stuff that can be applied. ::sigh::

Lise Baltzer says

Lise Baltzer om: Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse

Her er mindfulness instruktørens bibel. Sådan sat lidt på spidsen, altså, for metoder skal selvfølgelig udvikles, opdateres og tilpasses ny evidens. "Mindfulness Based Cognitive Therapy for Depression" giver det fulde overblik over MBCT-programmets opbygning, indhold og rationale. Bogen indeholder desuden step-by-step anvisninger på, hvordan du - som mindfulness instruktør - instruerer det klassiske MBCT-kursus: Curriculum, Q & A og sågar øvelsesark. Det er mig en gåde, hvorfor bogen endnu ikke er oversat til dansk, men det er formentlig også kun et spørgsmål om tid. Ellers er opfordringen hermed givet videre. Der findes en populærvenskabelig MBCT-bog, der er oversat til dansk, men den har imidlertid ikke professionelle instruktører som målgruppe. Læs Mindfulness-Based Cognitive Therapy, hvis du er mindfulness instruktør, og tjek op på de aktuelle sessions, inden du går ind og underviser, helst hver gang. Så er du - sammen med den rette uddannelse - rigtig godt klædt på til at guide hver eneste session på en måde, er ægte hjælpsom for dine kursister.

Sock says

I do believe CBT isn't as useful without mindful attitudes, but this approach wasn't as inspiring as I'd hoped it would be. This is the clinical practice book. There is also a self help version which is more manageable if you don't plan to facilitate groups and aren't interested in the details of the thought process behind the program. I really liked reading the research part.

Adele says

Really inspiring and dovetails nicely between my other 2 favourites: ACT and MBSR.

Myridian says

This book very cogently describes an intervention to prevent the recurrence of depression that the authors tested using randomized controlled trials. They found that the intervention is helpful for individuals who

have had two or more instances of depression. Aside from brief forays into science, the book is very accessible. If anything I thought that there were too many testimonial-style stories. The thing that I did like was the great description of how to administer the intervention, complete with copies of the handouts. The authors really emphasized the importance of the therapists having a daily practice. I've tried to keep up with that, but it's hard. I've tried to just be mindful while I'm doing things in my daily life, particularly setting aside time while I'm exercising to be mindful, but I really don't think that's sufficient. I'm going back to meditating every day (sigh).

Ceil says

Written for teachers of MBCT, this is a terrific, practical, full of tools guide to using mindfulness-based cognitive therapy to manage depression.

Leena says

Luin tämän suomenkielisenä "Mindfulness masennuksen hoidossa" (Segal, Williams, Teasdale) vuoden aikana vähitellen. Kirja oli hyvin ja selkeästi kirjoitettu ja kuvasi myös tutkimusta aiheesta sekä sisälsi hyviä harjoituksia ja tietoa niiden soveltamisesta.

Shannon says

This book and daily meditation have changed my life. (And I read it for class, not because I'm depressed). Being fully present in our lives can benefit all of us, not just those who have problems with depression. Life is short and there's so much out there to enjoy so stop thinking about the future or the past and be in the moment!

Pansy says

About half way through struggling to finish reading it, at first I was eager to learn about the combination of CBT and mindfulness, but the book feels like its a departure from CBT and embrace of eastern philosophy. Which is hard to call therapy, at least in my current position, where i answer heavily to medicaid. Hoping to finish and see it reconnect with CBT in a way that brings two ideas together. Never finished.

Vishvapani says

The second edition of this book subtly revises the groundbreaking 2002 version. It retains its exemplary clarity and remains an essential guide for anyone wanting to teach mindfulness. The revisions mostly bring slight changes in the methodology stemming from experience, but they also fill important gaps, especially on Inquiry.

Kathy Fogarty says

I really liked this second edition. The authors did a great job of incorporating all the learnings that have emerged through experience and research since the first edition. I felt inspired to teach until I read requirement 4 of the Training Guidelines for teaching MBCT, and then I just felt tired! In some ways, I feel that this might not recognise that many mental health professionals aspire to be broadly (and deepishly) across a range of psychological interventions, rather than dedicated to one. Anyhow, a good read and an important approach for helping people learn to observe their inner world and cultivate a kindly attitude to the human condition.
