

WHEN EINSTEIN MET BUDDHA

Mindfulness Based Cognitive Therapy

Patrizia Collard and Gladeana McMahon

Mindfulness Based Cognitive Therapy or MCBT is a sophisticated integration of skills developed with mindfulness training and principles of Cognitive Behaviour Therapy (CBT).

Historical Background

Traditional Cognitive Behaviour Therapy models attempt to alter self-defeating thinking and behaviour by modifying the related thoughts and underlying assumptions. However, there is empirical evidence that our attempts to change aversive internal experiences (e.g., thoughts, emotions, body sensations) can multiply our problems. Consistent with Einstein's opinion that "*we cannot change a problem with the means that created it*", mindfulness based cognitive therapy takes the view that synthesizing the individual's ability to reframe unhelpful thinking together with developing control over the processes that maintain them provides a sound foundation to minimize stress and increase creativity, productivity, stamina, personal satisfaction and meaning.

To achieve such control, mindfulness training involves paying attention to each event experienced in the present moment within the framework of one's mind and body, with a non-judgmental, non-reactive and accepting attitude.

Mindfulness research has focused broadly on the fields of health and well-being. Its application has proven very effective in the reduction of stress, pain, anxiety and depression.

The concept of mindfulness is found in the corporate, medical, counselling and recreational worlds.

Additional Reading

Kabat-Zinn, J., 1990, Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness, Delta.

Segal, Z.V., Williams, J.M.G. & Teasdale, J.D., 2002, Mindfulness-based Cognitive Therapy for Depression. A New Approach to Preventing Relapse. Guilford Press.

Williams, J.M.G, Teasdale, J., Segal, Z.V., Kabat-Zinn, J., 2007, The Mindful Way Through Depression. Freeing yourself from chronic unhappiness. Guildford Press

Baer, R. E., 2005, Mindfulness-Based Treatment Approaches, First Edition: Clinician's Guide to Evidence Base and Applications (Practical Resources for the Mental Health Professional); Academic Press.

Santorelli, S., 1999, Heal Thyself: Lessons on Mindfulness in Medicine, Bell. Tower.

Hayes S, Follette V, Linehan M. (Ed), 2004, Mindfulness and Acceptance: Expanding the cognitive behavioural tradition. Guildford Press.

Kabat-Zinn, J. Coming to Our Senses , 2005: Healing Ourselves and the World Through Mindfulness

Germer, C.K., Siegel, R.D., Fulton, P.R., 2005, Mindfulness and Psychotherapy. New York: Guildford. 2005

Hayes S, Strosahl KD, (Ed) 2005, A Practical Guide to Acceptance and Commitment Therapy. Guildford Press

Gilbert, P., 2005. Compassion: Conceptualizations, Research and Use in Psychotherapy. Brunner-Routledge

Crane, R., 2008, Mindfulness Based Cognitive Therapy, Distinctive Features, Brunner-Routledge

Mace, C., 2008, Mindfulness and Mental Health, Therapy, Theory and Science, Routledge

Useful Links

The Centre for Mindfulness Research and Practice is based within the [School of Psychology](http://www.bangor.ac.uk/schoolofpsychology/) at the University of Wales, Bangor.

www.bangor.ac.uk/imscar/mindfulness

The official UK website of Mindfulness Based Cognitive Therapy.

<http://mbct.co.uk/>

University of Oxford, Centre for Suicide Research.

<http://cebmh.warne.ox.ac.uk/csr/mbct.html>

The Sacred Space Foundation provides rest, retreat and recuperation facilities for those who have become exhausted, burned out and stressed in their work. <http://www.sacredspace.org.uk>

The Mind and Life Institute is dedicated to creating a powerful working collaboration and research partnership between modern science and Buddhism - the world's two most powerful traditions for understanding the nature of reality and investigating the mind.

<http://www.mindandlife.org/>

For further information, please contact:



Patrizia Collard

www.stressminus.co.uk

contact@stressminus.co.uk



Gladeana McMahon

www.gladeanamcmahon.com

gladeana@dircon.co.uk