

mindfulness and acceptance based pdf

1 Mindfulness and acceptance-based behavioral therapy for anxiety disorders Lizabeth Roemer, Ph.D. University of Massachusetts Boston lizabeth.roemer@umb.edu

Mindfulness and acceptance- based behavioral therapy for

2 . Introduction . Background . Mindfulness and Acceptance -Based Group Therapy (MAGT) for Social Anxiety Disorder (SAD) is based on Acceptance and Commitment Therapy (ACT: Hayes et al 1999), with additional

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3 INTRODUCTION Mindfulness and Acceptance-Based Group Therapy (MAGT) for Social Anxiety Disorder (SAD) is based on Acceptance and Commitment Therapy (ACT: Hayes et al 1999).

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• Mindfulness gives us a safe • platform • from which to observe • Practice enables us to stay safely with distress until it disperses • Mindfulness steadies and grounds us Mindfulness in Psychotherapy 1. Awareness 2. Of present experience 3. With acceptance All three components are required for a moment of full mindfulness. (Germer et al., 2005) What Mindfulness is Not • Not a ...

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