



Mindful Counselling & Psychotherapy: Practising Mindfully Across Approaches & Issues

Meg-John Barker

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This book breaks new ground by relating mindfulness to all of the other therapeutic approaches, across all the common presenting problems in counselling & psychotherapy.

Mindfulness is increasingly recognised as an effective therapeutic treatment with positive research outcomes evaluating its success. Meg Barker responds to our growing consciousness of mindfulness approaches, considering how its principles can inform everyday therapeutic work.

The book:

- covers ways in which mindfulness approaches complement each therapeutic approach, as well as any potential conflicts and tensions that might arise
- spells out how a mindfulness approach would understand - and work with - common presenting issues, including depression, anxiety and addiction
- brings together work on mindfulness from across psychotherapy, science, and philosophy
- suggests possible future directions in mindfulness, particularly those which emphasise the social component of suffering.

This engaging and accessible book will appeal to all counselling and psychotherapy students, as well as any therapist looking to complement their own approach with mindfulness theory and practice.

Meg Barker is a senior lecturer in psychology at the Open University.

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