

# INTEGRATING MINDFULNESS INTO PSYCHOTHERAPY PRACTICE

By

**June Bernadette D'souza\***

## Abstract

*Although mindfulness practice is in its relative infancy in the psychotherapy field, a growing body of research indicates that mindfulness-based psychotherapies are effective in treating a number of clinical disorders. The goal of this paper is to outline the key components of mindfulness for clinicians with limited exposure to the concept, and to describe the application of mindfulness-based approaches to the treatment of various disorders. Training issues and future directions for mindfulness-based psychotherapy are also addressed.*

### **Integrating Mindfulness into Psychotherapy Practice**

*Over the past several years, the psychotherapy literature has witnessed a growing number of articles and books devoted to the topic of mindfulness (e.g., Baer, 2003; Germer, Siegel, Fulton, 2005; Hayes, Follette, & Linehan, 2004). Given the preliminary evidence suggesting the usefulness of incorporating mindfulness into psychotherapy, the primary goal of this paper is to introduce mindfulness to clinicians who are interested in learning more about this therapeutic approach. Additionally, tangible ways in which clinicians can integrate mindfulness into their everyday clinical practice are addressed, as well as information about avenues through which to gain training in mindfulness.*

### **Mindfulness Defined**

Three core components are inherent to most definitions of mindfulness: (1) bringing attention to one's experience in the present moment; (2) an awareness that emerges through paying attention on purpose; and (3) a nonjudgmental attitude or acceptance of the ongoing stream of internal and external stimuli as they arise (e.g., Baer, 2003, Bishop et al., 2004; Kabat-Zinn, 2003). The 3 distinct parts in this definition are irreducibly intertwined in the experience of mindfulness and serves as a useful reminder to return to for clinicians beginning to incorporate mindfulness into their therapy practice.

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\*The author is a Lecturer in the General Management Department of Assumption University of Thailand. She has Master degrees in Sociology and in Education from the University of Bombay. She is also now a Doctoral student in the Department of Education at SNDT University, Bombay.