



# **Mindfulness and Acceptance in Behavioral Medicine: Current Theory and Practice (The Context Press Mindfulness and Acceptance Practica Series)**

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## **Innovative Mindfulness and Acceptance-Based Treatments**

Clinicians and researchers working in the field of behavioral medicine are in a unique position to help patients access a range of mindfulness and acceptance-based treatment methods for preventing disease, managing symptoms, and promoting overall health. Evidence-based mindfulness approaches such as acceptance and commitment therapy (ACT) can form a critical component of treatment, helping patients become active partners in improving or maintaining their health and daily functioning.

An essential resource every psychologist, psychiatrist, primary care physician, health care provider, and health educator should own, **Mindfulness and Acceptance in Behavioral Medicine** presents a series of chapters that feature the latest findings on the efficacy of ACT and other mindfulness therapies for specific conditions and populations and guidance for introducing these therapies to patients. The book also includes information on integrating ACT with other therapeutic approaches and offers mindfulness and self-care principles health care professionals can use themselves to avoid burnout and improve patient outcomes.

- Chronic pain
- Epilepsy
- Obesity
- Diabetes
- Smoking cessation
- Insomnia
- Cancer
- Terminal illness

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