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This brilliant new edition of a pioneering book reveals the still-evolving landscape of mindfulness in our dynamic and volatile society. An essential text for clinicians, educators, and all in the helping professions, this comprehensive and culturally sensitive guide to applied mindfulness will foster a genuine awakening of consciousness—in individuals and the greater community.

—**TARA BRACH, PhD**, AUTHOR OF *RADICAL ACCEPTANCE* AND *TRUSTING THE GOLD*

As the application of mindfulness within a therapeutic frame has evolved over the past few decades, so has this seminal volume. The authors' wide-ranging expertise and compassion enable them to expertly detail our field's growth and continued challenges. This third edition will continue as a touchstone for therapists and researchers alike.

—**ZINDEL SEGAL, PhD**, CO-AUTHOR OF *THE MINDFUL WAY WORKBOOK* AND
BETTER IN EVERY SENSE

This is the classic go-to resource for helping professionals who want to integrate mindfulness into their professional practice. This thoroughly updated and illuminating book provides a strong empirical and theoretical foundation to help readers understand the essential role of mindfulness in emotional resilience and healing.

—**KRISTIN NEFF, PhD**, AUTHOR OF *SELF-COMPASSION* AND
THE MINDFUL SELF-COMPASSION WORKBOOK

Imagine the rigor of science, the beauty of art, the wisdom of reflection, and years of clinical expertise rolled into one easily accessible, joy-to-read book. This is what you have in the exquisite third edition of *The Art and Science of Mindfulness*. The wealth of ideas and practices presented in this illuminating work will be of benefit to healers, educators, and professionals in a wide range of fields. Guided by both scientific research and centuries-old wisdom, this seminal text offers a new way of living that has the power to transform our individual and collective lives.

—**DANIEL J. SIEGEL, MD**, FOUNDING CO-DIRECTOR, UCLA MINDFUL AWARENESS
RESEARCH CENTER, *NEW YORK TIMES* BESTSELLING AUTHOR OF *MIND; PERSONALITY AND*
WHOLENESS IN THERAPY; AND THE MINDFUL THERAPIST

With their decades-long clinical research and practice in the field of mindfulness, Shapiro, Carlson, and Sawyer are ideal guides to the subtle art and science of teaching and integrating mindfulness into professional practice. Woven throughout this third edition is a nuanced understanding of equity, diversity, and inclusion, which makes this already substantive book an even more vital companion for clinicians who seek to engage in their work and relationships in ways that are truly liberative and transformational.

—**REBECCA CRANE PhD**, PROFESSOR, CENTRE FOR MINDFULNESS RESEARCH AND PRACTICE,
BANGOR UNIVERSITY, BANGOR, GWYNEDD, UNITED KINGDOM

By framing mindfulness as a natural human capacity, the authors provide a compelling case for why mindfulness should be integrated into both clinical settings and in the lives of health professionals. At a time when rates of stress, burnout, and exit from the health professions are at an all-time high, this book offers an approach that will enhance self-care as well as clinical effectiveness through the cultivation of presence, empathy, and awareness of one's own biases and assumptions. I have used earlier editions of this text to teach graduate students for over a decade, and I am deeply grateful for the many updates and enhancements in the new edition.

—**MARY JO KREITZER PhD, RN, FAAN**, FOUNDER AND DIRECTOR OF THE
EARL E. BAKKEN CENTER FOR SPIRITUALITY & HEALING, UNIVERSITY OF MINNESOTA,
MINNEAPOLIS, MN, UNITED STATES

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Introduction

Elucidating the Science and Practice of Mindfulness

Attention is fundamental to any project, endeavor, or journey. We begin the third edition of this book with a deep intention that it may benefit both those who read it and those whom readers are dedicated to helping. Our aim is to explore the art and science of mindfulness, drawing on Eastern wisdom and practices as well as Western psychological theory and science. We believe mindfulness is fundamental to effective therapy and that sound empirical investigation of mindfulness is necessary and valuable to advance the field. We hope this book will speak to a general audience of psychotherapists, health care providers, caregivers, educators, students, and researchers interested in weaving mindfulness into the fabric of their work.

The purpose of the book is to demystify mindfulness, drawing on the concepts of this 2,600-year-old practice¹ and exploring its potential within the current Western psychological and biomedical framework. We believe that incorporating the perennial insights of mindfulness into the Western tradition offers something unique and profoundly healing to the field of health care. There is a growing need for new ways of seeing and being in the health care professions. Mindfulness helps us expand our vision of self, other, health, and healing and invites us to inhabit our own bodies, hearts, and minds with greater presence, aliveness, and awe.

¹Although we draw from and are inspired by the Buddhist teachings and practices of mindfulness (drawing particularly from the Theravadin tradition), we introduce mindfulness as a secular, universal concept and attempt to place it within a Western medical and psychological context. We view mindfulness as a universal human capacity that anyone can cultivate.

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The Art and Science of Mindfulness: Integrating Mindfulness Into the Helping Professions, Third Edition, by S. L. Shapiro, L. E. Carlson, and B. A. Sawyer

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We have been teaching mindfulness to health care professionals for more than two decades and, during this time, we have seen the yearning to reconnect with the deeper calling that initially drew these students and professionals into the field of healing. Often, practitioners express feelings of frustration, disillusionment, compassion fatigue, and burnout. They share that the intentions that initially drew them to the helping profession are buried under seemingly impenetrable stress, pressure, and overwhelm. This has only intensified in the post-COVID era. They are seeking refuge, honesty, and authenticity—a new way of relating to the chaos and suffering around and within them. They are seeking a wholeness of being and presence out of which they can facilitate their own and others' healing. Mindfulness offers a path.

Our intention here is to offer a simple, practical, and nuanced understanding of mindfulness so we have a common foundation on which to build. From this common ground, we explore the role of mindfulness in psychotherapy and health care, exploring it as an empirically supported clinical intervention across a wide range of populations, a means of fostering self-care for helping professionals, and as a catalyst for going beyond the profession's focus on pathology to include positive growth and development.

Specifically, the book is divided into three sections. Part I, *What Is Mindfulness? And How Is It Applicable to Clinical Work?*, is composed of four chapters. Chapter 1 defines mindfulness. Chapters 2 through 4 explore applications of mindfulness in psychotherapy from the perspective of the mindful therapist (Chapter 2), mindfulness-informed therapy (Chapter 3), and mindfulness-based therapy (Chapter 4).

Part II, *Does Mindfulness Help?*, focuses on a summary of the research on mindfulness-based interventions for psychological (Chapter 5) and medical (Chapter 6) populations. This section also discusses the potential for increased impact from the perspective of positive psychology, growth, and development (Chapter 7).

Finally, Part III, *Future Directions in Mindfulness Research and Practice*, explores mechanisms of action for the salutary and transformational effects of mindfulness (Chapter 8) and offers expansive ways of envisioning health care and mental health, including the well-being of the clinician as an essential part of health service systems (Chapter 9). Finally, Chapter 10 offers directions for future research and applications of mindfulness.

When we conceptualized and wrote the first edition of this book, the field of mindfulness was still quite young. Fifteen years later, we could only have dreamed of the degree to which the field has exploded into a well-studied and deeply exciting arena of exploration. This revised edition includes a new author, Dr. Broderick Sawyer, who brings his expertise in diversity, inclusion, and liberation psychology to the entirety of the text. In addition, the current research and theory related to mindfulness is updated with new sections outlining the neuroscience of mindfulness and new theories on mechanisms of change. Our intention is to offer those in the helping profession a foundation to explore the potential of integrating mindfulness into their work and their lives. Although this is an academic text, it is offered as part of a much larger conversation within

psychology and the helping professions as a vehicle to explore and expand our visions of health and healing. We invite you to read this book as a form of mindful contemplation and hope it challenges you to discover new ways of being with yourself and the people whose lives you touch.

Most importantly, we offer this book as a journey into the richness and beauty of mindfulness. We invite you to discover for yourself what is true.

Throughout this book, case study material has been altered to preserve client confidentiality by use of fictional or composite examples or by changing names and any other identifying information.