



# Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide

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## Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide From New Harbinger Publications

Though acceptance and mindfulness interventions have proven enormously effective for adults with stress, anxiety, depression, and other mental health issues, they have not been fully documented for use with children and adolescents. And yet they are a natural fit for children's therapy-the focus on acceptance and mindfulness builds children's psychological flexibility, and the values component of these methods helps young people learn to set goals and take action to achieve them.

The chapters in **Acceptance and Mindfulness Treatments for Children and Adolescents** show how to modify third-wave behavioral and cognitive therapy methods for the treatment of children and adolescents. This book also considers the early evidence for the adaptability and effectiveness of these methods. Edited by two luminaries in the field of third-wave behavior therapy, these essays will be invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR).

- Learn how ACT, DBT, MBCT, and MBSR can be used with young people and their families
- Discover recent third-wave behavior therapy research
- Explore the practice issues that arise when acceptance and mindfulness techniques are used with children and adolescents
- Find out how to put these techniques to work in your own practice

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### Editorial Review

#### Review

"A timely and impressive compilation of state-of-the-art-approaches for teaching acceptance and mindfulness to younger populations."

—Zindel V. Segal, Ph.D., C.Psych., Morgan Firestone Chair in Psychotherapy and professor of psychiatry and psychology at the University of Toronto and author of *Ther Mindful Way Through Depression*

"This is an absolutely outstanding book on applications of acceptance and mindfulness treatments to physical and mental health problems of children and adolescents. Impressive in its scope and the quality of the contributors, the book provides a broad, comprehensive, and cutting-edge examination of acceptance and mindfulness treatments with children and adolescents. The material in the book is presented in a clear, comprehensive manner, with excellent references and follow-up sources provided. Especially of interest are the applications of acceptance and mindfulness treatments to specific populations (e.g., children with anxiety, externalizing disorders, chronic pain, etc.), as well as to broad social contexts (e.g., parents, schools, primary care settings). Overall, this unique book provides excellent coverage of key issues and will be an important and valuable resource for today's child health professionals. This book is a "must read" for professionals in child health and mental health who wish to understand and use mindfulness treatments in clinical research or practice."

—Annette M. La Greca, PhD, ABPP Cooper Fellow and professor of psychology and Pediatrics at the University of Miami and editor of the *Journal of Consulting and Clinical Psychology*

"For the reader interested in acceptance and mindfulness in children and adolescents, this book is the definitive work on what is happening now and what is on the horizon."

—Bruce F. Chorpita, PhD, professor of clinical psychology in the Department of Psychology at the University of California, Los Angeles, and author of *Modular Cognitive-Behavioral Therapy for Childhood Anxiety Disorders*

"Greco and Hayes' innovative book on acceptance and mindfulness treatments for children and adolescents is an invaluable new resource for students and faculty. Readers will appreciate the broad coverage and creative applications of acceptance and mindfulness treatments in specialized populations (e.g., anxiety disorders, chronic pain, etc.), and settings (e.g., primary care and schools). This book provides a foundation for practice and research in an important new area."

—Dennis Drotar, PhD, professor of pediatrics and director of the Center for the Promotion of Adherence and Self-Management in the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center

"This groundbreaking volume is an important step to developing acceptance and mindfulness treatments for children and adolescents. The book highlights the many conceptual and practical challenges in extending this approach from adults to children and families. Chapters present leading-edge coverage of a range of child problems and contexts and include many rich examples of how these approaches can be developed and tested. This book will be of high interest to practitioners and students from a wide range of disciplines who wish to expand their work in new and creative ways. By grounding the development and testing of acceptance and mindfulness treatments in empirical science, there is great potential to improve on current approaches to child and family treatments and more broadly to influence cultural change."

—Eric J. Mash, PhD, professor of psychology at the University of Calgary

#### From the Publisher

The essays in **Acceptance and Mindfulness Treatments for Children and Adolescents**--which are edited by two luminaries in the field of third-wave behavior therapy--offer a much-needed adaptation of these revolutionary techniques for young people and their families, providing a wealth of new approaches to therapists, counselors, and other helping professionals.

#### About the Author

Laurie A. Greco, PhD, is assistant professor of psychology at the University of Missouri - St. Louis. She is a clinical psychologist and psychotherapist with more than ten years of clinical experience with children, adolescents, and families. Although early in her career, Greco has already published more than twenty articles and book chapters and has given more than sixty conference presentations. In the past five years, she has conducted some forty workshops and professional trainings at the national and international level on topics germane to acceptance and commitment therapy and behavioral parent training

**Steven C. Hayes, PhD**, is Nevada Foundation Professor and director of clinical training in the department of psychology at the University of Nevada, Reno. An author of forty-one books and nearly 600 scientific articles, his career has focused on analysis of the nature of human language and cognition, and its application to the understanding and alleviation of human suffering and promotion of human prosperity. His work has received several awards, including the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.

## Users Review

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#### Kathryn Botello:

Here thing why that Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide are different and trustworthy to be yours. First of all looking at a book is good nonetheless it depends in the content of it which is the content is as yummy as food or not. Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide giving you information deeper including different ways, you can find any reserve out there but there is no guide that similar with Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide. It gives you thrill examining journey, its open up your own eyes about the thing that happened in the world which is might be can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your method home by train. For anyone who is having difficulties in bringing the paper book maybe the form of Acceptance and Mindfulness Treatments for Children and Adolescents: A Practitioner's Guide in e-book can be your choice.

**Dennis Ross:**

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**Nicole Norris:**

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