



Mindfulness- Based Approaches

COUNSELLING THEORY &
APPROACHES

New Cognitive Approaches

Mindfulness-based approaches are integrated within cognitive behavioural therapies to enhance **self-awareness** and **emotional regulation**.



Mindfulness Activity

Engage in a short mindfulness practice by watching this guided video:

 [5-minute Guided Meditation with Jon Kabat-Zinn | MasterClass](#)

Resources

BABCP Podcast

MIND website - [What is mindfulness? | Information and support | Mind - Mind](#)

Mindfulness-Based Approaches: A Guide for Psychologists

Davis, D., DeBlaere, C., Hook, J. N., & Owen, J. (2020). *Mindfulness-Based Practices in Therapy: A Cultural Humility Approach*.

University of Oxford Mindfulness-Based Centre

Mindfulness- Based Approaches

Mindfulness-Based Approaches
include:

Mindfulness-Based Stress Reduction
(MBSR)

Mindfulness-Based Cognitive
Therapy (MBCT)

Dialectical Behaviour Therapy (DBT)

Compassion-Focused Therapy (CFT)

Acceptance and Commitment
Therapy (ACT)

Mindfulness in Psychological Practice

Mindfulness originates from Eastern traditions but can be practiced secularly. It is defined as:

‘The awareness that emerges when we pay attention to experience on purpose, in the present moment, and nonjudgmentally.’ (Kabat-Zinn, 1994)

BPS Guidelines

Psychologists using mindfulness-based approaches should:

- Be aware of potential unexpected effects.
- Support individuals mindfully through these experiences.
- Engage in supervision and reflection without judgment.

Who Can Benefit?

Mindfulness-based approaches have been beneficial for:

- Children and adolescents
- People with intellectual disabilities
- Older adults
- Individuals with chronic pain and long-term health conditions

Mindfulness-Based Therapies in Brief

MBSR and MBCT are structured 8-week group programs.

DBT and ACT incorporate mindfulness within a broader therapeutic framework.

Compassion-focused therapy integrates mindfulness for self-compassion development.

Additional training and supervision are required for effective delivery.

Core Elements of MBSR

1. Body-scan exercises
2. Focused attention on the breath
3. Awareness of bodily sensations through movement
4. Applying mindfulness in daily activities

Core Elements of MBCT

1. Automatic Pilot
2. Dealing with Barriers
3. Mindfulness of the Breath
4. Staying Present
5. Allowing/Letting Be
6. Thoughts are Not Facts
7. Self-Care Strategies
8. Applying Mindfulness in the Future

Practical Applications – Group Work

- How can mindfulness-based approaches be implemented in group settings?
- What are the challenges and adaptations needed for different populations?
- How do NHS and NICE guidelines apply to mindfulness interventions?