

Topic in Action 2:
**Third wave psychotherapies:
from content to process**
Part 2 of 2

Professor Richard Brown
Department of Psychology, King's College London



In this topic



- Introduction to third wave psychotherapies
 - Rumination
- *Mindfulness*

Click **Next** to continue

Mindfulness (1)

Roots in Buddhism

Meditation

**Mediation → awareness and knowing
based in the moment**



Mind Full, or Mindful?

Compassionate and lucid awareness

Sense of knowing what is
happening in the external and
internal world in the present

Week 5 Psychological therapies: From behaviour modification to behaviour therapy

Topic in Action 2: Third-wave psychotherapies: from content to process

3 of 12

Mindfulness (2)

Core cognitive process → **Attention**

paying attention in a particular way

- on purpose
- in the present moment
- non-judgementally

Jon Kabat-Zinn



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4 of 12

Mindfulness skills

Meditation and mindfulness

First applied clinically as
Mindfulness Based Stress reduction (MBSR)

Jon Kabat-Zinn (1979)

Teaches three core skills

1. Attention – consciously aware in the moment
2. Notice habitual negative reactions
 - Not CBT – no expectation to challenge of change thoughts
 - Aware but not engaged with
3. Attitude that is flexible, curious and non-judgemental

Grossman et al. (2004)

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5 of 12

Mindfulness-Based Cognitive Therapy (MBCT) for depression

8-week, 2 hour groups session

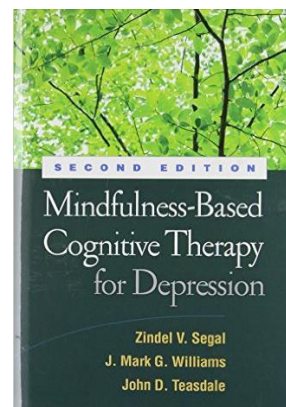
Sessions 1-4

- Core mindfulness skills and practices
- Other practices and exercises
- Cognitive approaches
- Copying skills

Sessions 5-8

- Applying mindfulness to difficulties
- Applied skills
- Relapse prevention planning

All sessions involve homework and daily practice

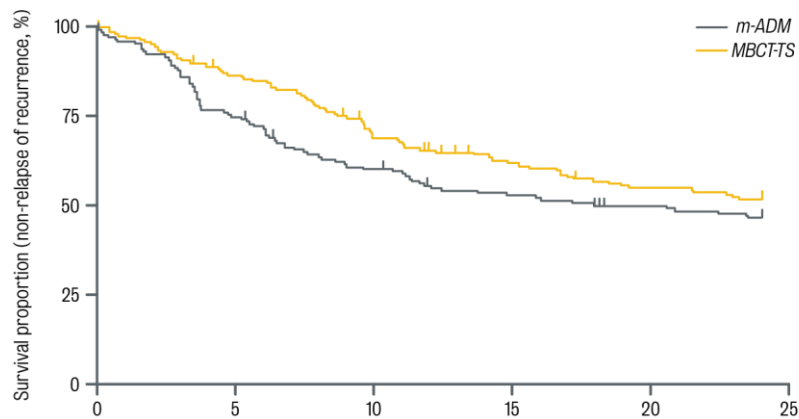


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6 of 12

MBCT for prevention of relapse or recurrent depression (Kuyken et al. 2015)



Number at risk		Analysis time (months)					
m-ADM	212	154	128	108	99	0	
MBCT-TS	212	167	34	113	101	0	

Kuyken et al. (2015)

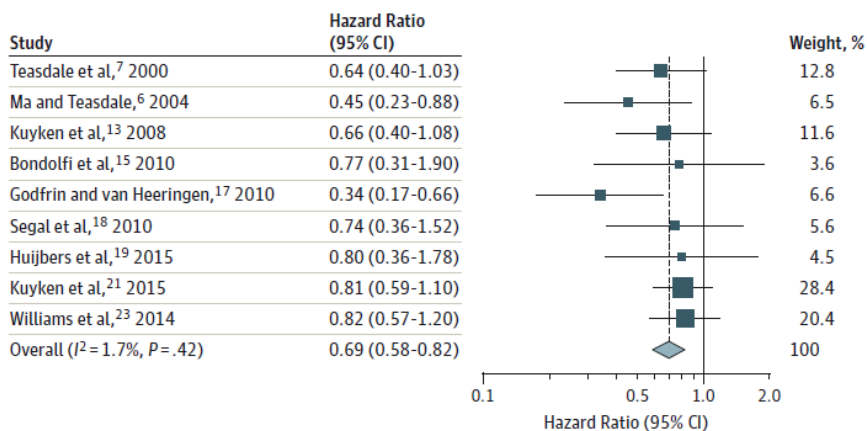
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7 of 12

Meta-analysis of MBCT for recurrent depression (Kuyken et al. 2016) (1)

A MBCT vs no MBCT



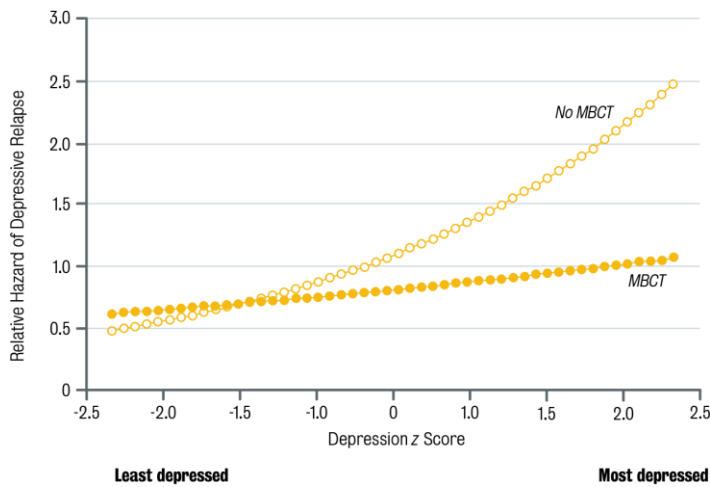
Kuyken et al. (2016)

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Topic in Action 2: Third-wave psychotherapies: from content to process

8 of 12

Meta-analysis of MBCT for recurrent depression (Kuyken et al. 2016) (2)



Relationship between baseline depression severity and relative hazard of relapse

Kuyken et al. (2016)

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9 of 12

Third wave psychotherapies

Rumination focussed therapy

Metacognitive therapy

Schema therapy

Mindfulness –
based cognitive therapy

Acceptance and
commitment therapy

Behavioural activation

Dialectical behaviour therapy

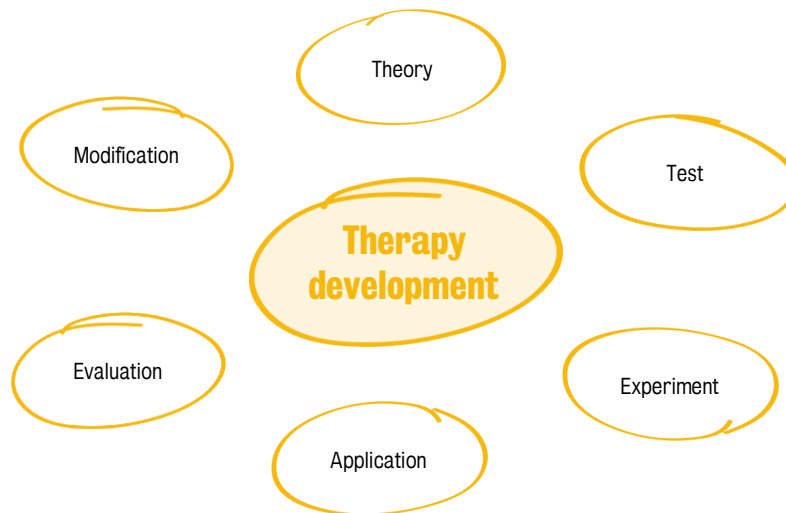
Kahl, Winter and Schweiger (2012)

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10 of 12

Conclusion



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