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Incorporating Acceptance and Mindfulness into the Treatment of Psychosis: Current Trends and Future Directions

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There have been exciting new developments in the treatment of schizophrenia and related psychoses in recent decades. Clinical guidelines increasingly recommend that patients be offered evidence-based psychosocial treatments in addition to medications, as such interventions can produce greater improvements and may prevent relapses better compared with medications alone. In parallel with these recent advancements, an evolution in the way cognitive-behavioral therapies are being conceptualized and implemented has occurred due to the incorporation of novel strategies that promote psychological processes such as acceptance and mindfulness. While there are a variety of acceptance/mindfulness approaches being developed to address psychosis, there is not currently a dominant approach.

In *Incorporating Acceptance and Mindfulness into the Treatment of Psychosis*, Brandon Gaudiano brings together the researchers and clinicians working at the cutting edge of acceptance/mindfulness therapies for psychosis to compare and contrast emerging approaches and discuss them within the context of the more traditional cognitive-behavioral interventions. The book includes a section that focuses on six distinct treatment models that incorporate acceptance and mindfulness strategies for psychosis and a section that provides a synthesis and analysis of acceptance/mindfulness approaches to psychosis. It concludes with recommendations for moving the research forward in a constructive and responsible way. This volume will be an important resource for researchers and clinicians interested in gaining a deeper understanding of mindfulness- and acceptance-based approaches and newer psychosocial treatments for severe mental illness.



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Editorial Review

Review

"Gaudiano compiles the work of several leading researchers in the field of acceptance and mindfulness-based therapy for the treatment of psychosis and fosters a tone of genuine empathy that pervades the entire book. I highly recommend this volume for all individuals involved in treating psychosis."

--Aaron T. Beck, MD, University Professor Emeritus of Psychiatry, University of Pennsylvania, President Emeritus of Beck Institute for Cognitive Therapy and Research, and Director, Aaron T. Beck Psychopathology Research Center

"This is an important and timely book. What I found especially appealing is the integration of basic research with practical implementation of acceptance and mindfulness approaches to treatment. In addition, this book seeks to supplement, not replace, existing approaches for treating psychosis, which really fits how real-world clinicians work with clients. Finally, this book will serve as a ready-made reference for researchers and clinicians alike who are considering adopting mindfulness/acceptance based practices. I applaud both Oxford University Press and Professor Gaudiano for publishing this book."

--David L. Penn, Ph.D., Linda-Wager Martin Distinguished Professor of Psychology, University of North Carolina-Chapel Hill

"We've not had a really fresh approach to explore in psychosocial treatments for psychosis for years--but now we clearly do. It is not a panacea, but early evidence very clearly shows that acceptance and mindfulness methods and measures will change how we think about and approach psychosis. This book has cutting-edge topics, top authors, and just the right balance of research, theory, and practicality. Highly recommended for students, researchers, and practitioners alike."

--Steven C. Hayes, Foundation Professor and Director of Clinical Training, University of Nevada, and co-developer of Acceptance and Commitment Therapy

About the Author

Brandon A. Gaudiano, Ph.D., is a clinical psychologist in the Psychosocial Research Program at Butler Hospital and also is Assistant Professor (research) in the Department of Psychiatry & Human Behavior at the Warren Alpert Medical School of Brown University. Dr. Gaudiano has published over 65 peer-reviewed, scientific articles as well as 50 other publications on various topics including psychotherapy development and testing, evidence-based practices, psychotic and mood disorders, and mindfulness/acceptance. His research on Acceptance and Commitment Therapy and other novel psychosocial interventions for psychosis has been funded by the National Institute of Mental Health.

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