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Tailoring Mindfulness: Fitting the Practice to the Person

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**Detailed Description:**

Mindfulness-based psychotherapy is the most popular new treatment approach in the last decade—and for good reason. Mindfulness practices hold great promise not only for our own personal development, but also as remarkably powerful tools to augment virtually every form of psychotherapy. Mindfulness is not, however, a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. Practices need to be tailored to fit the needs of particular individuals—and this workshop will show you how.

We will explore seven important clinical decisions to consider when deciding when and if to introduce different practices into treatment of individuals with different needs. Once you understand the components of mindfulness practices and how they work to alleviate psychological distress, you'll be able to creatively adapt them to meet the needs of diverse people and conditions. You'll learn how to use mindfulness practices to help resolve anxiety, depression, stress-related medical disorders, and even interpersonal conflict, gaining practical knowledge and skills that will take your practice of mindfulness-based psychotherapy to the next level.

**Learning Objectives:**

- Describe the three core elements of mindfulness practice
- Identify common denominators in psychological difficulties
- Specify seven ways that mindfulness practices can be tailored to the needs of particular types of clients
- Describe the core attitude toward experience found in depression and how mindfulness practice can help to transform it.
- Indicate the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice.
- Specify the core dynamic of chronic back pain and other psychophysiological disorders and how mindfulness practice can help in its relief

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- Author, *The Mindfulness Solution: Everyday Practices for Everyday Problems*
- Coeditor, *Mindfulness and Psychotherapy*
- Coeditor, *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice.*

- Coauthor, *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*
- Coauthor, *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*