

## Tailoring Mindfulness

### Fitting the Practice to the Person

Ronald Siegel, Psy.D.

## What is Mindfulness?

- *Sati* in Pali
  - Connotes *awareness, attention, & remembering*
- In therapeutic arena, also includes
  - Non-judgment
  - Acceptance
    - Adds kindness & friendliness

## Therapeutic Mindfulness

1. Awareness
2. Of present experience
3. With acceptance

## Mind/essness

- Operating on “autopilot”
- Being lost in fantasies of the past and future
- Breaking or spilling things because we’re not paying attention
- Rushing through activities without attending to them

## Life Is Difficult, for Everybody

- Everything changes
  - Loss is inevitable
- We’re hard wired to try to enhance our self esteem
  - But we win some and lose some
  - And we get sick and die

## Mindfulness Can Help Us

- To see and accept things as they are
- To loosen our preoccupation with “self”
- To experience the richness of the moment
- To become free to act skillfully

## Mindfulness *Practice* is Not:

- Having a “blank” mind
- Becoming emotionless
- Withdrawing from life
- Seeking bliss
- Escaping pain

## Breath Awareness



## The Roles of Mindfulness

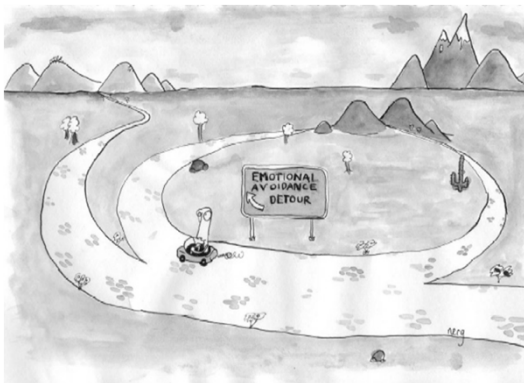
Implicit



Explicit

- Practicing Therapist
  - Relates mindfully to patients regardless of therapeutic intervention
- Mindfulness Informed Psychotherapy
  - Insights from mindfulness practice inform treatment
- Mindfulness Based Psychotherapy
  - Teaches mindfulness practice to patients

## How it Works



Flv

## Overwhelmed?



Intensity of  
experience

Capacity to  
bear experience



## The Thinking Disease

- Analyze past pleasure and pain
- Maximize future pleasure and avoid future pain



## Fitting the Practice to the Person

## Decisions, Decisions

1. Which skills to emphasize?
2. Formal or informal practice?
3. Which objects of attention?
4. Religious or secular practices?
5. Narrative or experiencing mode?
6. Relative or absolute truth?
7. Turning toward safety or sharp points?

## Core Practice Skills

1. Concentration (focused attention)
2. Mindfulness *per se* (open monitoring)
3. Acceptance and Compassion

## Concentration vs. Mindfulness

- Concentration
  - Choose an object and follow it closely
- Mindfulness
  - Attend to whatever object rises to forefront of consciousness



## Acceptance



## Loving-kindness Practice

- “Metta” practices
  - May I be happy, peaceful, free from suffering
  - May my loved ones be happy. . .
  - May all beings be happy. . .



## Continuum of Practice

**Informal Mindfulness Practice**



**Formal Meditation Practice**



**Intensive Retreat Practice**

## Telephone Meditation



## Taillight Meditation



## Shower Meditation



## Formal Practice

(Results May Vary)

- Data supports effects of formal meditation
- Structural and functional brain changes.



## Intensive Retreat Practice



Resources at: [meditationandpsychotherapy.org](http://meditationandpsychotherapy.org)

## Objects of Attention

Course



Subtle

- Feet touching ground
- Sights and sounds of nature
- Taste of food
- Sound of bell
- Breath in belly
- Mantra
- Air at tip of nose

## Religious or Secular?

- “Spiritual” practices
  - Devotional and theistic
- Secular practices
  - Science grounded
- Seek cultural consonance

## Narrative Mode

- Psychodynamic
  - Earlier, transference, other relationships
- Behavioral
  - How learned, how reinforced
- Systemic
  - Maintained by family, community, culture

## Experiencing Mode

- How is it felt in the body?
- How does the mind respond?
  - Grasping
  - Pushing away
  - Ignoring

## Relative Truth

- Human story
  - Success & Failure
  - Pleasure & Pain
  - Longing
  - Hurt
  - Anger
  - Envy
  - Joy
  - Pride



## Absolute Truth

- Anicca (impermanence)
- Dukkha (unsatisfactoriness)
- Anatta (no enduring, separate self)



## Processing Trauma

1. Open to painful emotions
2. Explore the facts of trauma
3. See it through lens of *dependent origination*
4. Develop compassion



## Timing is Everything

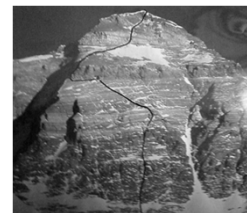
## Turning toward Safety I

- Outer or distal focus
  - Walking Meditation
  - Listening Meditation
  - Nature Meditation
  - Eating Meditation
  - Open eye practices



## Turning toward Safety II

- Inner focus
  - Mountain Meditation
  - Guided Imagery
  - *Metta* Practice
  - DBT techniques



## Turning Toward the Sharp Points

- Moving toward anything unwanted or avoided
- How is it experienced in the body?
  - Pain, fear, sadness, anger
  - Unwanted images or memories
  - Urges toward compulsive behaviors



## Different Strokes

- Need for frequent adjustment of exercises
- Elicit feedback about the experience
  - Both during and after practice
- Titrate between Safety and Sharp Points

## When Mindfulness of Inner Experience Can Be Harmful

- When overwhelmed by traumatic memories
- When terrified of disintegration, loss of sense of self
- When suffering from psychosis



## Alternate Techniques when Overwhelmed

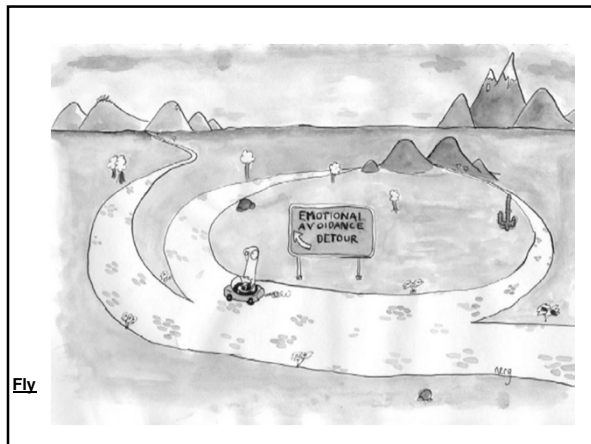
- Eyes open, external sensory focus
  - Ground, trees, sky, wind, sounds
- Yoga practices to stretch and relax muscles



## Decisions, Decisions

1. Which skills to emphasize?
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## Stepping into Life: Treating Depression



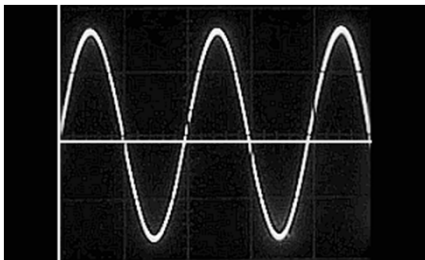
## Overwhelmed?



Intensity of  
experience

Capacity to  
bear experience

## All or Nothing



## Turning Away from Experience

- Depression involves turning away from pain
- Mindfulness turns *toward* the experience at hand, challenging the depressive stance

## Psychosocial Models of Depression

- Learned Helplessness
- Cognitive Models
- Psychodynamic Models
- Relational/Ecopsychological Models

## Learned Helplessness

- Mindfulness redirects attention to present
- Practice seeing moment to moment experiences as workable





## Murder in the 180<sup>th</sup> Degree



## Aliveness



You become sensitive to the actual experience of living, to how things actually feel. You do not sit around developing sublime thoughts about living. You live. - Bhante Guanaratana

## Attention to Present Affect

- Focus on *what*, not *why*
  - What is happening right now?
  - Can you be with or breath into what is happening right now?
- Similar to Eugene Gendlin's focusing and Gestalt Therapy techniques.

## Moving Toward Pain

- What do you experience in your body?
- What is your relationship to your pain?
- Do you feel compassionate toward yourself?



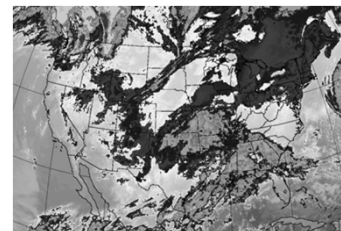
## Perspective on Thought

- Refuting thought often falls flat
- Changing relationship to *all* thinking is more powerful

Thoughts are not facts. . .  
I am not my thoughts. . .



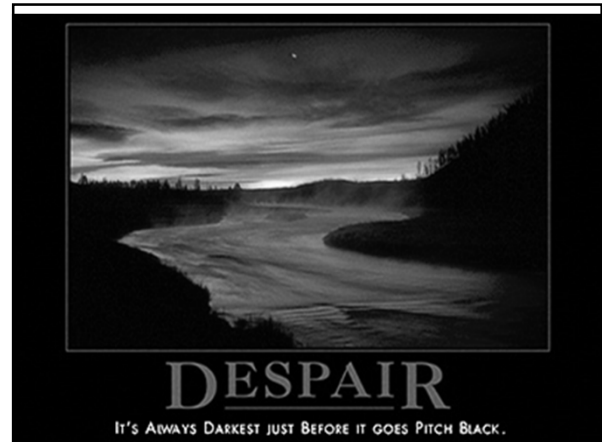
## Affective Meteorology



- When in the past did you not feel depressed?
- How were your thought patterns different?

## Entering Dark Places

- Following our patient into
  - Despair
  - Loneliness
  - Un-lovability
  - Self hate



## Surviving & Connecting

- Patients need to know that they will not kill us off with their anger or despair
- “You cannot draw a depressed person out of his misery with love. . .you can, sometimes, manage to join someone in the place where he resides”

– Andrew Solomon

## Hope

- Premature offers of hope are empathic failures
- Empathic connection itself offers hope



## Medication

- Is patient caught in downward spiral?
- Does depressed affect lead to behavior which results in more depression?
- Is therapeutic relationship sufficient to reverse this?

### The Guest House

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

~ Rumi ~

## Befriending Fear: Treating Anxiety Disorders

## Components of Anxiety

- Physiological
  - Psychophysiological arousal
- Cognitive/Affective
  - Future oriented thinking, fear
  - Accurate and inaccurate risk appraisal
- Behavioral
  - Avoidance and rituals

## Toppling Forward

- Most of time we're lost in thoughts about the future
- Next, next, next
  - Looking forward to pleasure
  - Dreading pain



## Anticipation

- All anxiety is anticipatory
- Even people in terrible present situations worry about the future



## Worry

- Keeps me safe
- Helps me cope
- Prepares me for what may come



## Trying to Be Happy by Avoiding Pain

- The "Diver Dan" approach to life
  - Phobic avoidance & constriction
- Medicating discomfort
- Hooked on distraction
  - TV, Internet, Shopping
- Stimulation tolerance



## Escape-Avoidance Learning

- Enter situation
- Anxiety arises
- Leave situation
- Anxiety abates
- Reduction in anxiety is negatively reinforcing



## Exposure and Response Prevention



## Compassionate Bait and Switch

- Patients want us to remove anxious feeling
- Instead, we help them to increase their capacity to bear it
- Changing their *relationship* to the experience

## 2500 Year Old Treatment

Why do I dwell always expecting fear and dread? What if I subdue that fear and dread keeping the same posture that I am in when it comes upon me? While I walked, the fear and dread came upon me; I neither stood nor sat nor lay down until I had subdued that fear and dread.



## Relief from Narcissistic Threats

- Anxiety often involves threats to who we think we are
  - Self image
  - Health
  - Wealth
  - Anticipated loss of pleasure
  - Anticipated pain

## Mindfulness in Action



## Mindfulness of Unwanted Affect

- Much anxiety is signal anxiety
- Fear of
  - Anger
  - Sadness
  - Sexual urges
  - Repressed/suppressed memories
  - Unacceptable thoughts

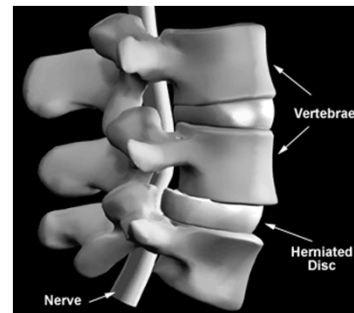


## Beyond Symptom Management:

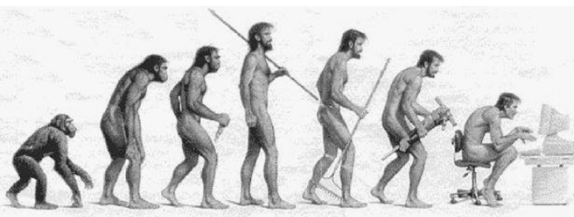
### Treating Psychophysiological Disorders

## The Strange Case of Chronic Back Pain

### Bad Back?



## The Orthopedic Story



### What's the Evidence?

- 2/3 of people who have never suffered from serious back pain have the same sorts of "abnormal" back structures that are often blamed for the pain
- Millions of people who suffer from chronic back pain show no "abnormalities" in their backs
- Many people continue to have pain after "successful" surgical repair

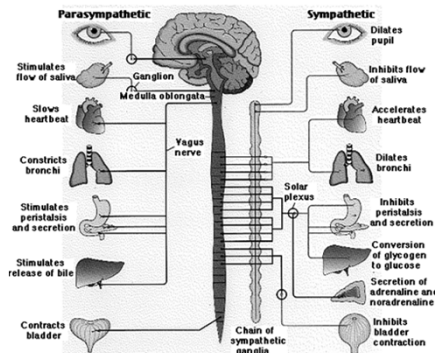
## “Smoking Gun” Studies

- What countries have chronic back pain epidemics?
- Who gets chronic back pain?
- What is the quickest way out of acute back pain?

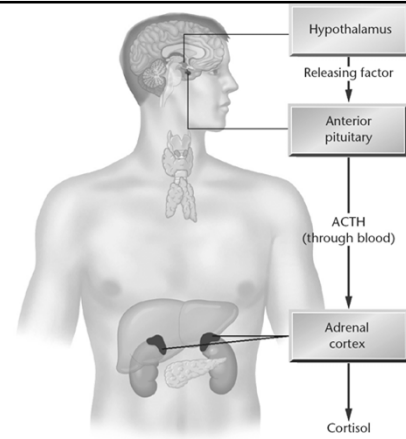
“HONEY, STRESS IS NOT SIMPLY  
PAR FOR THE COURSE—IT IS  
THE COURSE.”



## Autonomic Nervous System



## HPA Axis

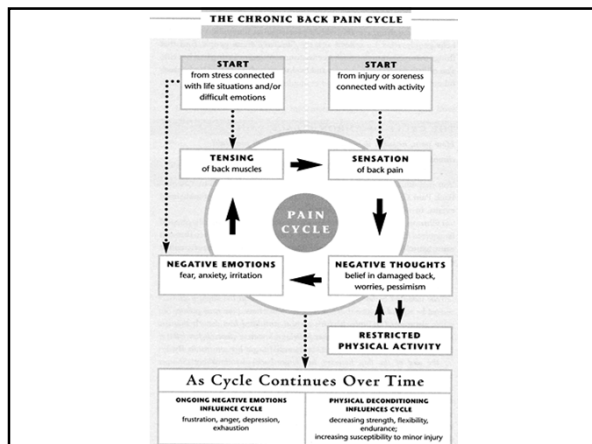


## A Well-Adjusted Brain



## Disorders of Chronic Overarousal or Disregulation

- Back, Neck, or other chronic muscle pain
- Gastrointestinal Distress
- Headaches, TMJ, Tinnitus, Bruxism
- Insomnia
- Eczema and other skin disorders
- Sexual Dysfunctions
- Panic and other anxiety disorders



## Not Imaginary Pain

- While psychological stressors of all types can contribute to chronic back pain, **the pain is not imagined or “All in the head”**
- Caused by real muscle tension
- Patients need to hear this *repeatedly*

## Four Steps of the Back Sense Program

1. Medical Evaluation
2. Cognitive Restructuring
3. Exposure Treatment
4. Working with Negative Emotions

## Resuming Lost Activities

- Exposure and response prevention central to treating kinesiophobia
- Resume activities often enough to be convinced that they are not damaging



## In the Physical Therapy Office

- The weird science experiment gone awry
  - Implosion treatment
  - Ignores Back School instructions
- Fastest method
- Greatest chance of drop out

## In the Psychotherapy Office

- Begin with activities that are:
  - Easy
  - Pleasurable or rewarding
  - Can be done 3 or more times/week
- Continue until no longer feared
  - Convinced it doesn't make pain worse
- Use *Resuming Activities Chart*

## Systemic Issues

- Much stress is interpersonal
- May need to address secondary gain
  - Interpersonal
  - Economic



## Mindfulness



## The Story of the Two Arrows



When touched with a feeling of pain, the uninstructed run-of-the-mill person sorrows, grieves, & laments, beats his breast, becomes distraught. So he feels two pains, physical & mental. Just as if they were to shoot a man with an arrow and, right afterward, were to shoot him with another one, so that he would feel the pains of two arrows (*Sallatha Sutta* [The Arrow] ).

## (Pain) x (Resistance) = Suffering

- Pain can be observed to be separate from “suffering”
- Impermanence as gift as well as curse
- Apparently solid pain states are observed to be like frames in a movie, ever-changing

## Pain is Inevitable, Suffering is Optional

- Suffering Includes:
  - Grimacing, wincing, bracing.
  - Aversive thoughts.
  - Wishes for relief.
  - Self-punitive thoughts.
  - Anger, fear, depression regarding condition.

## Cognitive Restructuring

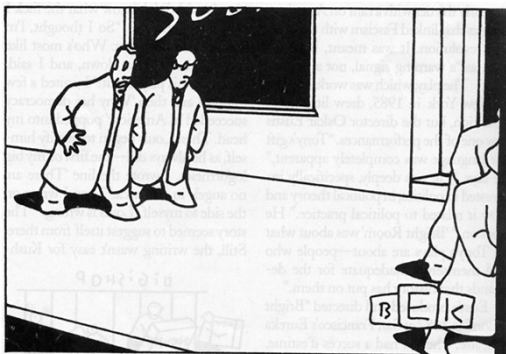


## Thoughts Are Just Thoughts

- Mindfulness increases cognitive flexibility
- Need to believe that beliefs are part of the problem
- Not events themselves, but our reactions to events that are the problem

## Observing Pain-related Thoughts

- Tally-mark assignment to monitor thoughts
- Notice prevalence of anxious thought and feeling
- Notice future-oriented catastrophizing
- Notice “budgeting” activity



*"I just get a little tense before everything."*

## Mindfulness & Resuming Normal Life

## Creative Hopelessness

- Central paradox in treatment of psychophysiological disorders:
  - Attachment to symptom reduction perpetuates disorder



## Control Addiction

- Letting go of quest to fix problem
- Useful to control behavior, not sensations



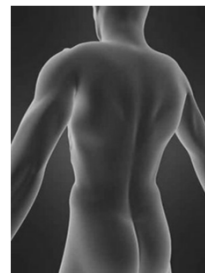
## Mindfulness: Beyond Relaxation Training

- Not controlling physiological arousal
- Mindfulness
  - Fosters cognitive change
  - Increases symptom tolerance
  - Increases capacity to choose whether to act on urges
  - Uncovers emotions



## Increasing Symptom Tolerance

- Pain as object of awareness
- Bring attention to wider area if necessary



## Working with Intentions

- Pain is distinct from urge to eliminate it
- Attention can be brought to urge to move
- Urge arises, reaches crescendo, and passes

## Working with Negative Emotions

## Mindfulness and Psychodynamic Exploration

- Alexithymia
- Mindfulness practice
  - Aids psychodynamic exploration
  - Develops affect awareness and tolerance



## Use Mindfulness to Identify Difficult Emotions

- Many stressors can contribute to tension and hence pain
- Take inventory of emotional issues that may be contributing to stress
  - *Coping with Emotions Chart*



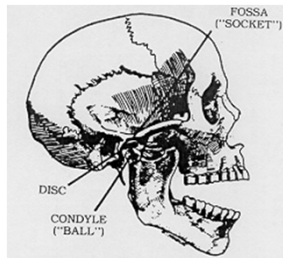
## Other Psychophysiological Disorders

## Other Muscle Tension Disorders

- Dynamics very similar to chronic back pain
  - Headaches; TMJ, neck, knee, foot, wrist, shoulder pain,
- Need to rule out structural causes
  - Then follow same 4 step program

## Placebo TMJ Treatment

- Sham tooth grinding cures TMJ (Goodman, Greene, & Laskin, 1976)
  - Told patients tooth grinding would resolve problem
  - Actually only vibrated teeth
  - 64% of patients reported total or significant relief



## Doctors vs. Lawyers



## Placebo Knee Surgery

- Sham knee surgery resolves knee pain from osteoarthritis (Moseley, O'Malley, & Peterson, et al., 2002)
  - 1/3 subjects received arthroscopic debridement
  - 1/3 subjects received arthroscopic lavage
  - 1/3 subjects received incisions only (placebo surgery)
  - All improved. Real surgery had no advantage over placebo at any point during 2 years following surgery.



## Sexual Dysfunctions



*"Perhaps your performance anxiety wouldn't be so bad if you performed better."*

## Trying to Fix the Plumbing

- Rule out physical disease or physiological condition
- Effective non-pharmacological interventions target acceptance
  - Masters and Johnson
- Attention to relationship issues
  - Unresolved anger, guilt, etc.

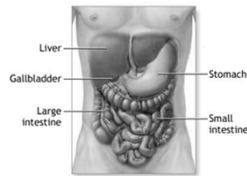
## Insomnia

- Conventional Treatment:
  - Stimulus control
  - Sleep hygiene
  - Relaxation
- Mindfulness Treatment:
  - Reduced sleep need
  - Give up goal orientation



## Gastrointestinal Distress

- System remarkably sensitive to emotional stress
  - No need to digest your lunch when you're about to become somebody else's



## Facing Mortality: The Challenge of Illness Anxiety

## Illness Anxiety

- A universal, existential challenge
- An invitation to spiritual practice:
  - The Buddha's Second Chariot Ride
  - The Story of the Mustard Seed

It's  
Probably  
Nothing



It's  
Probably  
Something  
Serious



## Facing Mortality

- Everything falls apart in the end
  - Illness challenges delusion of immortality
- Opportunity to live more fully here and now
  - Meditation at burial grounds
  - Spiritual Autopsies



## Silver Linings

- For many patients, recovery is first exposure to mindfulness insights.
  - Learning to let go
  - Learning to face fear
  - Noticing transient nature of experience
  - Increased awareness of emotion
- Lessons apply to the rest of life.



For worksheets, charts, and  
more information visit:

[www.backsense.org](http://www.backsense.org)

For mindfulness & psychotherapy  
resources, visit:  
[www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)

For recorded meditations, visit:  
[www.mindfulness-solution.com](http://www.mindfulness-solution.com)

email:  
[rsiegel@hms.harvard.edu](mailto:rsiegel@hms.harvard.edu)

## Clinician Resources

Please visit [www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org) , [www.mindfulness-solution.com](http://www.mindfulness-solution.com), and [www.sittingtogether.com](http://www.sittingtogether.com) for updated listings.

### *Mindfulness-Oriented Psychotherapy*

#### Books

- Baer, R. (Ed.) (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. Burlington, MA: Academic Press.
- Bien, T. (2006). *Mindful therapy: A guide for therapists and helping professionals*. Boston, MA: Wisdom.
- Bowen, S., Chawla, N., & Marlatt, G. A. (2011). *Mindfulness-based relapse prevention for addictive behaviors*. New York, NY: Guilford Press.
- Eifert, G. & Forsyth, J. (2005). *Acceptance and commitment therapy for anxiety disorders*. Oakland, CA: New Harbinger.
- Epstein, M. (1995). *Thoughts without a thinker: Psychotherapy from a Buddhist perspective*. New York: Basic Books.
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- Gilbert, P. (2009). *The compassionate mind: A New approach to life's challenges*. Oakland, CA: New Harbinger Press.
- Goleman, D. & Dalai Lama. (2003) *Destructive emotions: How can we overcome them?* New York: Bantam Dell.
- Hayes, S., Smith, S. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
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- Kurtz, R. (1990). *Body-centered psychotherapy: The Hakomi method*. Mendocino, CA: LifeRhythm.
- Kwee, M., Gergen, K., & Koshikawa (Eds.) (2007). *Horizons in Buddhist psychology*. Chagrin Falls, Ohio: Taos Institute Publications.
- Langan, R. (2006). *Minding what matters: Psychotherapy and the Buddha within*. Boston: Wisdom Publications.
- Linehan, M. M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- Magid, B. (2002). *Ordinary mind: Exploring the common ground of Zen and psychotherapy*. Boston: Wisdom Publications.
- Marra, T. (2005). *Dialectical behavior therapy in private practice: A practical and comprehensive guide*. Oakland, CA: New Harbinger Publications.
- McQuaid, J., & Carmona, P. (2004). *Peaceful mind: using mindfulness and cognitive behavioral psychology to overcome depression*. Oakland, CA: New Harbinger Publications.
- Miller, A., Rathus, J., & Linehan, M. (2007). *Dialectical Behavior Therapy with suicidal adolescents*. New York: The Guilford Press.
- Mruk, C. & Hartzell, J. (2003). *Zen and psychotherapy: Integrating traditional and nontraditional approaches*. New York: Springer Publishing Co.
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- Orsillo, S. M. & Roemer, L., (2011). *The mindful way through anxiety*. New York, NY: Guilford.
- Pollak, S. M., Pedulla, T., & Siegel, R. D., (2014). *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*. New York, NY: Guilford.
- Roemer, L., & Orsillo, S. M. (2009). *Mindfulness and acceptance-based behavioral therapies in practice*. New York, NY: Guilford Press.

- Safran, J. E. (2003). *Psychoanalysis and Buddhism*. Boston: Wisdom Publications.
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- Siegel, D. (2007). *The mindful brain*. New York: W.W. Norton.
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- Stern, D. (2004) *The present moment in psychotherapy and everyday life*. NY: W. W. Norton.
- Unno, M. (Ed.) (2006). *Buddhism and psychotherapy across cultures*. Boston: Wisdom Publications.

### **Websites**

- Institute for Meditation and Psychotherapy: [www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)
- Mindfulness-Based Stress Reduction: [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)
- Dialectical Behavior Therapy: [www.behavioraltech.com](http://www.behavioraltech.com)
- Acceptance and Commitment Therapy: [www.acceptanceandcommitmenttherapy.com](http://www.acceptanceandcommitmenttherapy.com)
- Mindfulness and Acceptance Special Interest Group of the Association for the Advancement of Behavior Therapy: [listserv.kent.edu/archives/mindfulness/html](http://listserv.kent.edu/archives/mindfulness/html)
- Self-Compassion Resources: [www.self-compassion.org](http://www.self-compassion.org)
- The *Back Sense* program for treating chronic back pain: [www.backsense.org](http://www.backsense.org)



# Mindfulness Practice Resources

(Adapted and updated from *The Mindfulness Solution: Everyday Practices for Everyday Problems*, by Ronald D. Siegel, Guilford Press, 2010).

Please visit [www.mindfulness-solution.com](http://www.mindfulness-solution.com) and [www.sittingtogether.com](http://www.sittingtogether.com) for updated listings.

## *Mindfulness Practice*

### Books

Aronson, H. (2004). *Buddhist practice on Western ground: Reconciling Eastern ideals and Western psychology*. Boston: Shambhala Publications.

Bays, J. C. (2011). *How to train a wild elephant & other adventures in mindfulness*. Boston: Shambhala Publications.

Beck, C. (1989). *Everyday Zen: Love and work*. San Francisco: HarperSanFrancisco.

Brach, T. (2003). *Radical acceptance: Embracing your life with the heart of a Buddha*. New York: Bantam Dell.

Brach, T. (2012). *True refuge: Finding peace and freedom in our own awakened heart*. New York: Bantam Books.

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### **Recordings**

- Meditations from *The Mindfulness Solution: Everyday Practices for Everyday Problems*:  
[www.mindfulness-solution.com](http://www.mindfulness-solution.com)
- Meditations from *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*:  
[www.sittingtogether.com](http://www.sittingtogether.com)

## ***Meditation Training Centers***

### **Secular**

Center for Mindfulness in Medicine, Healthcare, and Society, University of Massachusetts Medical School, 55 Lake Avenue North, Worcester, MA 01655.

<http://www.umassmed.edu/cfm/mbsr/>

### **Vipassana**

Barre Center for Buddhist Studies, 149 Lockwood Road, Barre, MA 01005

<http://www.dharma.org>

Insight Meditation Society, 1230 Pleasant St., Barre, MA 01005

<http://www.dharma.org>

Insight LA, 2633 Lincoln Blvd, #206, Santa Monica, CA 90405

<http://www.insightla.org>

New York Insight, P.O. Box 1790, Murray Hill Station, New York, NY 10156.

<http://www.nyimc.org>

Spirit Rock Meditation Center, P.O. Box 909, Woodacre, CA 94973

<http://www.spiritrock.org>

### **Tibetan**

Naropa University, 2130 Arapahoe Ave Boulder, CO 80302

<http://www.naropa.edu>

Shambala Mountain Center, 4921 County Road 68-C, Red Feather Lakes, CO 80545

<http://www.shambhalamountain.org>

### **Zen**

San Francisco Zen Center, 300 Page Street, San Francisco, CA 94102

<http://www.sfzc.com>

Zen Center of Los Angeles

<http://www.zcla.org>

Zen Mountain Monastery, P.O.Box 197, Mt. Tremper, NY 12457

<http://www.mro.org/zmm/zmmhome/>

## ***Buddhist Psychology***

### **Books**

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### **Websites**

- Buddhist information and education:** [www.buddhanet.net](http://www.buddhanet.net)
- Buddhism and science:** [www.mindandlife.org](http://www.mindandlife.org)
- Audiovisual materials of all kinds:** [www.soundstrue.com](http://www.soundstrue.com)
- Mindfulness teacher talks:** [www.dharmaseed.org](http://www.dharmaseed.org)
- Buddhist journal (USA):** [www.tricycle.com](http://www.tricycle.com)
- Journal for mindfulness practitioners:** [www.inquiringmind.com](http://www.inquiringmind.com)
- Mindfulness and self compassion:** <http://www.mindfulselfcompassion.org>

## About the Presenter

Dr. Ronald D. Siegel is an Assistant Professor of Psychology Part Time at Harvard Medical School, where he has taught for over 30 years. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness and psychotherapy and mind/body treatment, has worked for many years in community mental health with inner city children and families, and maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is coauthor of the self-treatment guide *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*, which integrates Western and Eastern approaches for treating chronic back pain; coeditor of the critically acclaimed text, *Mindfulness and Psychotherapy, 2<sup>nd</sup> Edition*; author of the guide for general audiences, *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coeditor of *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice* with a foreword by His Holiness the Dali Lama; and coauthor of the new skills manual, *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*. He is also a regular contributor to other professional publications, and is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy.

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For recordings of mindfulness practice instructions, including meditations for working with anxiety, depression, relationship issues, addictions, and other difficulties, please visit [www.mindfulness-solution.com](http://www.mindfulness-solution.com)

For additional recorded meditations, and patient handouts, please visit [www.sittingtogether.com](http://www.sittingtogether.com)

For information about mindfulness and psychotherapy programs, please visit [www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)

For information about the *Back Sense* program for treating chronic back pain, please visit [www.backsense.org](http://www.backsense.org)