

## EXPLICATING MINDFULNESS-BASED INTERVENTION: THEORETICAL INSIGHTS AND EMPIRICAL APPLICATIONS

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### ABSTRACT

Research shows that the effective use of mindfulness-based Intervention brings forth positive consequences such as improving people's psychological as well as physical health. MBCT (Mindfulness-Based Cognitive Therapy) has remained to be a relatively new and very effective treatment intervention. Therapists who use MBCT combine various cognitive techniques of behavior and well-defined mindfulness strategies to help their clients better understand and, most importantly, effectively manage their concurrent thoughts and emotions. DBT (Dialectical Behavior Therapy) encompasses a comprehensive cognitive-behavioral treatment. Numerous empirical applications have proved DBT to be very effective when used to treat individuals with borderline personality issues. ACT (Acceptance and Commitment Therapy) enables individuals to recognize as well as address challenges that come their way. Besides, ACT leads individuals to become better, not forgetting to require individuals to execute values-based actions. The main goal of developing this particular treatment approach was to teach individuals that they can better learn and understand effective strategies that will lead them to live healthier and be in a position to cope with normal psychological pain. Practitioners and therapists use mindfulness practices to continually encourage their clients to effectively integrate mindfulness in non-clinical environments and, most importantly, make it part of their lives.

## Introduction

The popularity of various mindfulness-based Interventions has grown exponentially in recent years. Besides, mindfulness-based Intervention is prospected to experience continual growth and development in the future. It is essential to note that the popularity of the foregoing Interventions have been stimulated by the ever-increasing research studies, not forgetting its wide breadth of application in the clinical field.<sup>1</sup> Research shows that the effective use of mindfulness-based Intervention brings forth positive consequences such as improving people's psychological and physical health. Notably, mindfulness has many potential benefits, such as when used in therapeutic Intervention approaches meant to improve mindfulness in clinical, not forgetting community contexts.<sup>2</sup>

In addition, mindfulness-based interventions have been found to reduce perceived stress levels and depression among individuals. Therapists commonly use Mindfulness-based stress reduction (MBSR), acceptance and commitment therapy (ACT), mindfulness-based cognitive therapy (MBCT), and so-called dialectal behavior therapy in treating their patients. Indeed, various mindfulness interventions are specifically designed to majorly focus on one's attention regarding their past and current experiences.<sup>3</sup> Worth noting, various mindfulness interventions are beneficial to individuals seeking therapy to address their pressing concerns.<sup>4</sup> The research paper explicates Mindfulness-based Intervention by exploring the existing theoretical insights and empirical applications.

## The Concept of Mindfulness

Up-to-date, there is no single definition of mindfulness that has been accepted universally. The difficulty in coming up with a universal definition of this particular concept is because of the differing beliefs about what is meant by mindfulness. Besides, people have had differing opinions regarding achieving mindfulness. Further, individuals have had varied views and perceptions about the aim of mindfulness. Also, it has been a big challenge to describe and, most importantly, define the mindfulness concept using medical as well as psychological terminology. Indeed, people have raised several ideas that the belief is associated with the mindfulness concept. However, one may fundamentally understand this particular concept as a state where an individual increases his or her present awareness regarding their mental, emotional as well as physical conditions without being judgmental. For instance, people may pay attention to various experiences, including their body sensations, their feelings, and cognition, and accept them in the absence of external influencers.<sup>5</sup>

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<sup>1</sup> Dimidjian, Sona, and Zindel V. Segal. "Prospects for a clinical science of mindfulness-based intervention." *American Psychologist* 70, no. 7 (2015): 593.

<sup>2</sup> Cavanagh, Kate, Clara Strauss, Francesca Cicconi, Natasha Griffiths, Andy Wyper, and Fergal Jones. "A randomized controlled trial of a brief online mindfulness-based intervention." *Behavior research and therapy* 51, no. 9 (2013): 573-578.

<sup>3</sup> Dimidjian (593)

<sup>4</sup> Good-Therapy. Mindfulness-Based Interventions, n.d.

<sup>5</sup> O'Bryan, Emily M., Kristen M. Kraemer, Christina M. Luberto, and Richard Sears. "Mindfulness-Based Behavioral and Cognitive Therapies." *Treating PTSD in Military Personnel: A Clinical Handbook* (2019): 95.

It is vital to note that various mindfulness practices do help individuals control the concurrent thoughts that come into their minds, rather than allowing such thoughts to control them.<sup>6</sup> In recent decades, various mindfulness-based interventions have experienced increased popularity in critical fields such as in physical, not forgetting in the mental health. Therapists have also adopted and extensively used distinct mindfulness approaches to address concerns in numerous areas. For instance, mindfulness exercises are increasingly being employed in learning institutions, business organizations, and the military, to mention a few.<sup>7</sup>

### **The Use of Mindfulness-based Interventions in Therapy**

Various mindfulness-based interventions have increasingly and widely received acceptance in Western nations and have proven to be effective methods that can be used to address the core symptoms shown by individuals suffering from or those that are experiencing mental health challenges as well as emotional concerns.<sup>8</sup> Most of the mindfulness-based interventions are rooted and believed to have emanated from ancient Buddhist traditions.<sup>9</sup> For instance, the Vipassanā and the so-called Zen meditations are believed to be the sources of most of the mindfulness approaches.

To date, there exists well-defined and recognized therapy models that have succeeded in incorporating various mindfulness practices. Jon Kabat-Zinn is the scientist who found what is referred to as a mindfulness-based stress reduction program back in 1970.<sup>10</sup> Besides, in nineteen seventy, Marsha Linehan came up with DBT with support from the West and East's spiritual influences. ACT was developed and introduced later in the 1980s via the collaboration of Steven Hayes and his colleague Kirk Strosahl while borrowing Eastern ideas as well as techniques.<sup>11</sup> Further, in the twenty-first century, Zindel, Williams, and Teasdale John came up with MBCT by building upon what Kabat-Zinn's had introduced. The MBSR and MBCT are concerned about teaching the commonly referred to as mindfulness meditation.<sup>12</sup> On the other hand, DBT and ACT have not been used in teaching mindful meditation. DBT and ACT incorporate various mindful exercises to promote awareness as well as focus attention.<sup>13</sup>

### **Mindfulness-Based Cognitive Therapy (MBCT)**

Therapists who use MBCT combine various cognitive techniques of behavior and well-defined mindfulness strategies in their effort of helping their clients better understand and, most importantly, effectively manage their concurrent thoughts as well as emotions. Effective

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<sup>6</sup> O'Brien et al. (95)

<sup>7</sup> Good-Therapy. Mindfulness-Based Interventions, n.d.

<sup>8</sup> Good Therapy (Para 5)

<sup>9</sup> Carlson, Linda E. "Uptake of mindfulness-based interventions: A phenomenon of wealthy white western women." *Clinical Psychology: Science and Practice* 25, no. 3 (2018).

<sup>10</sup> Good-Therapy. Mindfulness-Based Interventions, n.d.

<sup>11</sup> Hooper, Nic, and Andreas Larsson. 2015. *The research journey of acceptance and commitment therapy (ACT)*.

<sup>12</sup> McCartney, Mark, Sarah Nevitt, Annette Lloyd, Ruaraidh Hill, Ross White, and Rui Duarte. "Mindfulness-based cognitive therapy for prevention and time to depressive relapse: Systematic review and network meta-analysis." *Acta Psychiatrica Scandinavica* 143, no. 1 (2021): 6-21.

<sup>13</sup> Segal, Zindel V., J. Mark G. Williams, John D. Teasdale, and Jon Kabat-Zinn. *Mindfulness-based cognitive therapy for depression*, 2018. (P 81)

management of thoughts helps individuals achieve relief of their unfavorable distress feelings.<sup>14</sup> MBCT was initially developed to help individuals address their recurrent depression. However, this particular mindfulness-based Intervention has benefited people seeking treatment for various concerns regarding their mental health.

### Development of MBCT

Zindel, Williams, and Teasdale came up with the original plan and developed MBCT. Since its publication in 2000, MBCT has remained to be a relatively new and very effective treatment intervention.<sup>15</sup> For instance, MBCT intervention is currently being used extensively by therapists and other PR practitioners in their professional work. Besides, this particular treatment approach incorporates distinct principles outlined by Kabat-Zinn in his mindfulness-based stress reduction modality.<sup>16</sup> MBCT programs take approximately eight weeks, and it is specifically designed to help individuals in coping with their health concerns which can either be mental or physical. Also, MBCT incorporates the Interactive Cognitive Subsystems model that Bernard and Teasdale developed. The ICS basis is that people's minds have varying modes that are responsible for receiving as well as processing data. According to the ICS model, one mental health greatly depends on the ability to exchange the core function-ability of the core primary modes.<sup>17</sup> It is also vital to note that MBCT programs majorly emphasize the so-called "being mode." The "being" mode plays a fundamental role in promoting long-lasting emotional change among people experiencing or suffering from recurrent depressive episodes.

### How MBCT Works

The MBCT approach helps individuals better understand how to effectively use various cognitive methods and mindfulness meditation. The findings of a research study conducted by Crane; the effective use of well-defined cognitive methods combined with mindfulness meditation helps people interrupt any recurrent automatic processes that are responsible for triggering depression.<sup>18</sup> Negative thoughts, body sensations, and the emergence of low mood are the common occurrences that are associated with depression episodes. Besides, even when depression episodes diminish, victims may be prone to the small negative stimulus that are responsible for triggering a large downward spiral.<sup>19</sup> Indeed, individuals who have had depression experiences are more likely to experience low mood. Also, this group of individuals with a depression history is more prone to experiencing negative memories connected to their past experiences. The negative experiences lead such individuals to worry about their future, not forgetting about having physical sensations.

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<sup>14</sup> McCartney (16)

<sup>15</sup> Alsubaie, Modi, Rebecca Abbott, Barnaby Dunn, Chris Dickens, Tina Frieda Keil, William Henley, and Willem Kuyken. "Mechanisms of action in mindfulness-based cognitive therapy (MBCT) and mindfulness-based stress reduction (MBSR) in people with physical or psychological conditions: a systematic review." *Clinical psychology review* 55 (2017): 74-91.

<sup>16</sup> Alsubaie et al. (82)

<sup>17</sup> Manjaly, Zina-Mary, and Sandra Iglesias. "A Computational Theory of Mindfulness-Based Cognitive Therapy from the "Bayesian Brain" Perspective." *Frontiers in Psychiatry* 11 (2020): 404.

<sup>18</sup> Crane, Rebecca. *Mindfulness-based cognitive therapy: Distinctive features*. Taylor & Francis, 2017.

<sup>19</sup> Crane (41)

Furthermore, the successful completion of MBCT programs leads individuals to know how to effectively recognize and critically evaluate their actual sense of being.<sup>20</sup> Such actions enable such individuals to develop feelings of separation of their being from the presenting thoughts as well as moods. The disconnect enables individuals to avoid unfavorable thought patterns, which often stimulate negative messages and feelings. Consequently, separation awareness helps people effectively interject beneficial positive thoughts, thus reducing their actual chances of being victims of harmful negative moods. Generally, an effective MBCT mindfulness-based intervention equips participants with critical tools that help them continually combat the emergence of a wide range of depressive symptoms before they arise. Knowledge of various MBCT strategies acts as reference material that individuals can revert and refer to amidst distress moments or when they encounter potentially overwhelming situations.

### **The Major Issues Addressed/Treated with MBCT**

The findings of numerous research studies on the impact of MBCT show that mindfulness is fundamental for promoting good health. It is essential to note that various mindfulness intervention strategies significantly decrease depression among individuals. Besides, mindfulness is effective in addressing anxiety.<sup>21</sup> It is recommended that mental health professionals should incorporate activities that are meant to promote mindfulness when conducting therapy sessions with their clients. For instance, mindfulness-promoting activities play a significant role in reducing the core symptoms associated with depression. Further, such mindfulness-promoting activities help decrease stress, not forgetting to improve people's emotional control.<sup>22</sup> The effective use of MBCT intervention is also known to significantly reduce the impacts of fibromyalgia.<sup>23</sup>

Furthermore, the effective adoption of MBCT strategies in treatment plans helps improve the well-being of individuals suffering from cancer, epilepsy, and diabetes<sup>24</sup> to mention a few. Besides, scientific evidence shows that MBCT is an effective as well as a powerful intervention when used in treating individuals experiencing clinical depression. Also, the findings of various scientific research studies show that effective adoption of MBCT strategies helps reduce actual relapse rates among individuals who experience recurrent depression by fifty percent.<sup>25</sup> It is also vital to note that the right application of MBCT intervention strategies succeeds in addressing mood as well as anxiety concerns. Lastly, the effective use of MBCT interventions is effective when it is used in addressing residual depression and psychosis. Therapists can also use MBCT to help individuals address food as well as eating issues.

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<sup>20</sup> Care (47)

<sup>21</sup> MacKenzie, Meagan B., Kayleigh A. Abbott, and Nancy L. Kocovski. "Mindfulness-based cognitive therapy in patients with depression: current perspectives." *Neuropsychiatric disease and treatment* (2018).

<sup>22</sup> MacKenzie (78)

<sup>23</sup> Parra-Delgado, M., & Latorre-Postigo. Effectiveness of mindfulness-based cognitive therapy in the treatment of fibromyalgia: A randomized trial. *Cognitive Therapy and Research*, (2013) 1015-1026. DOI: 10.1007/s10608-013-9538

<sup>24</sup> Parra-Delgado & Latorre-Postigo (1021)

<sup>25</sup> Good Therapy (Para 8)

## Limitations and Concerns

There is considerable empirical evidence that supports the effectiveness of MBCT in treating and addressing various mental and physical issues. For instance, the effective use of MBCT has produced positive results in the treatment of various medical ailments. However, given the fact that MBCT is a new modality for treatment, it is difficult to determine its actual long-term benefits. It is vital to conduct further research to provide support regarding its effectiveness when used in the treatment of bipolar, psychosis to mention a few. One of the limitations of MBCT is that there have been several critics highlighting its methodological shortcomings.<sup>26</sup> Some researchers have used a relatively small sample size while conducting the MBCT research studies. Besides, some MBCT studies have been found to lack randomization, which reduces the validity and reliability of the obtained results.<sup>27</sup>

## Dialectical Behavior Therapy (DBT)

DBT encompasses a comprehensive cognitive-behavioral treatment. This mindfulness-based Intervention aims at treating individuals who have not succeeded or those who have had no significant improvements after using other therapy models. DBT treatment intervention majorly focuses on problem-solving, and it involves acceptance-based strategies. Certified practitioners are solely responsible for offering acceptance as well as support to individuals engaged in the therapy sessions.<sup>28</sup> DBT is effective in treating individuals who have been found "difficult to treat." Therapists and practitioners who use this particular mindfulness-based Intervention come up with distinct techniques that help their clients achieve their goals. Indeed, professional therapists use DBT to help individuals improve their well-being and, most importantly, bring forth long-lasting positive change in their lives.

## Dialectical Behavior Therapy Description

Marsha Linehan is the scientist who came up with the idea and developed DBT. This mindfulness-based Intervention is based on a solid theoretical framework. The philosophy of dialectics, behavioral science biosocial model, and the so-called mindfulness practice are the core theoretical frameworks for DBT.<sup>29</sup> Therapists extensively use DBT when treating individuals suffering from chronic mental health concerns. It is essential to note that DBT has been proved to be very effective when used in treating people experiencing eating/food issues and post-traumatic stress. Besides, the above-named Intervention is effective in the treatment of substance addicts and the commonly referred to as borderline personality. Initially, DBT was majorly developed to aid the treatment of individuals with severe suicidal thoughts. DBT is empirically applicable in a wide mental health setting. For instance, DBT is made up of five major components explained below.

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<sup>26</sup> Segal, Zindel V., Mark Williams, and John Teasdale. *Mindfulness-based cognitive therapy for depression*. Guilford Publications, 2018.

<sup>27</sup> Good Therapy (a) (Para 10)

<sup>28</sup> Good therapy (b) (Para 2)

<sup>29</sup> McNair, Louisa, Ceri Woodrow, and Dougal Hare. "Dialectical behavior therapy [DBT] with people with intellectual disabilities: A systematic review and narrative analysis." *Journal of Applied Research in Intellectual Disabilities* 30, no. 5 (2017): 787-804.



Capability enhancement is one of the core components incorporated in the DBT mindfulness-based intervention. For instance, DBT presents individuals with lucrative opportunities to continually develop their existing skills. Therapists who adopt DBT while treating their clients teach emotion regulation and interpersonal effectiveness.<sup>30</sup> Besides, the capability enhancement component requires therapists to equip individuals with knowledge on mindfulness, not forgetting distress tolerance. Generalization adds to critical components incorporated in DBT. Through motivational enhancement, therapists use unique behavioral treatment plans to help individuals reduce their existing problematic behaviors. Through capability and motivational enhancement, certified practitioners provide their clients suffering from severe mental health issues with intensive supervision and support, reducing cases such as vicarious traumatization. Environmental structuring is the fifth component incorporated in DBT. The environment structuring component requires therapists to create conducive environments that ensure positive as well as adaptive behaviors.<sup>31</sup>

### **Stages and Goals in Dialectical Behavior Therapy**

There are four stages involved in DBT mindfulness-based Intervention. Stage one majorly focuses on stabilization. During stage 1, therapists are committed to ensuring and enhancing the safety of their clients who have suicidal thoughts. In stage 2, emotional pain is introduced into the treatment plan. For instance, in stage 2, therapists are concerned about the safe exploration of various traumatic experiences among their patients.<sup>32</sup> Stage 3 focuses on improving people's quality of life by establishing and setting reasonable goals. During stage 3, various activities are executed to continually promote one's happiness, not forgetting their stability. In stage 4, therapists majorly focus on supporting their clients to advance their lives.<sup>33</sup>

### **The Effectiveness of DBT**

The findings of numerous research studies show that DBT has relatively high levels of efficacy. For instance, various empirical applications have proved DBT to be very effective when used to treat individuals with borderline personality issues.<sup>34</sup> Besides, this particular mindfulness-based treatment approach is effective in treating people suffering from post-traumatic stress and suicidality, to mention a few. The findings of a study conducted by Linehan show that DBT is effective since it significantly reduces suicidal attempts. It is essential to note that individuals who receive DBT have relatively low chances of attempting suicide. The effective use of DBT also lowers the chances of psychiatric hospitalizations.<sup>35</sup> One of the criticisms of DBT is that most of the research studies conducted to determine its effectiveness as well as efficacy used sample sizes.

<sup>30</sup> Axelrod, Seth R. "Dialectical behavior therapy for substance use disorders." (2019).

<sup>31</sup> Axelrod (45)

<sup>32</sup> Ward-Ciesielski, Erin F., Anne R. Limowski, and Jacqueline K. Krychiw. "History and overview of dialectical behavior therapy." In *the Handbook of Dialectical Behavior Therapy*, pp. 3-30. Academic Press, 2020.

<sup>33</sup> Ward-Ciesielski et al (23)

<sup>34</sup> Yousefvand, Mehdi, Ezatallah Ghadampour, Fazlolah Mirderikvand, Hossein Hosseini, and Ali Asghar Farrokhzadiyan. "the effectiveness of DBT (Dialectical Behavior Therapy) Self-determination needs to change (SDN) and meaning of education (MOE) depressed female students." (2020): 87-98.

<sup>35</sup> Linehan, M., Comtois, K. A., Murray, A. M., Brown, M. Z., Gallop, R. J., Heard, H. L., & Korslund. Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder, 2016. *JAMA Psychiatry*, 63(7), 757-766. doi:10.1001/archpsyc.63.7.757.

A small sample size does not, therefore, consider and represent a large population suffering from complex and different mental health issues.<sup>36</sup> Besides, DBT is rather complex, thus calling for solid training during its implementation.<sup>37</sup>

### Acceptance and Commitment Therapy (ACT)

ACT primarily focuses on teaching mindfulness skills which are geared towards helping people not only live but also behave as per their values while at the same time committing to continually develop their psychological flexibility.<sup>38</sup> For instance, therapists and practitioners who adopt this particular mindfulness-based Intervention focus on helping people recognize the most effective strategies to adapt to suppress and, most importantly, manage their emotional experiences. For instance, ACT enables individuals to recognize as well as address challenges that come their way. Besides, ACT leads individuals to become better, not forgetting to require individuals to execute values-based actions.<sup>39</sup> Values-based actions play a fundamental role in supporting one's well-being.

### History of ACT

ACT was specifically developed to help individuals recover from stressful mental health conditions. Worth noting, this mindfulness-based Intervention has significantly helped individuals succeed in their effort to address as well as manage numerous mental health concerns and, most importantly, help improve their well-being. It is essential to note that ACT has, to a great extent, helped individuals achieve long-term success with mental health issues. ACT is majorly based on the so-called relational-frame theory (RFT).<sup>40</sup> The main goal of developing this particular treatment approach was to teach individuals that they can better learn and understand effective strategies that will lead them to live healthier and be in a position to cope with normal psychological pain. According to the findings of previous research studies, ACT has been an effective intervention for treating substance abusers and people with eating disorders. Besides, ACT has been empirically applied in treating people with depression as well as those suffering from chronic pain.

### ACT Core Processes

To achieve psychological flexibility, which is the main aim of ACT, some core processes need to be undertaken. One of the core processes of this particular Intervention is to develop creative hopelessness. Secondly, one should be in a position to accept his or her emotional experience. For instance, an individual must learn to experience numerous human emotions while upholding

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<sup>36</sup> Reddy, M. S., and M. Starlin Vijay. "Empirical reality of dialectical behavioral therapy in borderline personality." (2017): 105-108.

<sup>37</sup> Reddy & Starlin (107)

<sup>38</sup> Bai, Zhenggang, Shiga Luo, Luyao Zhang, Sijie Wu, and Iris Chi. "Acceptance and commitment therapy (ACT) to reduce depression: A systematic review and meta-analysis." *Journal of Affective Disorders* 260 (2020): 728-737.

<sup>39</sup> Stockton, Daniel, Stephen Kellett, Raul Berrios, Fuschia Sirois, Nicolas Wilkinson, and Georgina Miles.

"Identifying the underlying mechanisms of change during acceptance and commitment therapy (ACT): A systematic review of contemporary meditation studies." *Behavioral and cognitive psychotherapy* (2018).

<sup>40</sup> Hughes, Laura S., Jodi Clark, Janette A. Colclough, Elizabeth Dale, and Dean McMillan. "Acceptance and commitment therapy (ACT) for chronic pain." *The Clinical journal of pain* 33, no. 6 (2017): 552-568.



relatively high levels of openness.<sup>41</sup> Besides, an individual should have an accepting perspective. Another core process of ACT is to choose a valued life direction. For instance, one should be able to effectively define the most vital activities in their life and come up with clear strategies on how continually enhance their lives. Further, ACT requires an individual to take distinct actions and fully commit to defining his or her life better and making it more valuable.<sup>42</sup> ACT is effective when used to treat individuals suffering from cancer.<sup>43</sup>

### **The Utilization of Mindfulness Techniques in Therapy**

Mindfulness meditation is the major technique that is used in delivering various mindfulness-based approaches. When administering mindfulness meditation, the involved practitioners commit to guiding individuals undergoing therapy sessions to focus on the current moments and avoid thinking about their past experiences. For instance, the practitioners train their clients to focus on a particular or specific phenomenon. Besides, the practitioners are keen to check and note when their clients' thoughts drift away from the present moments and often encourage them to bring back their attention while at the same time avoiding any judgmental thoughts or unfavorable reactions.<sup>44</sup> The effective use of various mindfulness techniques enables therapists to better address their emotions, not forget to control their associated physical sensations.<sup>45</sup>

Moreover, practitioners and therapists use mindfulness practices to continually encourage their clients to effectively integrate mindfulness in non-clinical environments and, most importantly, make it part of their lives. Gentle yoga and mountain meditations are some of the most effective and commonly used mindfulness approaches that significantly help in heightening people's physical sensations awareness. Further, therapists use well-defined verbal cues to help their clients maintain awareness of movement and breathing. Breathing exercises, guided imagery, and the commonly referred to as body scan meditations are some of the commonly used mindfulness approaches. A continual therapeutic process allows people to make keen observations, and most importantly, often practice and experience mindfulness in various non-clinical environments.<sup>46</sup> Keen observations coupled with examination act as catalysts that stimulate effective modification of one's behavior and thoughts.

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<sup>41</sup> Viskovich, Shelley, and Kenneth Ian Pakenham. "Randomized controlled trial of a web-based Acceptance and Commitment Therapy (ACT) program to promote mental health in university students." *Journal of clinical psychology* 76, no. 6 (2020): 929-951.

<sup>42</sup> Paliliunas, Dana, Jordan Belisle, and Mark R. Dixon. "A randomized control trial to evaluate the use of acceptance and commitment therapy (ACT) to increase academic performance and psychological flexibility in graduate students." *Behavior Analysis in Practice* 11, no. 3 (2018): 241-253. (P 243).

<sup>43</sup> Feros, Danielle L., Lisbeth Lane, Joseph Ciarrochi, and John T. Blackledge. "Acceptance and Commitment Therapy (ACT) for improving the lives of cancer patients: a preliminary study." *Psycho-oncology* 22, no. 2 (2013): 459-464.

<sup>44</sup> Good-Therapy (a) (Para 15)

<sup>45</sup> Fortuna, Lisa R., Michelle V. Porche, and Auralyd Padilla. "A treatment development study of a cognitive and mindfulness-based therapy for adolescents with co-occurring post-traumatic stress and substance use disorder." *Psychology and Psychotherapy: Theory, Research and Practice* 91, no. 1 (2018): 42-62.

<sup>46</sup> Tirch, Dennis, Laura R. Silberstein-Tirch, Martin J. Brock, and M. Joann Wright. *Experiencing ACT from the inside out A self-practice/self-reflection workbook for therapists*. Guilford Publications, 2019.

## The Impact of Mindfulness-Based Interventions

Therapists often incorporate mindfulness with various therapeutic modalities to come up with an integrated treatment approach. In some cases, small negative thoughts among individuals gradually accumulate, thus stimulating medical issues including depression, suicidal thoughts, not forgetting anxiety. Mental health professionals increasingly realize that mindfulness is beneficial when used effectively in helping people suffering from various mental issues recover. For instance, various mindfulness-based interventions help separate individuals with stressful negative thoughts, emotions not forgetting any present unfavorable bodily sensations.<sup>47</sup> Therefore, various mindfulness-based interventions are very helpful since they inhibit the accumulation of small negative thoughts, which may end up becoming too overwhelming.<sup>48</sup>

Moreover, effective implementation of specific therapeutic strategies helps therapists in addressing potentially harmful cognitions among their clients. Besides, regular mindfulness practices stimulate vital psychological insights and, most importantly, bring forth emotional healing in the long run.<sup>49</sup> It is essential to note that mindfulness-based stress reduction is an effective intervention that helps individuals lower their actual stress levels. Further, the Intervention mentioned above helps individuals effectively address chronic pain, depression and eliminate negative, anxious thoughts.<sup>50</sup> MBCT are been proved to be very effective when used to treat people with depression, bipolar, and post-traumatic stress. Also, MBCT helps in treating individuals suffering from the so-called attention deficit hyperactivity.<sup>51</sup> Furthermore, DBT is very helpful when used in treating individuals with suicidal ideation and those that are substance dependent. ACT mindfulness-based Intervention is effective in the treatment of anxiety, cancer, and chronic pain cases.<sup>52</sup>

## Conclusion

Mindfulness-based interventions have risen in popularity in recent years. The adoption of mindfulness-based interventions has been shown to improve people's mental and physical health. There is no commonly accepted definition of mindfulness today. Various mindfulness activities help people regulate their thoughts rather than letting them control them. MBCT therapists utilize a combination of cognitive-behavioral and mindfulness practices to assist their clients in better comprehending and controlling their concurrent thoughts and emotions. MBCT is a relatively new and highly effective therapy option. The MBCT method teaches people how to effectively use cognitive strategies and mindfulness meditation. After completing MBCT classes, people learn to

<sup>47</sup> Shapero, Benjamin G., Jonathan Greenberg, Paola Pedrelli, Gaelle Desbordes, and Sara W. Lazar. "Mindfulness-based cognitive therapy." In *the Massachusetts General Hospital Guide to Depression*, pp. 167-177. Humana Press, Cham, 2019.

<sup>48</sup> Shapero (172)

<sup>49</sup> Shapero et al. (234)

<sup>50</sup> Metcalf, C.A., & Dimidjian, S. (2014). Extensions and mechanisms of mindfulness-based cognitive therapy: A review of the evidence. *Australian Psychologist*, 49(5), 271-279. DOI: 10.1111/ap.12074

<sup>51</sup> Chu, Che-Sheng, Brendon Stubbs, Tien-Yu Chen, Chia-Hung Tang, Dian-Jeng Li, Wei-Cheng Yang, Ching-Kuan Wu, et al. "The effectiveness of adjunct mindfulness-based intervention in the treatment of bipolar disorder: a systematic review and meta-analysis." *Journal of affective disorders* 225 (2018): 234-245. (p 237)

<sup>52</sup> The effect of a mindfulness-based intervention in cognitive functions and psychological well-being applied as an early intervention in schizophrenia and high-risk mental state in a Chilean sample: study protocol for a randomized controlled trial." *Trials* 18, no. 1 (2017): 1-9. (p 8).

perceive and critically assess their sense of self. MBCT is beneficial in treating a variety of mental and physical disorders. DBT is a thorough CBT. This mindfulness-based intervention seeks to treat those who haven't benefited from previous therapeutic methods. DBT is widely used in the treatment of persistent mental health issues. Numerous studies have shown DBT's efficacy. ACT focuses on teaching mindfulness practices that help people live and behave following their particular ideals while also developing their psychological flexibility. Similarly, to the foregoing, I believe it is critical to understand Buddhist and other spiritual approaches of mindfulness because they can assist in regulating more of the existing mindful interventions. This could also help remove the traditional view of spiritual traditions as exclusively spiritual, so significantly aiding in the development of modern empirical mindfulness interventions.

## Abbreviations

MBSR	<i>Mindfulness-Based Stress Reduction</i>
MBCT	<i>Mindfulness-Based Cognitive Therapy</i>
DBT	<i>Dialectical Behaviour Therapy</i>
ACT	<i>Acceptance and Commitment Therapy</i>
PR	<i>Public Relations</i>
RFT	<i>Relational Frame Theory</i>

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