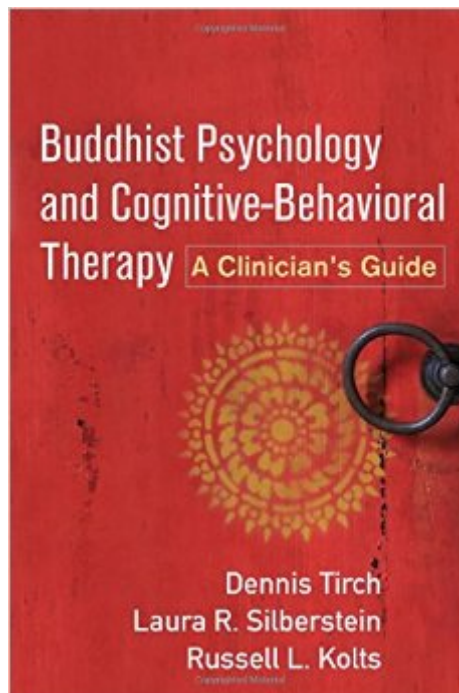


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# Buddhist Psychology And Cognitive-Behavioral Therapy: A Clinician's Guide



## Synopsis

This user-friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for cognitive-behavioral therapy (CBT) practitioners. It explains central Buddhist concepts and how they can be applied to clinical work, and features numerous experiential exercises and meditations. Downloadable audio recordings of the guided meditations are provided at the companion website. Essential topics include the relationship between suffering and psychopathology, the role of compassion in understanding and treating psychological problems, and how mindfulness fits into evidence-based psychotherapy practice. The book describes an innovative case conceptualization method, grounded in Buddhist thinking, that facilitates the targeted delivery of specific CBT interventions.

## Book Information

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## Customer Reviews

Unfortunately at times my evaluative and judgmental thinking can lead me to be very critical towards and dismissive of certain presentations of ideas, especially with regards to various expressions of either psychotherapy concepts or the teachings of the Buddha. I came to be a psychotherapist by way of my Buddhist path and practice, which has included trying to access, understand and apply teachings that were originally presented in various languages and in historical and cultural contexts that all were very different from my own heritage. I have worked and struggled with complicated rituals that have included chanting in transliterated scripts in an effort to try and get at not only the core of these teachings, but also how they can inform and affect my everyday life. I can honestly

say that I have never encountered a more succinct and clear presentation of these concepts that is as applicable to a contemporary Western audience which includes both Buddhist practitioners that are interested in how these practices can be integrated into clinical work as well as clinicians that have not originally come from this tradition but who want to better understand these insights and how they might inform and improve their clinical practice than this text. These authors use both a language and a way of illustrating and explaining these teachings which makes them highly accessible and beneficial. Given my unique perspective as someone who holds both ordination in a Buddhist lineage and advanced clinical licenses I can genuinely say that this text is a must read, that I have benefited from it, and that I predict it will become the seminal text bridging the on-going dialogue between Buddhist Psychology and contemporary evidence-based psychotherapy practices. I am incredibly appreciative of these authors, their effort and compassion in producing this work, and the ways their text will contribute not only to this inter-tradition dialogue and the promotion of advances in psychotherapy practices, but also more broadly in how it will support and promote the alleviation of psychological suffering for all beings-John Paulson ACSW, LCSW, LCAC, HS-BCP, Assistant Professor of Social Work, University of Southern Indiana, Dharma name and title: Ryongwan Karuna, Sramanera, Five Mountain Zen Order

Highly recommend it to those who are interested in a deeper understanding of mindfulness. A well thought out and articulated journey through Buddhist philosophy and and modern psychology. Best of all it is approached scientifically rather than religiously. I recently took a group of mental health practitioners into the Himalaya and we used this book for philosophical discussions and practical mindfulness exercises. We loved it. A good read too.

An excellent book. Provides a way of integrating Cognitive Behavioral Therapy research and clinical practice with Buddhist Psychology and the wisdom of ages.

I love this book. If want a book that provides sound real-world clinical applications for the wisdom of The Buddha, then this is the book for you.

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