Psychology Topic Week 6 Learning Objectives: Answer Questions Below A practical guide to Acceptance and Commitment Therapy (2004). Hayes, S. C., & Strosahl, K. D. (Eds.). Springer Publishing: New York, NY. Strosahl, K. D., Hayes, S. C., Wilson, K. G., & Gifford, E. V. (2004). An ACT Primer: Core therapy processes, intervention strategies and therapist competencies. pp. 31-58. 1. What are the primary intervention strategies and how are these related to the six core processes? You should be able to provide examples of how or what you would do when intervening at these stages. Kabit-Zinn (1990). Catastrophic Living, Chapter 1: You have only moments to live. Pp. 17-46. Shapiro, S. L., & Carlson, L. E. (2017). What is mindfulness?. In , The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions (pp. 9-20). Washington, DC, US: American Psychological Association. doi:10.1037/0000022-002 Shapiro, Shauna L.; Carlson, Linda E.; In: The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions. Shapiro, Shauna L.; Carlson, Linda E.; Publisher: American Psychological Association; 2017, pp. 9-20 1. How would we define mindfulness? How would you describe it and demonstrate it to a client? 2. Kabit-Zinn defines what it means to lead a mindful life. Describe what he means by this concept and what one would be doing differently if they were living more mindfully. 3. How do you think mindfulness might be related to psychopathology and how might you use the concept therapeutically? 4. The Shapiro, Shauna, et al article is meant to provide you with an overview of the evidence for mindfulness interventions across a variety of disorders. I don’t need you to know all the details per se, but do expect you to be able to answer the question: “Are mindfulness interventions effective? What evidence do we have that leads you to that answer?”