



Mindfulness-Based Interventions for Older Adults: Evidence for Practice

Carla Martins

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Based on extensive clinical research, this book sheds new light onto how Mindfulness Based Stress Reduction (MBSR) can be used with older adults as an effective complementary intervention, identifying specific ways in which MBSR programmes can be adapted and fine-tuned to meet the needs of this group.

Presenting robust new evidence to support the efficacy of MBSR as a holistic therapeutic approach, the author draws interesting and original conclusions about its positive impact on older people's psychological and spiritual wellbeing, physical health, neuropsychological performance, attitudes towards death and dying and overall quality of life. The lived experiences of older adults taking part in an MBSR programme provide rich first-hand insights into the therapeutic process, and the author draws valuable conclusions about ethical considerations and the responsibilities and personal transformation of the MBSR facilitator.

Professionals involved in delivering mindfulness-based interventions to older adults, including psychologists, counsellors, spiritual directors and physicians, will find this to be essential reading. It will also be of interest to students, academics and researchers wishing to keep abreast of the latest research and developments in the MBSR field.

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