



# **A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers**

*By Christiane Wolf MD PhD, J. Greg Serpa PhD*

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**Mindfulness-based interventions have exploded in popularity due to their success in treating everything from everyday stress to more serious mental health conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD). This breakthrough book provides professionals with a comprehensive, session-by-session guide to teaching mindfulness, complete with the scripts and training materials needed to teach introductory mindfulness in a wide variety of settings, despite theoretical background.**

Mindfulness—once an ancient practice honed in Buddhist monasteries—is now a mainstream, evidence-based, secular intervention employed by trained health and mental health professionals worldwide. The rapid spread of mindfulness increasingly involves psychologists, physicians, social workers, therapists, counselors, spiritual advisers, life coaches, and education professionals trained in their respective disciplines. Additionally, research continues to show that mindfulness is an effective treatment for anxiety, depression, stress, pain relief, and many other illnesses.

If you are a professional interested in teaching mindfulness, this book will provide you with everything you need to get started right away. The introductory, six-week protocol outlined in this book is easy-to-use, and can be implemented in a variety of settings, ranging from an outpatient mental health clinic to an inpatient oncology clinic, from a substance abuse recovery program to educational settings.

In addition, this book will tell you what to bring to each class; provides outlines for each session; offers scripts to help you differentiate the weekly meditative practices; and provides invaluable resources for further study and professional development. If you're looking to integrate mindfulness into your professional

work, this is your go-to guide.

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## **Editorial Review**

### Review

"A 'must-read' for anyone who wants to teach mindfulness in groups. The authors' experience and talent shine through every page. They spell out for readers what is often implied in hands-on teacher trainings. A special bonus is how mindfulness and compassion are seamlessly woven together. Highly recommended!"

—**Christopher Germer, PhD**, author of *The Mindful Path to Self-Compassion*, coeditor of *Mindfulness and Psychotherapy*, and clinical instructor in psychology at Harvard Medical School

"What a beautiful, wise, and user-friendly handbook on how to teach mindfulness. I also appreciate how the authors provide clear directions on how to support the clinician's ability to sit in the mindfulness teacher's seat with greater wisdom and humility."

—**Bob Stahl, PhD**, coauthor of *A Mindfulness-Based Stress Reduction Workbook*, *Living with Your Heart Wide Open*, *Calming the Rush of Panic*, *A Mindfulness-Based Stress Reduction Workbook for Anxiety*, and *MBSR Every Day*

"I can't imagine a more ideal how-to-teach-mindfulness manual! This book offers clear and comprehensive support in learning to lead meditations, offer beginners classes, and respond to the natural challenges and questions that arise in introducing mindfulness to clients. Keep this guide close at hand—it will enable you to bring your full intelligence, heart, and confidence to sharing these life-transforming practices."

—**Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

"What a practical, thorough, extraordinary book. Wolf and Serpa give a crystal clear road map for any professional wanting to teach mindfulness in clinical settings. Their detailed lesson plans and voice-of-experience guidance are infused with their own deep practice of mindfulness, encouraging support, and clinical acumen. Highly recommended."

—**Rick Hanson, PhD**, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

"Broad in scope, yet practical, *A Clinician's Guide to Teaching Mindfulness* can serve as a resource for secular mindfulness teacher training programs. Clearly the result of years of experience, this book provides especially good support for new instructors, while those with experience will appreciate its clarity and fresh perspectives."

—**Sharon Salzberg**, author of *Lovingkindness* and *Real Happiness*

"Wolf and Serpa have given us a wonderful gift—a clear, complete, and inspiring guide for teaching the basics of mindfulness. The authors' deep understanding of this topic from both Buddhist and psychotherapist perspectives is evident throughout, and helps to make this book not only a very practical manual, but also a succinct and direct guide for how to become a more effective and comfortable teacher or facilitator of

mindfulness. This book will be highly valuable for anyone interested in this area, regardless of prior experience. Absolutely the best book on this topic I have encountered.”

—**Bruce D. Naliboff, PhD**, research professor of medicine and psychiatry, and biobehavioral sciences director in the pain research program at the Gail and Gerald Oppenheimer Family Center for Neurobiology of Stress at the David Geffen School of Medicine at UCLA

“*A Clinician’s Guide to Teaching Mindfulness* is a wonderful guide for far more than only clinicians! There is no one on this life’s journey who cannot deepen their experience and their joy through understanding and practicing mindfulness. When we as clinicians, in the broadest sense of the word, advance our capacity to understand and teach these fundamental concepts, this way of being in the world and in our lives will take root more organically. It will become a fundamental way of being. I would highly recommend this book as a guide to all of us who would like to better help ourselves and others discover, understand, and integrate this way of being.”

—**Tracy W. Gaudet, MD**, executive director of the Office of Patient Centered Care and Cultural Transformation, US Department of Veterans Affairs

“Thorough, practical, and full of heart and integrity. I highly recommend this book for anyone who is looking to get started or enhance their ability to teach mindfulness individually or in groups.”

—**Elisha Goldstein, PhD**, author of *Uncovering Happiness*

“*A Clinician’s Guide to Teaching Mindfulness* offers a wise and practical immersion into the nuts and bolts of guiding others, and oneself, into the daily practice of mindfulness meditation. Christiane Wolf and J. Greg Serpa build on their years of experience to create this useful, scientifically grounded, step-by-step manual for understanding, planning, and implementing a didactic program to create more well-being in our lives. Take in their sage guidance and the world will be a better place for us all!”

—**Daniel J. Siegel, MD**, author of *The Mindful Brain*, *The Mindful Therapist*, *The Developing Mind*, *Brainstorm*, and *Mindsight*; executive director of the Mindsight Institute; founding codirector of the UCLA Mindful Awareness Research Center; and clinical professor at the David Geffen School of Medicine at UCLA

“Teaching and guiding mindfulness requires a mindful practice. As with any skill, the more experience one has the more effective they will be. I have found that there is tremendous variance in teachers of mindfulness and some are much more effective than others. This book is the guide I would recommend for anyone who wants to be an effective teacher. It provides strategic tips and supports how your own practice can be authentically shared with others so we can all walk together on a more mindful path. I highly recommend it!”

—**David Rakel, MD**, founder and director of Integrative Medicine at the University of Wisconsin, and associate professor at the University of Wisconsin School of Medicine and Public Health

#### About the Author

**Christiane Wolf, MD, PhD**, is a physician turned mindfulness teacher, teacher’s trainer, writer, and speaker. Her mindfulness practice started in the late 1980s. Before becoming a full-time mindfulness teacher, she was a board certified OB/GYN at the Humboldt University of Berlin, Germany. She also holds a PhD in psychosomatic medicine from Humboldt University. Dr. Wolf is a certified senior mindfulness-based stress reduction (MBSR) teacher and supervisor for the Center for Mindfulness at University of Massachusetts Medical School. She is the director of MBSR programs at InsightLA, a Los Angeles-based nonprofit, and

the director of the VA CALM program at the VA Greater Los Angeles Healthcare System, training staff and clinicians in mindfulness and how to teach it. Dr. Wolf received Dharma transmission from Trudy Goodman, her heart teacher, in 2011, and has undergone master Insight meditation teacher training under Jack Kornfield (Spirit Rock Meditation Center, CA) and Joseph Goldstein (Insight Meditation Society, MA). She teaches meditation retreats and workshops in the United States and internationally, and lives in Los Angeles with her husband and their three children. To learn more about Dr. Wolf, please visit [www.christianewolf.com](http://www.christianewolf.com).

**J. Greg Serpa, PhD**, is a clinical psychologist for the US Department of Veterans Affairs at the VA Greater Los Angeles Healthcare System. He is honored to teach mindfulness to America's veterans and is the first full-time mindfulness teacher and trainer in the federal system. Serpa is an associate clinical professor in the psychology department at the University of California, Los Angeles, and an associate visiting clinical scientist at the David Geffen School of Medicine at UCLA. He teaches intensive mindfulness-based stress reduction (MBSR), mindful self-compassion (MSC), and introductory level mindfulness classes at four area hospitals, and serves as a trainer, supervisor, and consultant to clinicians at the VA and UCLA. He is currently the director of interprofessional mental health education at the West Los Angeles VA, where he trains psychology postdoctoral fellows, psychiatry residents, social work interns, and nurses in mindfulness and integrative modalities of health and well-being. Serpa is a national mindfulness content expert for the VA's Office of Patient Centered Care and Cultural Transformation, where he and Christiane Wolf are preparing mindfulness toolkits for national dissemination. He is also an active researcher with a number of projects expanding on the evidence basis of mindfulness interventions. This includes a National Institutes of Health–funded biomarker study examining the impact of meditation on brain structure in combat veterans from Iraq and Afghanistan who have traumatic brain injury and post-traumatic headache.

Foreword writer **Jack Kornfield, PhD**, is cofounder of the Insight Meditation Society in Barre, MA, and a founding teacher of Spirit Rock Meditation Center in Woodacre, CA. He is author of many books, including *A Path with Heart* and *The Wise Heart*.

Foreword writer **Trudy Goodman, PhD**, is a senior Vipassana teacher in Los Angeles, cofounder of the Growing Spirit program, and contributing author to several books, including *Compassion and Wisdom in Psychotherapy*, *Clinical Handbook of Mindfulness*, and *Mindfulness and Psychotherapy*.

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The book A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers can give more knowledge and also the precise product information about everything you want. Why then must we leave the good thing like a book A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers? Several of you have a different opinion about e-book. But one aim in which book can give many facts for us. It is absolutely proper. Right now, try to closer using your book. Knowledge or data that you take for that, you can give for each other; you are able to share all of these. Book A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers has simple shape but the truth is know: it has great and big function for you. You can search the enormous world by available and read a guide. So it is very wonderful.

**Oscar Jackson:**

Here thing why this specific A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers are different and trusted to be yours. First of all reading a book is good but it really depends in the content of computer which is the content is as delicious as food or not. A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers giving you information deeper including different ways, you can find any e-book out there but there is no e-book that similar with A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers. It gives you thrill looking at journey, its open up your eyes about the thing that happened in the world which is perhaps can be happened around you. It is possible to bring everywhere like in area, café, or even in your technique home by train. Should you be having difficulties in bringing the paper book maybe the form of A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers in e-book can be your choice.

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**Norma Baumgarten:**

The book untitled A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers contain a lot of information on the item. The writer explains her idea with easy approach. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read it. The book was compiled by famous author. The author provides you in the new age of literary works. You can easily read this book because you can read more your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice study.

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