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In the first part of this series, we examined why mindfulness is important,

and the first of its three core concepts, living in the moment. Ann Page considers the second core concept: acknowledgement and acceptance (surrender). The first essential component of this concept basically means acknowledging situations in a clear way.

Introduction to mindfulness 2 - acknowledgement and acceptance

Mindfulness for Two is a practical and theoretical guide to the role mindfulness plays in psychotherapy, specifically acceptance and commitment therapy (ACT). In the book, author Kelly Wilson carefully defines mindfulness from an ACT perspective and explores its relationship to the six ACT processes and to the therapeutic relationship itself.

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Acceptance turns out to be one of the most helpful attitudes to bring to mindfulness. Acceptance means perceiving your experience and simply acknowledging it rather than judging it as good or bad. For some people, the

word 'acceptance' is off-putting – replace it with the word 'acknowledgement,' if you prefer.

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Three Ways Acceptance Helps You Work with Difficult Emotions. ... He has pioneered the use of mindfulness meditation for promoting wellness in the area of mood disorders and has been continuously funded by the National Institute of Mental Health and the Canadian Institutes of Health Research for the past 15 years. An author of over 10 books and ...

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Mindfulness for Two: An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy. While most applications of mindfulness to clinical psychotherapy come from the Buddhist tradition of formal meditation practice, the approach presented in this

volume comes from a very different place: from author Kelly Wilson's self-confessed inability to listen and pay attention to his clients.

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In Mindfulness for Two, acceptance and commitment therapy (ACT) cofounder Kelly Wilson shows clinicians how to connect with the present moment in

therapy and provides exercises they can use to teach their clients this critical skill. This book features exclusive footage of Wilson demonstrating these techniques in therapy sessions available online.

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Mindfulness- and acceptance-based interventions, such as mindfulness-based stress reduction (MBSR) [5], mindfulness-based cognitive therapy (MBCT) [6] and acceptance and commitment therapy (ACT) [7] address peoples' relationship to their internal experiences.