

# Contents

*List of figures and table*

<i>Series preface</i>	ix
<i>Abbreviations</i>	x
<i>Acknowledgements</i>	xi
<i>Introduction</i>	xii
	xiv

## PART I

### Introduction to integrative psychotherapy

1 Development of mindfulness- and compassion-oriented integrative psychotherapy	1
2 Evidence-based processes of change in integrative psychotherapy	3
	15

## PART II

### Concepts and theories

3 Mindfulness and compassion in integrative psychotherapy	31
4 Integrative psychotherapy as relational psychotherapy	33
5 Relational mind and intersubjective physiology	49
6 Relational schemas and memory reconsolidation	59
7 Beyond ordinary unhappiness: From personal to observing self	73
8 The multiplicity of mind, states of consciousness, and treatment planning	86
	100

<b>PART III</b>	
<b>Methods and interventions</b>	121
9 Methods of relational mindfulness and compassion	123
10 From mindful awareness and self-compassion to values-based living	144
11 The therapist's mindful presence and physiological regulation in the therapeutic relationship	164
12 The transforming power of mindfulness: Mindful processing	177
13 Self-compassion: The road to a loving and healing inner relationship	198
<i>Afterword</i>	213
<i>Appendix</i>	214
<i>References</i>	215
<i>Index</i>	234