Title page

Counseling theories

Initial post

Mindfulness based therapy is an effective psychological tool for treating the people who are undergoing psychological issues. I think this therapy relies on using the cognitive behavior therapy because the approach is same. The central focus of this therapy is on addressing the mindful maladaptive practices. I find this therapy very practical for treating young people and children who are unable to control their negative and unnecessary thought patterns. The most visible strength of mindfulness based therapy is that it allow transformation of behaviors. However the therapists needs to develop knowledge and skills for making best use of therapy. I believe it is possible to use this therapy for training the youth to focus on positive things and ignore the negative ones. I like the meditation techniques based on this therapy that rely on counseling sessions. This technique gives the therapist opportunity to study the thoughts of the clients and identify ways which could be effective for training their brains. The most visible advantage of this therapy could be helping clients to understand their relationship with themselves. They will come to a stage where they could take initiative of improving their personalities by changing their negative thoughts. I believe that the clients can use the techniques highlighted in this therapy for finding their negative emotions and also build competency for resolving them. The best way is by becoming self-sufficient in dealing with their problems and reaching the best solution. I like the concept of relational responding in which clients learn to react to each situation such as by making sense of it and building confident.

This therapy leads to further questions such as it is difficult to identify differences between cognitive and mindful therapy in practical sense. How mindfulness therapy can work in collaboration with cognitive therapy?

Reply 1

Hi Donal,

I like the your post because it explains the procedures of mindfulness therapy and how it can be used in real life. I like how you have related the therapy with your high-school. I agree that meditation can be a practical tool for getting rid of the anxieties and unnecessary thinking. The most important thing according to this therapy is to train self and build skills for managing stress or other negative thoughts. I agree that the best thing about this therapy is that it leads to the solution by making clients self-sufficient and independent. Even if they are not seeking help they can develop competency of improving their behavior by engaging in useful practices such as exercise and meditation. These are two most effective ways that can allow individual to overcome anxiety and depression. I agree that many colleges are also encouraging students to give time to meditation because it is important for the mental and physical health.

Reply 2

Hi Christina,

I like your views on mindfulness therapy as you have highlighted most important benefits. I agree that this therapy can be most beneficial in current times when the society is facing the issue of anxiety and stress. It is thus important to help the people by training them to feel better. I think that the best change can be experienced only when every individual accepts to improve themselves. Personal will and motivation can allow individual to make best use of this therapy. I also agree that most of us in this world are now damaging ourselves by engaging in dangerous activities like multi-tasking. I believe that everyone can learn to avoid such distractions and give some time to meditation or exercises which improve our thinking patterns and behavior. I agree that the therapists also have important role so they must show compassion.