

## P02-17

### ACCEPTANCE AND MINDFULNESS-BASED PSYCHOTHERAPIES

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**Aims:** Exploration of the essential features of Mindfulness-based therapies, considered the *third wave* of cognitive therapy.

**Methods:** Databases were searched for literature on the principles through which mindfulness-based therapies may operate, the possible mechanisms of action underlying these interventions, their clinical applications and evidence of their therapeutic and adverse effects. Mindfulness-based cognitive therapy (MBCT), which has been developed for depression relapse prevention, is highlighted.

**Results:** These techniques have been used for various applications such as chronic pain control, stress reduction and prevention of depression relapse. Some of their important features are cultivation of conscious awareness and attention on a moment-to-moment basis, with openness, curiosity and a non-judgemental attitude and their aim is to change cognitive processes, rather than cognitive content. There have been some well-designed empirical evaluation studies published addressing the effectiveness of these interventions but current evidence of their mechanisms is limited.

**Conclusions:** There is evidence that mindfulness-based approaches add an important dimension to available psychotherapies in the management of the psychological aspects of a range of mental and physical health problems.