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The Science of Mindfulness: A Research-Based Path to Well-Being

Course Guidebook

Professor Ronald D. Siegel

Harvard Medical School/Cambridge Health Alliance



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Dr. Ronald D. Siegel is an Assistant Clinical Professor of Psychology at Harvard Medical School/Cambridge Health Alliance, where he has taught for more than 30 years, and an Adjunct Clinical Assistant Professor of Psychiatry at the University of Massachusetts Medical School. He received his Doctor of Psychology degree from Rutgers University and completed his clinical internship and postdoctoral fellowship at Harvard Medical School.

Dr. Siegel is a longtime student of mindfulness meditation and serves on the board of directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness and its application to psychotherapy and other fields, has worked for many years in community mental health with inner-city children and families, and maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is an author or editor of a number of important publications relating to physical and mental health, including the following.

- *The Mindfulness Solution: Everyday Practices for Everyday Problems* (author), a guide for clinicians and general audiences
- *Positive Psychology: Harnessing the Power of Happiness, Mindfulness, and Inner Strength* (medical editor), a Harvard Medical School Special Health Report
- *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain* (coauthor), a self-treatment guide that integrates Western and Eastern approaches for treating chronic back pain

- *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy* (coauthor), a new professional skills manual
- *Mindfulness and Psychotherapy, Second Edition* (coeditor), a critically acclaimed textbook
- *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice* (coeditor), a collection of the work of leading scholars with a foreword by the Dalai Lama

Dr. Siegel is also a contributor to other professional books and publications, including *Psychotherapy Networker* and *Contemporary Psychology*, and is a codirector of the annual Harvard Medical School conference Meditation and Psychotherapy. His recent work focuses on identifying which mindfulness practices are most effective for treating particular conditions and populations.

Dr. Siegel has taught workshops for diverse organizations, including Kripalu Center for Yoga & Health, NASA, the National Institute for the Clinical Application of Behavioral Medicine, Kaiser Permanente, Psychotherapy Networker, the Massachusetts Collaborative Law Council, and numerous state psychological and social work associations. Topics have included integrating mindfulness practices into psychotherapy, advances in positive psychology, mindfulness for dispute resolution, mindfulness in education, and treating chronic back pain and other psychophysiological disorders. His work has been featured on National Public Radio and on local radio and television programs. ■

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