

Praise for Mindfulness Centered Therapies:

It is a pleasure to introduce this wonderful book and DVD to you.

--**Ron Kurtz**, Author of *Body Centered Psychotherapy: The Hakomi Method* & creator of Hakomi

Psychotherapy is rapidly catching up with spirituality in its appreciation of the state called mindfulness. This well written book offers practical guidelines and examples of how three different but complementary psychotherapies use it. It is an excellent contribution to this growing movement.

--**Richard C. Schwartz, Ph.D.** Author of *Internal Family Systems Therapy*, & creator of Internal Family Systems

This wonderful book represents a most fundamental understanding of mindfulness in spirit and in its applications for therapists. The authors make the clear distinction of "relational mindfulness" and explain how its use can be integrated deeply into psychodynamic processes.

--**Halko Weiss, Ph.D.** Co-editor of *The Handbook of Body Psychotherapy* (forthcoming in English); founding trainer of the Hakomi Institute; International Director of the Hakomi Institute of Europe

It is a joy to read *Mindfulness Centered Therapies*. Cole and Ladas-Gaskin have also written in a marvelously therapist-friendly, skill-based way bringing together the powerful mindful-experiential aspects of Hakomi Therapy, Internal Family Systems, and Focusing.

--**Greg Johanson, Ph.D.** founding trainer of the Hakomi Institute, and trainer of Internal Family Systems. Author (with Ron Kurtz) of *Grace Unfolding: Psychotherapy in the Spirit of the Tao-te ching*



J. David Cole and Carol Ladas-Gaskin
Certified Hakomi Therapists, Teachers and Trainers



Mindfulness Centered Therapies

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Mindfulness Centered Therapies



An Integrative Approach

by J. David Cole and Carol Ladas-Gaskin