

P03-59

THIRD GENERATION COGNITIVE-BEHAVIORAL THERAPY AND MINDFULNESS

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Objective: To introduce mindfulness pointing out its potentialities when applied in the psychopathology scope.

Method: The authors had proceeded to a research on this third generation cognitive therapy through the bibliographical retraction, from scientific articles and publications. Trying and describing what he is one practical regular one of Mindfulness.

Results: The practice of Mindfulness Practical of Mindfulness divulged in multiple publications, disclosing to be about a new generation of the Cognitive Therapy. It describes its possible clinical applicability in some psychopathologic features, with bigger emphasis in the disturbances of the anxiety. It is proceeded a summary revision from some conceptual boardings and more recent scientific studies.

Conclusion: Psychotherapeutic techniques based in the practice of Mindfulness can be applied in clinical context complementing the cognitive theory based in the restructuring of the thought with the essential component of acceptance. However it would be very important to appear more randomized control trials that allow to prove its therapeutical effectiveness.