

Mindfulness (pp. 433-451)

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The mindfulness could be understood as consciousness encompasses both attention and awareness; it is paying reflexive attention to the present moment. It is an intentional way, with a purpose but no judgmentally and none interfering the sensations and perceptions of experience moment to moment. As a therapeutic procedure find the acceptance in his owner manner of the emotional experiences and any other nonverbal processes, so these experiences must be living it not to avoid o to control. The control of uncontrolled experiences, automatic control processes, required his owner experimentation and the natural exposure to this success with no interferences. The mindfullnes is well know in USA in relationship with the oriental values of meditation, but referred to some aspects knew in psychology: exposure, self-regulation in biofeedback training or in the use of hypnosis where there are a way to leave the sensorial and perceptive experiences as their own. The principal utility of mindfulness is his interest to claim against control and refuse of emotional negative material. The wide psychological discourse fighting against stress, anxiety, etc., required the contrast offered by midnfulness, without the natural experimentation of these emotions the clinical problems could be perpetuated.