

## “MINDFULNESS INTEGRATED COGNITIVE BEHAVIOUR THERAPY”- A MAGICAL HEALING POWER OF HOPE...!

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*“Reality is not so much what happens to us; rather, it is how we*

*Think about those events that create the reality we experience. In a very real sense, this means that we each create the reality in which we live”.*

*- Albert Ellis*

### ABSTRACT

*MiCBT is a systemic treatment method that will combine mindfulness meditation and related Buddhist concepts (ethical activity and empathy) along with key aspects of intellectual and behavioural approaches dependent on the co-emergence type of encouragement. The objective of this integrating is to train affected individuals to internalize interest to control focus and feelings and externalize these types of abilities to the situations in which their own disability is activated or managed. MiCBT instructs mindfulness regarding to the conventional four-fold organization of mindfulness, which includes mindfulness of the body system (position, movements, and behaviour), body feelings (including those connected with thoughts), psychological states (including emotional states), and psychological content material (ideas). MiCBT investigation is in its beginnings and a lot more research will assist analyze the magnitude of its effectiveness throughout problems and up to precisely what level all of us may train mindfulness abilities beneficially to individuals in emotional stress.*

**KEYWORDS:** *Mindfulness Integrated Cognitive Behaviour Therapy (MiCBT), Thought, Feeling, Emotion, CBT and Mindfulness*