

Scientific Article



Title

Case study: A novel application of mindfulness and acceptance-based components to treat misophonia

Language: EN

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Abstract

Several promising case studies using cognitive behavioral therapy to treat misophonia have been published, but given the limited work to date, exploring additional treatment options and expanding the potential options available to clients and clinicians remains important. In order to target the high levels of anger and disgust, we treated a case of misophonia in a 17-year-old male using 10 (50-min) individual sessions based on mindfulness- and acceptance-based components drawn from dialectical behavior therapy and acceptance and commitment therapy. In particular, we focused on acceptance, mindfulness, opposite action, and nonjudgmentalness strategies. At 6-month follow-up, the client reported no significant difficulties and a continued decline in symptoms. Theoretical rationale and treatment implications are discussed.

Source

ELSEVIER: Journal of Contextual Behavioral Science. Volume 6, issue 2, April 2017, pages 221-225

Link

Retrieved from Science Direct January, 2023:

<https://www.sciencedirect.com/science/article/abs/pii/S2212144717300285?via%3Dihub>



Co-funded by the
Erasmus+ Programme
of the European Union

Project number: 2021-1-BE02-KA220-VET-000034849