

# **The Ethical Space of Mindfulness in Clinical Practice**

By Don McCown

**Summary:** *The Ethical Space of Mindfulness in Clinical Practice:* This dissertation takes a focused look at an ethics derived from contemporary mindfulness-based interventions (MBIs). Mindfulness is a burgeoning field of study and practice within mental health care and medicine. Yet ethical codes, and the philosophy of the therapist–client relationship, differ greatly between disciplines, and even more between those disciplines and mindfulness-based approaches. The potential for ethical dilemmas is therefore significant. What does an ethics of mindfulness look like? Who is competent to work therapeutically with mindfulness? How do clinicians ethically understand the therapist–client relationship from the therapeutic position of mindfulness? And how can clinicians respond when the necessary boundaries of their professional role and ethics code come into conflict with the mindfulness-based relationship and therapeutic position? This work proposes a model of an ethical space of mindfulness that offers insights into such questions, as well as insights applicable to the development of useful definitions of mindfulness, and to the training of teachers in the MBIs.

**Bio:** Donald McCown is Assistant Professor of Integrative Health and Director of the Center for Contemplative Studies at West Chester University of Pennsylvania, and has held positions as Lecturer at Thomas Jefferson University, and Director of Mindfulness at Work programs at Jefferson’s Mindfulness Institute. He was born in Bryn Mawr, Pennsylvania, in 1953. He is completing the Taos/Tilburg PhD program. He also holds a Master of Social Service from Bryn Mawr College, and a Master of Applied Meditation Studies from the Won Institute of Graduate Studies. He has completed the advanced Mindfulness-Based Stress Reduction (MBSR) trainings

through the Center for Mindfulness at the University of Massachusetts Medical School. He is the primary author of *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*, and *New World Mindfulness: From the Founding Fathers, Emerson, and Thoreau to Your Personal Practice*. This dissertation has been published as *The Ethical Space of Mindfulness in Clinical Practice* by Jessica Kingsley Publishers, London.