New Open Access Publication (EN) on Mindfulness / Phenomenology

Description

Abstract

Open peer commentary on the article â?? Assessing Subjective Processes and Vulnerability in Mindfulness-based Interventions: A Mixed methods Exploratory Studyâ? • by SebastiÃ; n Medeiros, Carla Crempien, Alejandra VÃ; squez-Rosati, Javiera Duarte, Catherine Andreu, Õlvaro I. Langer, Miguel Ibaceta, Jaime R. Silva & Diego Cosmelli SÃ; nchez.

Abstract: Mindfulness is phenomenology and good phenomenology is a kind of methodological mindfulness. Mindfulness is not a Buddhist concept, but a human universal psychological resource. The target article does a good job of putting that into practice in using phenomenology to study experiences of mindfulness practitioners.

Citation & Link

Walach H. (2021) Mindfulness is phenomenology, phenomenology is mindfulness. Constructivist Foundations 16(2): 236â??237. https://constructivist.info/16/2/236

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