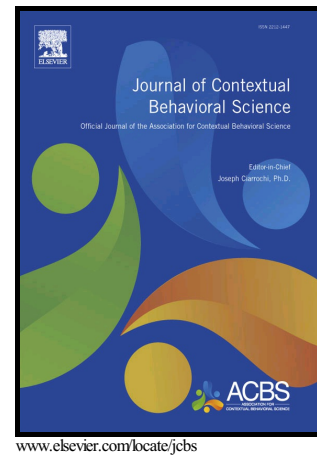


Author's Accepted Manuscript

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PII: S2212-1447(17)30088-1
DOI: <https://doi.org/10.1016/j.jcbs.2017.10.001>
Reference: JCBS205

To appear in: *Journal of Contextual Behavioral Science*

Received date: 13 July 2017
Revised date: 25 September 2017
Accepted date: 6 October 2017

Cite this article as: Myriam Rudaz, Michael P. Twohig, Clarissa W. Ong and Michael E. Levin, Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review, *Journal of Contextual Behavioral Science*, <https://doi.org/10.1016/j.jcbs.2017.10.001>

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Running Head: SELF-CARE IN MENTAL HEALTH PROFESSIONALS

Mindfulness and acceptance-based trainings for fostering self-care and reducing stress
in mental health professionals: A systematic review

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Acknowledgment

We thank Thomas Ledermann for helpful comments.

Abstract

This review summarizes the effectiveness of Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), Mindful Self-Compassion (MSC), and Acceptance and Commitment Therapy (ACT) to foster self-care and reduce stress in mental health professionals. Twenty-four quantitative articles from PsycInfo and PubMed were identified that focused on mindfulness, self-

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