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A mind full of self: Self-referential processing as a mechanism underlying the therapeutic effects of mindfulness training on internalizing disorders

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Highlights

- Internalizing disorders characterized by aberrant self-referential processing and emotion dysregulation.
- Mindfulness training modulates self-referential processing and reduces internalizing symptoms.
- Despite overlap, clinical implications of mindfulness-related changes in self-referential processing has received little attention.
- Current review develops hypothesis that change in self-referential processing is a mechanism underlying therapeutic effects of mindfulness training.

Abstract

The aim of the current review is to advance the hypothesis that change in self-referential processing is a key but under-examined mechanism through which mindfulness training confers its therapeutic benefits for individuals with internalizing disorders. Consequently, we integrated

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