

## **Mindfulness-Based Cognitive interventions for Obsessive-Compulsive Disorder**

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Obsessive-Compulsive Disorder can be conceptualized as a mindless state. Preliminary research data and clinical observation suggest that Mindfulness-based training may be an effective intervention for individuals with OCD. In this workshop it will be illustrated how mindfulness-based interventions may intervene to modify the relationship of these patients with their private experience and consequently help them to deal with their specific cognitive biases (attentional deficits, thought action-fusion, non-accepting attitude, self-invalidation of perception, interpretation bias for private experience, etc.), which invariably lead to the obsessive phenomenology.