
Abstract

A case study of applying mindfulness-based intervention to a man with lack of concentration and irritability

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This case study reports an individual intervention based on mindfulness for a man in his 50s and diagnosed with depression, a lack of concentration, irritability, and interpersonal issues such as disputes. The therapist organized the story regarding his troubling situation, shared it with him, and introduced mindfulness. The therapist asked him about his experiences, any differences noted, and the results of the mindfulness practice. Responding to the therapist's interventions, he learned ways to practice and reflect on his practice, leading to awareness that mindfulness was useful in improving his chief complaint. In addition, he expanded the scope of the practice, and conveyed his awareness with pleasure. This awareness of its benefits turned the mindfulness-based interventions can be effective even when there are several negative emotions and associated issues present. The therapist's attitude and manner of inquiry to help the client make the mindfulness practice a habit are also discussed.

Keywords: mindfulness, depression, concentration, irritability
