



Q & A

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Christian Meditation in Clinical Practice *A Four-Step Model and Workbook for Therapists and Clients*

October 26, 2021 | \$40, 264 pages, paperback | 978-1-5140-0024-3

Joshua J. Knabb (PsyD, Azusa Pacific University; ABPP, Clinical Psychology) is a board-certified clinical psychologist as well as associate professor of psychology and director of the PsyD program at California Baptist University. His publications include *Acceptance and Commitment Therapy for Christian Clients*, *Contemplative Prayer for Christians with Chronic Worry*, and *Christian Psychotherapy in Context*, as well as numerous journal articles.

Research-Based Text on Christian Meditation

What led to your interest in Christian meditation practices and now sharing about them in a clinical setting?

Joshua J. Knabb: In the twenty-first century, mindfulness meditation is a highly popular practice for a variety of psychological struggles, such as depression, anxiety, and stress. However, because it originates from the Buddhist religious tradition, some Christians may feel more comfortable drawing from their own religion for meditative alternatives. Therefore, I wrote this book to identify and operationalize a wide variety of Christian meditative practices throughout the ages, doing so by drawing from a range of classic Christian writings. I also attempted to apply these practices to a plethora of psychological struggles that occur across diagnostic categories so that Christian clients in counseling and psychotherapy can benefit from their rich Christian heritage as they pursue psychological and spiritual health.

What is your main thesis in *Christian Meditation in Clinical Practice*?

Knabb: To date, there have been a variety of writings that translate classic Christian meditative practices for a contemporary Christian audience. However, to my understanding, this is the first workbook of its kind that combines a wide range of Christian practices with the most current thinking in clinical psychology on psychological vulnerabilities.

Who did you have in mind as you were writing this book?

Knabb: This workbook is for Christian clients working with a counselor or psychotherapist. More specifically, this workbook is for Christian clients who want to benefit from the contemporary meditation movement, but want to draw from their own religious heritage, not Buddhist mindfulness meditation.

What do you hope your book contributes to the study and practice of counseling and psychotherapy?

Knabb:

- Offers Christians in counseling and psychotherapy a worldview-sensitive meditative alternative to Buddhist mindfulness meditation for psychological and spiritual health.
- Provides easy-to-follow practices in a workbook format that allows Christian clients and counselors and psychotherapists to work together to impact positive psychological and spiritual change.
- Applies classic Christian meditative practices to a range of psychological struggles that have been identified of late in the clinical psychology literature, such as rumination and worry, the avoidance of emotional distress, behavioral avoidance, and perfectionism.



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How does this book relate to the body of your scholarly work? Where do you see it fitting in your trajectory as a scholar? How do you see it propelling your trajectory as a scholar?

Knabb: This workbook brings together a variety of the research projects I've published over the years that focus on the application of Christian meditative practices to psychological struggles, including depression, anxiety, stress, trauma, worry, and rumination. Although these studies have each, on their own, helped to establish that Christian meditation is a worldview-sensitive alternative to Buddhist mindfulness, I have yet to bring them together in the form of an easy-to-follow workbook for Christian clients in counseling and psychotherapy. My hope is that Christians who are experiencing psychological suffering can gain confidence in turning to their own religious tradition, rather than Buddhist mindfulness meditation, to impact positive psychological and spiritual change.



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