

## **Buddhist Influence in the Mindfulness Movement within Western Psychology**

**Ven. S. Dhammanandī (Pei Fuen, Ng)<sup>1</sup>**

### **Abstract**

*The mindfulness movement (MM) of Western psychology grew in momentum with the emergence of the Buddhist-derived ‘mindfulness-based interventions’ (MBIs). This study examines the nature of Buddhist influence on four MBIs: the Mindfulness-based Stress Reduction (MBSR) programme, Mindfulness-based Cognitive Therapy (MBCT), Dialectical Behavior Therapy (DBT) and Acceptance Commitment Therapy (ACT). This study also examines the operational constructs utilised in psychological research, with an emphasis on tracing Buddhist elements within the commonly used definition of ‘mindfulness’ provided by MBSR. In addition, the efficacy of these MBIs is explored, and the nature of current-day Buddhist influence on the MM is discussed.*

**Key Words:** *Buddhism, Psychology, Psychotherapy, Mindfulness  
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<sup>1</sup> Postgraduate Institute of Humanities and Social Sciences, University of Peradeniya, Sri Lanka