Postmodern psychology is not a unidimensional construct or approaches or methodologies are used to approximate truth. Questions if ultimate truth can be obtained; therefore, many in psychology [4]. Postmodern psychology is a philosophy in psychology evolved after the cognitive-behavioral revolution. Mindfulness-based Cognitive Therapy, and ACT, acceptance and commitment therapy, dialectical behavior therapy, and cognitive-behavioral therapies, and these can be further broken down into thought stopping, rational emotive behavior therapy, and cognitive therapy. Coping skills consist of self-instruction training, problem-solving therapy, stress inoculation training, and cognitive-behavioral couples’ therapy.

The third generation consists of acceptance and mindfulness-based therapies, and these can be further broken down into acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, and ACT.

Holzman & Morss [4] indicated that postmodern approaches in psychology evolved after the cognitive-behavioral revolution in psychology [4]. Postmodern psychology is a philosophy that questions if ultimate truth can be obtained; therefore, many approaches or methodologies are used to approximate truth. Postmodern psychology is not a unidimensional construct or theory. Finally, some examples of postmodern approaches are positive psychology, feminist psychotherapy, and multicultural counseling.

Sapp [5] stated that hypnosis was a postmodern approach, but it is also part of the mindfulness-based meditation approaches. Actually, acceptance and commitment therapy, dialectical behavior therapy, eye-movement and reprocessing (EMDR), mindfulness-based cognitive therapy, and hypnosis are part of the third generation of behavior therapies. ACT as a mindfulness-based meditational approach involves accepting feeling, thought, and behaviors without trying to change them. DBT was developed by Marsha Linehan [6] to treat the features of borderline personality disorder such as suicidal attempts, self-harming behaviors such as self-cutting. Linehan’s approach has the acceptance of feelings and behaviors like ACT [6]. As previously stated, DBT is a third generation form of cognitive-behavioral therapy. Dialectics are defined as the synthesis of opposing opposites, and it was developed by Dr. Marsha Linehan at the University of Washington [6], and she has developed techniques for dealing with more riskier behaviors like suicide, self-mutilation, substance abuse, borderline personality disorder (BPD), and other disorders. Leahy [7] pointed out that DBT places more of an emphasis on the behavioral dimension of cognitive-behavioral therapy. For example, a greater emphasis is placed on teaching clients behavioral skills for regulating negative cognitions, behaviors, and emotions. Finally, DBT has been extended to a variety of psychological disorders.

Eberth & Sedlmeier [8] reported an r effect size of .27 for mindfulness meditation. In contrast, Sapp [5] reported an effect size for r of .68 for hypnosis. What is not known is if mindfulness meditation can influence hypnosis measures, or if hypnosis can influence mindfulness measures. Gloede [9] randomly assigned college participants to a pre-recorded 15-minute mindful meditation transcript and another group to a 15-minute hypnosis transcript. After each group listened to the pre-recorded transcript, they were measured on group hypnosis using the
Waterloo-Stanford Group Scale of Hypnotic Susceptibility, Form C (WSGC). The purpose of this study was to determine if these two transcripts differed on their impact on group hypnosis, and to find the d effect size. In a preliminary statistical analysis, Gloede did not find a statistically significant difference between hypnosis and mindfulness meditation, and the d effect size was close to zero [9]. Additional research is needed in this area, and studies are needed that combine hypnosis and mindfulness meditation versus hypnosis alone. Finally, hypnosis needs testing within a mindfulness meditation context [10].

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Conflicts of Interest
The author declared that there are no conflicts of interest.

References