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### Editor

David S. Black, PhD, MPH

### Highlights by

Seth Segall, PhD

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Chen, Y., Yang, X., Wang, L., & Zhang, X. (2012). **A randomized controlled trial of the effects of brief mindfulness meditation on anxiety symptoms and systolic blood pressure in Chinese nursing students.** *Nurse Education Today*. [link]

Elwafi, H. M., Witkiewitz, K., Mallik, S., & Brewer, J. A. (2012). **Mindfulness training for smoking cessation: Moderation of the relationship between craving and cigarette use.** *Drug and Alcohol Dependence*. [link]

Gaudio, B. A., Nowlan, K., Brown, L. A.,... Miller, I. W. (2012). **An open trial of a new acceptance-based behavioral treatment for major depression with psychotic features.** *Behavior Modification*. [link]

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Kreuzer, P. M., Goetz, M., Holl, M.,... Langguth, B. (2012). **Mindfulness-and body-psychotherapy-based group treatment of chronic tinnitus: A randomized controlled pilot study.** *BMC Complementary and Alternative Medicine*, 12(1), 235. [link]

Miodrag, N., Lense, M. D., & Dykens, E. M. (2012). **A pilot study of a mindfulness intervention for individuals with williams syndrome: Physiological outcomes.** *Mindfulness*. [link]

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Nyklíček, I., Dijkman, S. C., Lenders, P. J.,... Koolen, J. J. (2012). **A brief mindfulness based intervention for increase in emotional well-being and quality of life in percutaneous coronary intervention (PCI) patients: The mindfulheart randomized controlled trial.** *Journal of Behavioral Medicine*. [link]

Obasi, C. N., Brown, R., Ewers, ... Barrett, B. (2012). **Advantage of meditation over exercise in reducing cold and flu illness is related to improved function and quality of life.** *Influenza and Other Respiratory Viruses*. [link]

Perich, T., Manicavasagar, V., Mitchell, P. B.,... Hadzi-Pavlovic, D. (2012). **A randomized controlled trial of mindfulness-based cognitive therapy for bipolar disorder.** *Acta Psychiatrica Scandinavica*. [link]

Singh, A. (2012). **Use of mindfulness-based therapies in psychiatry.** *Progress in Neurology and Psychiatry*, 16(6), 7-11. [link]

Tan, L. & Martin, G. (2012). **Taming the adolescent mind: Preliminary report of a mindfulness-based psychological intervention for adolescents with clinical heterogeneous mental health diagnoses.** *Clinical Child Psychology and Psychiatry*. [link]

van de Weijer-Bergsma, E., Langenberg, G., Brandsma, R.,... Bögels, S. M. (2012). **The effectiveness of a school-based mindfulness training as a program to prevent stress in elementary school children.** *Mindfulness*. [link]

van Son, J., Nyklíček, I., Pop, V. J.,... Pouwer, F. (2012). **The effects of a mindfulness-based intervention on emotional distress, quality-of-life, and hba1c in outpatients with diabetes (diamind) A randomized controlled trial.** *Diabetes Care*. [link]

Wahl, K., Huelle, J. O., Zurovski, B., & Kordon, A. (2012). **Managing obsessive thoughts during brief exposure: An experimental study comparing mindfulness-based strategies and distraction in obsessive-compulsive disorder.** *Cognitive Therapy and Research*. [link]

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Walsh, E., Freshwater, D., & Fisher, P. (2012). **Caring for prisoners: Towards mindful practice.** *Journal of Research in Nursing.* [link]

Würtzen, H., Dalton, S. O., Elsass, P.,... Johansen, C. (2012). **Mindfulness significantly reduces self-reported levels of anxiety and depression: Results of a randomised controlled trial among 336 Danish women treated for stage I-III breast cancer.** *European Journal of Cancer.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Bob, P., Zimmerman, E. M., Hamilton, E. A.,... Konopka, L. (2012). **Conscious attention, meditation, and bilateral information transfer.** *Clinical EEG and Neuroscience*[link]

Bränström, R., Kvillemo, P., & Åkerstedt, T. (2012). **Effects of mindfulness training on levels of cortisol in cancer patients.** *Psychosomatics.* [link]

Carlin, E. A. & Ahrens, A. H. (2012). **The effects of mindfulness and fear-inducing stimuli on avoidance behavior.** *Mindfulness.* [link]

Froeliger, B., Garland, E. L., & McClernon, F. J. (2012). **Yoga meditation practitioners exhibit greater gray matter volume and fewer reported cognitive failures: Results of a preliminary voxel-based morphometric analysis.** *Evidence-Based Complementary and Alternative Medicine, 2012:* ID 821307. [link]

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Gervais, S. J. & Hoffman, L. (2012). **Just think about it: Mindfulness, sexism, and prejudice toward feminists.** *Sex Roles.* [link]

Greenberg, J., Reiner, K., & Meiran, N. (2012). **Off with the old: Mindfulness practice**

**improves backward inhibition.** *Frontiers in Psychology, 3,* 618. [link]

Hayes-Skelton, S. & Graham, J. (2012). **Decentering as a common link among mindfulness, cognitive reappraisal, and social anxiety.** *Behavioural and Cognitive Psychotherapy.* [link]

Lengacher, C. A., Shelton, M. M., Reich, R. R.,... Carranza (2012). **Mindfulness based stress reduction (MBSR-BC) in breast cancer: Evaluating fear of recurrence (FOR) as a mediator of psychological and physical symptoms in a randomized control trial.** *Journal of Behavioral Medicine.* [link]

Mascaro, J. S., Rilling, J. K., Negi, L. T., & Raison, C. L. (2012). **Pre-existing brain function predicts subsequent practice of mindfulness and compassion meditation.** *NeuroImage.* [link]

May, C. J., Weyker, J. R., Spengel, S. K.,... Hendrix, S. E. (2012). **Tracking longitudinal changes in affect and mindfulness caused by concentration and loving-kindness meditation with hierarchical linear modeling.** *Mindfulness.* [link]

Ortner, C. N. M. & Zelazo, P. D. (2012). **Responsiveness to a mindfulness manipulation predicts affect regarding an anger-provoking situation.** *Canadian Journal of Behavioural Science.* [link]

Sharpe, L., Nicholson-Perry, K., Rogers, P.,... Nicholas, M. K. (2012). **A comparison of the effect of mindfulness and relaxation on responses to acute experimental pain.** *European Journal of Pain.* [link]

Silberstein, L. R., Tirch, D., Leahy, R. L., & McGinn, L. (2012). **Mindfulness, psychological flexibility and emotional schemas.** *International Journal of Cognitive Therapy, 5(4),* 406-419. [link]

Tamagawa, R., Giese-Davis, J., Specia, M.,... Carlson, L. E. (2012). **Trait mindfulness, repression, suppression, and self-reported mood and stress symptoms among women**

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**with breast cancer.** *Journal of Clinical Psychology.* [\[link\]](#)

Thomas, J. T. (2012). **Does personal distress mediate the effect of mindfulness on professional quality of life?** *Advances in Social Work, 13*(3), 561-585. [\[link\]](#)

Tirch, D. D., Leahy, R. L., Silberstein, L. R., & Melwani, P. S. (2012). **Emotional schemas, psychological flexibility, and anxiety: The role of flexible response patterns to anxious arousal.** *International Journal of Cognitive Therapy, 5*(4), 380-391. [\[link\]](#)

Vlemincx, E., Vigo, D., Vansteenwegen, D.,... Van Diest, I. (2012). **Don't worry, be mindful: Effects of induced worry and mindfulness on respiratory variability in a nonanxious population.** *International Journal of Psychophysiology.* [\[link\]](#)

## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Dhanadhiwat, S., Promta, S., & Aporn Dewan, C. (2012). **Mindfulness enhancement model using feedback online diary to observe oneself.** *Computer Engineering and Intelligent Systems, 3*(12), 13-24. [\[link\]](#)

Kupper, Z. & Schmidt, S. (2012). **German contributions to mindfulness research, part 2: Assessment of mindfulness.** *Mindfulness.* [\[link\]](#)

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Borker, D. R. (2013). **Mindfulness practices for accounting and business education: A new perspective.** *American Journal of Business Education (AJBE), 6*(1), 41-56. [\[link\]](#)

Galante, J., Iribarren, S. J., & Pearce, P. F. (2012). **Effects of mindfulness-based cognitive therapy on mental disorders: A systematic review and meta-analysis of randomised controlled trials.** *Journal of Research in Nursing.* [\[link\]](#)

Gardner, F. L. & Moore, Z. E. (2012). **Mindfulness and acceptance models in sport psychology: A decade of basic and applied scientific advancements.** *Canadian Psychology, 53*(4), 309-18. [\[link\]](#)

Kozlowski, A. (2012). **Mindful mating: Exploring the connection between mindfulness and relationship satisfaction.** *Sexual and Relationship Therapy.* [\[link\]](#)

Regehr, C., Glancy, D., & Pitts, A. (2012). **Interventions to reduce stress in university students: A review and meta-analysis.** *Journal of Affective Disorders.* [\[link\]](#)

Reiner, K., Tibi, L., & Lipsitz, J. D. (2012). **Do mindfulness-based interventions reduce pain intensity? A critical review of the literature.** *Pain Medicine.* [\[link\]](#)

Senders, A., Wahbeh, H., Spain, R., & Shinto, L. (2012). **Mind-body medicine for multiple sclerosis: A systematic review.** *Autoimmune Diseases, 2012*, Article ID 567324. [\[link\]](#)

Stanley, S. (2012). **From discourse to awareness: Rhetoric, mindfulness, and a psychology without foundations.** *Theory & Psychology.* [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Arizona State University (Arizona Institute for Mental Health Research; Pfizer). **Online mindfulness training versus health education for fibromyalgia (EGIFT).** Trial # NCT01748786. [\[link\]](#)

The University of Tennessee Knoxville (G. Stuart & R. Shorey, P.I.). **Mindfulness and acceptance Group Therapy for Substance Use.** Trial # NCT01751542. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest work in the field of mindfulness*

If we can help young people to develop self-awareness, reduce stress, and regulate emotion, we may be able to prevent emotional problems before they begin. This month, we focus on the research that evaluates mindfulness-based interventions for children and adolescents, modifying them, as needed, to fit their unique developmental capacities.

**Weijer-Bergsma et al. [Mindfulness]** studied the effects of a *MindfulKids* school-based intervention on 199 boys and girls (aged 8-12) from diverse ethnic backgrounds in three Dutch primary schools. The 6-week program, modeled on MBSR, was taught in twice-weekly 30-minute sessions. Classroom teachers reinforced the program with daily 5-minute meditations. Half the children initially completed the program, while those in a wait-list control completed the program afterwards. At program's end, the children had enhanced their bodily awareness and shared emotions more readily. At 7-week follow-up, the children maintained those gains and also improved their ability to differentiate emotions, increased their sense that life was meaningful and manageable, and decreased rumination and analysis of emotions. In addition, the parents reported decreased anxiety and angry/aggressive behavior at home. All these effects were small, yet significant. Lastly, teachers noted a friendlier, more respectful classroom climate.

The children's response to the intervention depended on their degree of rumination. Non-ruminators increased bodily awareness and attention to other's emotions, and decreased angry/aggressive behavior. Ruminators, on the other hand, already high at pretest on bodily awareness and attention to other's emotions and low on angry/aggressive behaviors, showed no such changes. Instead, they decreased analyzing emotions (already high at pretest), in line with the *MindfulKids* emphasis on observing but not getting entangled in emotions.

**Tan & Martin [Clinical Child Psychology and Psychiatry]** tested a modified MBSR protocol for

adolescents. Their 5-week program, "Taming the Adolescent Mind," employed short 10-minute meditations and mindful activities utilizing music, drawing, and sculpture. Nine adolescent (ages 13-17) mental health outpatients with diagnoses of mood, anxiety, and adjustment disorders completed this pilot study, which was intended as a prelude to a large randomized controlled study. Participants



reported significant reductions in depression, anxiety and stress, and significant increases in mindfulness, psychological flexibility, and self-esteem by study's end and on 3-month follow-up. Their parents reported significantly fewer problems at home. The participants rated the program highly, finding it "useful" and "effective." The only change participants recommended was to include more sessions.

**Monshat et al. [Journal of Adolescent Health]** qualitatively analyzed focus group responses and individual interviews from 8 young people (aged 16-24) who completed a 6-week mindfulness training. Three of the participants had past diagnoses of depression, but none were currently depressed. Group and individual transcripts were coded and analyzed using grounded theory - a method in which theory emerges from the data rather than preceding it. Over the course of the training, participants went from an initial phase of distress and reactivity to a phase of stability marked by relaxation and increased conscious control. The youth finally progressed to a third "insight" phase characterized by clarity of mind, competence, and confidence in which mindfulness became a "mindset" rather than merely a "technique."

These studies demonstrate that mindfulness is a feasible intervention for youth that can be successfully tailored to meet the developmental needs of young people. The evaluation of mindfulness-based interventions among youth is a growing scientific field, and future studies with larger sample sizes, improved controls, and longer-term follow-up will advance this area of research.

# ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

## Events & Conferences

### Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session. **INFO:** More at [www.depts.washington.edu/ccfw/mlconference.html](http://www.depts.washington.edu/ccfw/mlconference.html)

### International Mindfulness Conference - CMRP

The Centre for Mindfulness Research and Practice in Bangor University are hosting an international conference in partnership with Breathworks. The conference 'Mindfulness in Society' will span over 5 days offering a range of Pre and Post conference institutes with a full day of mindfulness practice and dialogue facilitated by Jon Kabat-Zinn. Themes include: Supervision, Research, Education, Parenting, Workplace, NHS, Neuroscience and more, see website for more detailed information. Speakers include: Mark Williams, Jon Kabat-Zinn, Willem Kuyken and Shauna Shapiro. Dates: 22nd - 26th March 2013. Submissions deadline - 30.11.12 **INFO:** Contact: [mindfulness@bangor.ac.uk](mailto:mindfulness@bangor.ac.uk) Web: [www.cmrpconference.com](http://www.cmrpconference.com)

### Melbourne Australian Mindfulness Conference

This conference will bring together practitioners, philosophers, educators, managers, and researchers from quantitative and qualitative traditions including many meditators and mindfulness instructors. The conference will feature international keynotes contributing clinical, research and philosophical perspectives. Date: 1 and 2 March 2013 (optional workshops on 28 February). **INFO:** Contact: [info@conorg.com.au](mailto:info@conorg.com.au) [www.mindfulness.conorg.com.au](http://www.mindfulness.conorg.com.au)

### Meditation and Imagery Training

Our 30th year of training health professionals in the clinical uses of meditation and imagery. **INFO:** Visit [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com) or write to Richard Schaub, PhD at [drichardschaub@gmail.com](mailto:drichardschaub@gmail.com)

### Mindfulness Weekend for UK Doctors

For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD **INFO:** Contact the University of Rochester SMD Center for Experiential Learning, 585-275-4392, [www.urmc.rochester.edu/cpe/](http://www.urmc.rochester.edu/cpe/)

### Mindful Practice: Serious and Life-Limiting Illness

4-day residential workshop, May 1-4, 2013, Chapin Mill Retreat Center, Batavia, New York. For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD. **INFO:** The University of Rochester SMD Center for Experiential Learning, 585-275-4392, Web: [www.urmc.rochester.edu/cpe](http://www.urmc.rochester.edu/cpe) Course website: [\[here\]](#)

### Translating Science into Practice

4th conference in an acclaimed series -- Brain Development & Learning: Making Sense of the Science -- to be held in gorgeous Vancouver, BC. **\*\*Hear about mind-changing research in neuroscience & psychology from the famous scientists themselves, presented with clarity and enthusiasm in ways you can understand, see the immediate relevance of, and USE. \*\*** Topics include: interrelations between body, mind, &

spirit; indigenous healing practices; neuroplasticity & epigenetics; how psychic trauma affects the body & diverse routes to recovery; plus more. **\*\* Speakers include:** John Cacioppo, Michele Chaban, Kiley Hamlin, Linda Lantieri, Gabor Maté, Bruce Perry, Dan Siegel, & Tania Singer; plus 26 more. **\*\* This much-loved series has doubled in size each time it's been offered because people find it so valuable. 99% of those who attended the last meeting rated it as OUTSTANDING! CE credits & scholarships are available. Dates: July 24-28, 2013** **INFO:** Conference website: [www.braindevelopmentandlearning.com](http://www.braindevelopmentandlearning.com)

## Research & Education

### Research Survey for CAM practitioners

If you are a practitioner of any form of Complementary and Alternative Medicine (CAM) please consider participating in this brief but important research survey that examines how CAM practitioners interact with their clients to promote health and well-being. The University-based online survey takes approximately 10-15 minutes to complete and your responses will be anonymous. The results from this study will help to advance knowledge regarding the role of CAM practitioners' in their clients' health behaviours, as well as highlight possible differences in provider-client interactions between the different CAM modalities. **INFO:** To participate please visit: [www.ubishops.ca/CAMProviderStudy](http://www.ubishops.ca/CAMProviderStudy)

## Books & Media

### New blog on Meditation

Michele Clark, M.Ed., LMHC an experienced psychotherapist (25 years) and inexperienced meditator (4 1/2 years) has started a blog on the website of Goddard College where she teaches. It is called The Mediocre Meditator. To find it go to [GoddardCollege.edu](http://GoddardCollege.edu), scroll down the page to blogs, if it's not at the front go to All Blogs then MA in Psychology & Counseling and there it will be. New entries once a month. **INFO:** [www.goddard.edu](http://www.goddard.edu)

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Andersen, S. R., Würtzen, H., Steding-Jessen, M.,... Dalton, S. (2013). **Effect of mindfulness-based stress reduction on sleep quality: Results of a randomized trial among Danish breast cancer patients.** *Acta Oncologica*, 52(2), 336-44. [\[link\]](#)

Arch, J. J., Ayers, C. R., Baker, A.,... Craske, M. G. (2013). **Randomized clinical trial of adapted mindfulness based stress reduction versus group cognitive behavioral therapy for heterogeneous anxiety disorders.** *Behaviour Research and Therapy*. [\[link\]](#)

Carlson, K. J., Silva, S. G., Langley, J., & Johnson, C. (2013). **Mindful-Veteran: The implementation of a brief stress reduction course.** *Complementary Therapies in Clinical Practice*. [\[link\]](#)

Chapman, M. J. & Mitchell, D. (2013). **Mindfully valuing people now: An evaluation of introduction to mindfulness workshops for people with intellectual disabilities.** *Mindfulness*. [\[link\]](#)

Counsell, H. & Johnson, S. (2013). **Road traffic accidents: More than just whiplash?** *BMJ Case Reports*, 2013. [\[link\]](#)

Diaz, N., Liehr, P., Curnan, L., Brown, J. L. A., & Wall, K. (2012). **Playing games: Listening to the voices of children to tailor a mindfulness intervention.** *Children, Youth and Environments*, 22(2), 273-285. [\[link\]](#)

Gans, J. J., O'Sullivan, P., & Bircheff, V. (2013). **Mindfulness based tinnitus stress reduction pilot study.** *Mindfulness*. [\[link\]](#)

Henderson, V. P., Massion, A. O., Clemow, L.,... Hébert, J. R. (2013). **A randomized controlled trial of mindfulness-based stress reduction for women with early-stage breast cancer receiving radiotherapy.** *Integrative Cancer Therapies*. [\[link\]](#)

Knight, M., Pultinas, D., Collins, S.,... Silver, R. (2013). **Teaching mindfulness on an inpatient psychiatric unit.** *Mindfulness*. [\[link\]](#)

Kristeller, J., Wolever, R. Q., & Sheets, V. (2013). **Mindfulness-Based eating awareness training (MB-EAT) for binge eating: A randomized clinical trial.** *Mindfulness*. [\[link\]](#)

Nakamura, Y., Lipschitz, D. L., Kuhn, R.,... Donaldson, G. W. (2013). **Investigating efficacy of two brief mind-body intervention programs for managing sleep disturbance in cancer survivors: A pilot randomized controlled trial.** *Journal of Cancer Survivorship: Research and Practice*. [\[link\]](#)

Norouzi, M., Golzari, M., & Sohrabi, F. (2013). **Effectiveness of mindfulness based cognitive therapy on the quality of life, depression and burden of Alzheimer's women caregivers.** *Zahedan Journal of Research in Medical Sciences*. [\[link\]](#)

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Paul, A., Cramer, H., Lauche, R.,... Dobos, G. J. (2013). **An oncology mind-body medicine day care clinic: Concept and case presentation.** *Integrative Cancer Therapies.* [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,... Singh, J. (2013). **Mindfulness-Based treatment of aggression in individuals with mild intellectual disabilities: A waiting list control study.** *Mindfulness.* [link]

Sommers, F. G. (2013). **Mindfulness in love and love-making: A way of life.** *Sexual and Relationship Therapy.* [link]

van Berkel, J., Boot, C. L., Proper, K. I.,... van der Beek, A. J. (2013). **Process evaluation of a workplace health promotion intervention aimed at improving work engagement and energy balance.** *Journal of Occupational and Environmental Medicine,* 55(1), 19-26. [link]

Zeller, J. M. & Levin, P. F. (2013). **Mindfulness interventions to reduce stress among nursing personnel: An occupational health perspective.** *Workplace Health & Safety.* [link]

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## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Beer, M., Ward, L., & Moar, K. (2013). **The relationship between mindful parenting and distress in parents of children with an autism spectrum disorder.** *Mindfulness.* [link]

Kalill, K. S., Treanor, M., & Roemer, L. (2013). **The importance of non-reactivity to posttraumatic stress symptoms: A case for mindfulness.** *Mindfulness.* [link]

Pepping, C. A., O'Donovan, A., & Davis, P. J. (2013). **The differential relationship between mindfulness and attachment in experienced and inexperienced meditators.** *Mindfulness.* [link]

Spinella, M., Martino, S., & Ferri, C. (2013). **Mindfulness and addictive behaviors.** *Journal of Behavioral Health.* [link]

Tomasino, B., Fregona, S., Skrap, M., & Fabbro, F. (2012). **Meditation-related activations are modulated by the practices needed to obtain it and by the expertise: An ALE meta-analysis study.** *Frontiers in Human Neuroscience,* 6, 346. [link]

Zoysa, N., Ruths, F. A., Walsh, J., & Hutton, J. (2012). **Mindfulness-Based cognitive therapy for mental health professionals: A long-term quantitative follow-up study.** *Mindfulness.* [link]

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## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Büssing, A., Walach, H., Kohls, N.,... Trousselard, M. (2013). **Conscious presence and self-control as a measure of situational awareness in soldiers--a validation study.** *International Journal of Mental Health Systems,* 7(1), 1. [link]

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Cebolla, A., Luciano, J. V., DeMarzo, M. P.,... Campayo, J. G. (2013). **Psychometric properties of the spanish version of the mindful attention awareness scale (MAAS) in patients with fibromyalgia.** *Health and Quality of Life Outcomes*, 11, 6. [\[link\]](#)

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Albrecht, N. J., Albrecht, P. M., & Cohen, M. (2012). **Mindfully teaching in the classroom: A literature review.** *Australian Journal of Teacher Education*, 37(12), 1. [\[link\]](#)

Brito, G. (2013). **Rethinking mindfulness in the therapeutic relationship.** *Mindfulness*. [\[link\]](#)

Brown, A. P., Marquis, A., & Guiffrida, D. A. (2013). **Mindfulness-Based interventions in counseling.** *Journal of Counseling & Development*, 91(1), 96-104. [\[link\]](#)

Kerr, C. E., Sacchet, M. D., Lazar, S. W.,... Jones, S. R. (2013). **Mindfulness starts with the body: Somatosensory attention and top-down modulation of cortical alpha rhythms in mindfulness meditation.** *Frontiers in Human Neuroscience*, 7, 12. [\[link\]](#)

Kok, B. E., Waugh, C. E., & Fredrickson, B. L. (2013). **Meditation and health: The search for mechanisms of action.** *Social and Personality Psychology Compass*, 7(1), 27-39. [\[link\]](#)

Learner, L., Kibler, J. L., & Zeichner, S. B. (2013). **Relationship between mindfulness-based stress reduction and immune function in cancer and HIV/AIDS.** *Cancer and Clinical Oncology*, 2(1), 62. [\[link\]](#)

Malinowski, P. (2013). **Neural mechanisms of attentional control in mindfulness meditation.** *Frontiers in Neuroscience*, 7(8). [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (Jan 2013) at [Clinicaltrials.gov](#)

Lakehead University & Alzheimer Society of Canada (L. Ozen, PI). **Mindfulness research program designed to enhance wellbeing in people living with dementia and their spouses (MBCT\_AD).** Trial# NCT01774448. [\[link\]](#)

Massachusetts General Hospital & The Depressive and Bipolar Disorder Alternative Treatment Foundation (T. Deckersbach, PI). **Mindfulness therapy on disrupted sleep in bipolar disorder.** Trial# NCT01764035. [\[link\]](#)

Mayo Clinic (S. Kumar, PI). **Effect of mindful eating on body mass index in obese adolescents.** Trial# NCT01764113. [\[link\]](#)

University of Wisconsin, Madison (A. Zgierska, PI). **Meditation for low back pain.** Trail# NCT01775995. [\[link\]](#)



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Seth Segall, PhD

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## HIGHLIGHTS

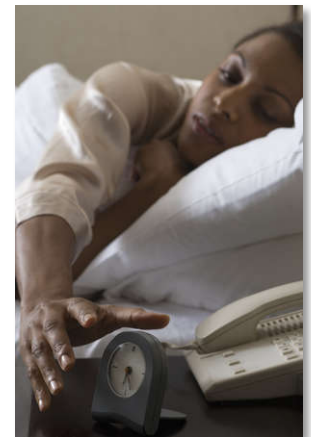
*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Cancer patients struggle not only with the physical consequences of illness and treatment, but also with anxiety, stress, sleeplessness, and fatigue. This month three studies examine MBSR's effect on the psychological concomitants of cancer, with two of them focusing specifically on problems sleeping.

**Anderson et al. [Acta Oncol.]** studied a cohort of 336 breast cancer patients, randomly assigned to either MBSR or treatment as usual. Self-reported sleep quality improved for both conditions, with a significantly greater improvement noted for MBSR. The effect size was small, however, and the groups no longer differed at 6- and 12-month follow-up, controls eventually catching up with MBSR participants. The authors conclude MBSR has a small short-term effect on sleep. MBSR participants maintained their gains at long-term follow-up, suggesting maintenance of their initial improvement over time. Sleep problems were rare in this cohort, perhaps due to the patients being an average of 7-8 months past their diagnosis, placing a ceiling on the magnitude of change scores.

**Nakamura et al. [J Cancer Surviv.]** compared three interventions in 57 cancer survivors with self-reported problems sleeping. Participants were randomly assigned to sleep hygiene education (SHE), mindfulness meditation (MM), or mind-body bridging (MBB). All interventions were delivered in three 2-hour group sessions, with home practice left to the participants' discretion. MM was a shortened version of MBSR that included sitting and walking meditation, the body scan, and a forgiveness meditation. MBB shares features with MM (sensory awareness, non-judgmental attitude, decontextualization of thought) but doesn't include formal meditation practice. It trains participants to "rest" their "identify systems" through sensory awareness, identify the irrational demands the system places

on reality and on oneself, and disengage from those demands in a friendly manner, thus loosening an identification with a false sense of self, and getting in touch with an undamaged sense of wholeness. All three interventions significantly improved self-reported sleep quality, with both MBB and MM proving superior to SHE. MBB participants also showed significant improvement on secondary measures of self-reported depression, mindfulness, and self-compassion when compared with the SHE control group, while MM participants showed a nonsignificant trend in the same direction of benefit. Future comparison research should consider the full-length intervention protocols.



**Henderson et al. [Integr Cancer Ther.]** compared MBSR to nutrition education (NEP) and treatment as usual (TAU) in 40 breast cancer patients actively undergoing radiation therapy. MBSR participants outperformed both control groups on 16 variables four months after the intervention. These variables reflected improved quality of life and adaptive coping, reduced avoidance coping, increased meaningfulness and spirituality, and decreased psychopathology. Group differences tended to diminish over time, so that by the end of two-year follow-up, MBSR participants only showed superior scores on meaningfulness, active cognitive coping, and less anxious preoccupation.

These new studies expand our understanding of the value of MBSR in cancer treatment. The sleep studies are especially welcome as previous studies of MBSR and sleep outcomes yielded some contradictory findings. Future studies would benefit from including polysomnography, actigraphy, and/or sleep diary data in addition to retrospective self-reports.

# ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

## Events & Conferences

### South Burlington WRP Spring Seminar

"Mindfulness that Matters" This daylong seminar focuses on bringing mindfulness-based strategies to your classroom, school or district. Spend a day with us, observe our teachers and students implementing practices in their classrooms, learn about the neuroscience of mindfulness, the evolution of our program and let us help you action plan. Our nationally recognized PreK-12 Wellness and Resilience Program has trained over 140 teachers in the past five years in bringing mindfulness practice to the personal and professional and to the lives of their students. Date: Mar 22,2013 and May 3,2013 Cost: \$199 (includes lunch).

**INFO:** Contact [srand@sbschools.net](mailto:srand@sbschools.net) for housing, more information and to register

### International Mindfulness Conference - CMRP

The Centre for Mindfulness Research and Practice in Bangor University are hosting an international conference in partnership with Breathworks. The conference 'Mindfulness in Society' will span over 5 days offering a range of Pre and Post conference institutes with a full day of mindfulness practice and dialogue facilitated by Jon Kabat-Zinn. Themes include: Supervision, Research, Education, Parenting, Workplace, NHS, Neuroscience and more, see website for more detailed information. Speakers include: Mark Williams, Jon Kabat-Zinn, Willem Kuyken and Shauna Shapiro. Dates: 22nd - 26th March 2013. Submissions deadline - 30.11.12

**INFO:** Contact: [mindfulness@bangor.ac.uk](mailto:mindfulness@bangor.ac.uk)  
Web: [www.cmprconference.com](http://www.cmprconference.com)

### Melbourne Australian Mindfulness Conference

This conference will bring together practitioners, philosophers, educators, managers, and researchers from quantitative and qualitative traditions including many meditators and mindfulness instructors. The conference will feature international keynotes contributing clinical, research and philosophical perspectives. Date: 1 and 2 March 2013 (optional workshops on 28 February).

**INFO:** Contact: [info@conorg.com.au](mailto:info@conorg.com.au)  
[www.mindfulness.conorg.com.au](http://www.mindfulness.conorg.com.au)

### Meditation and Imagery Training

Our 30th year of training health professionals in the clinical uses of meditation and imagery.

**INFO:** Visit [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com) or write to Richard Schaub, PhD at [drrichardschaub@gmail.com](mailto:drrichardschaub@gmail.com)

### Mindfulness Weekend for UK Doctors

For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD

**INFO:** Contact the University of Rochester SMD Center for Experiential Learning, 585-275-4392, [www.urmc.rochester.edu/cpe/](http://www.urmc.rochester.edu/cpe/)

### Mindfulness4Scotland Conference 2013

2013 Mindfulness4Scotland Conference - Building awareness of the practical applications and benefits of mindfulness in the workplace. Sunday 10th March 2013, Royal College of Surgeons. Edinburgh Expert Speakers such as Michael Chaskalson author of "The Mindful Workplace".

**INFO:** Visit [www.mindfulness4scotland.moonfruit.com](http://www.mindfulness4scotland.moonfruit.com)

### Deepening our Practice

A 5-day silent retreat for MBSR/MBCT teachers, clinicians, and educators. Sunday, June 23 through Friday, June 28, 2013, at Pendle Hill Retreat Center, near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, Ph.D., and Don McCown, MAMS, MSS, co-authors of Teaching Mindfulness: A practical guide for clinicians and educators. Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions. Time for participants to meet individually with teachers. Facilitated small group discussions on practice themes. Free time for contemplation and rest in beautiful surroundings: [www.pendlehill.org](http://www.pendlehill.org).

**INFO:** Register at [www.mindfulnessandmore.com](http://www.mindfulnessandmore.com)

### 11th Annual International Scientific Conference

The 11th Annual International Scientific Conference will be held in Norwood, Ma April 17 - 21, 2013. Gathering together an international community of renowned scientists, scholars, teachers and students participating in keynote addresses, concurrent breakouts, pre and post conference institutes, workshops, posters presentations and mindfulness practice sessions.

**INFO:** Contact: [mindfulness@umassmed.edu](mailto:mindfulness@umassmed.edu)  
[www.umassmed.edu/cfm/conference](http://www.umassmed.edu/cfm/conference)

### Mindfulness in the Outback Retreat

This retreat will be offered from the 22nd to the 28th of March 2013 and will be held in magnificent outback Australia. It is an exceptional opportunity to learn and practice mindfulness in the stillness of this ancient continent and connect deeply to the land and its history.

**INFO:** [www.Retreat.MindfulAwareness.com.au](http://www.Retreat.MindfulAwareness.com.au)

### Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session.

**INFO:** <http://depts.washington.edu/ccfwb/mlconference.html>

## Books & Media

### New Blog on Meditation

Michele Clark, M.Ed., LMHC an experienced psychotherapist (25 years) and inexperienced meditator (4 1/2 years) has started a blog on the website of Goddard College where she teaches. It is called The Mediocre Meditator. To find it go to [GoddardCollege.edu](http://GoddardCollege.edu), scroll down the page to blogs, if it's not at the front go to All Blogs then MA in Psychology & Counseling and there it will be. New entries once a month.

**INFO:** [www.goddard.edu](http://www.goddard.edu)

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Barnert, E. S., Himelstein, S., Herbert, S.,... Chamberlain, L. J. (2013). **Innovations in practice: Exploring an intensive meditation intervention for incarcerated youth.** *Child Adolesc Ment Health.* [link]

Chambers, S. K., Smith, D. P., Berry, M.,... Gardiner, R. A. (2013). **A randomised controlled trial of a mindfulness intervention for men with advanced prostate cancer.** *BMC Cancer*, 13(89). [link]

Chien, W. T. & Lee, I. Y. (2013). **The mindfulness-based psychoeducation program for Chinese patients with schizophrenia.** *Psychiatric Services.* [link]

Faucher, M. A. (2013). **Mindfulness yoga improves scores on depression scales and fosters maternal-fetal attachment.** *J Midwifery Womens Health*, 58(1), 111-112. [link]

Gallegos, A. M., Hoerger, M., Talbot, N. L.,... Duberstein, P. R. (2013). **Toward identifying the effects of the specific components of mindfulness-based stress reduction on biologic and emotional outcomes among older adults.** *J Altern and Complement Med.* [link]

Gockel, A., Cain, T., Malove, S., & James, S. (2013). **Mindfulness as clinical training: Student perspectives on the utility of mindfulness training in fostering clinical intervention skills.** *J Relig Spiritual Soc Work*, 32(1), 36-59. [link]

Gordon, W., Shonin, E., Sumich, A.,... Griffiths, M. D. (2013). **Meditation awareness training (MAT) for psychological well-being in a sub-**

**clinical sample of university students: A controlled pilot study.** *Mindfulness.* [link]

Lipschitz, D. L., Kuhn, R., Kinney, A. Y.,... Nakamura, Y. (2013). **Reduction in salivary  $\alpha$ -amylase levels following a mind--body intervention in cancer survivors: an exploratory study.** *Psychoneuroendocrinology.* [link]

McCarthy, B. & Wald, L. M. (2013). **Mindfulness and good enough sex.** *Sex Relation Ther.* [link]

Mize, S. J. & Iantaffi, A. (2013). **The place of mindfulness in a sensorimotor psychotherapy intervention to improve women's sexual health.** *Sex Relation Ther.* [link]

Moorhead, S. (2013). **Report of a feasibility study of a mindfulness group for clients, carers and staff of an early intervention in psychosis service.** *Cogn Behav Ther.* [link]

O'Connor, M., Piet, J., & Hougaard, E. (2013). **The effects of mindfulness-based cognitive therapy on depressive symptoms in elderly bereaved people with loss-related distress: A controlled pilot study.** *Mindfulness.* [link]

Reid, D. T. (2013). **Teaching mindfulness to occupational therapy students: Pilot evaluation of an online curriculum.** *Can J Occup Ther.*, 80(1), 42-48. [link]

Rosenbaum, T. Y. (2013). **An integrated mindfulness-based approach to the treatment of women with sexual pain and anxiety: Promoting autonomy and mind/body connection.** *Sex Relation Ther.* [link]

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Desrosiers, A., Klemanski, D. H., & Nolen-Hoeksema, S. (2013). **Mapping mindfulness**

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**facets onto dimensions of anxiety and depression.** *Behav Ther.* [\[link\]](#)

Ghasemipour, Y., Robinson, J. A., & Ghorbani, N. (2013). **Mindfulness and integrative self-knowledge: Relationships with health-related variables.** *Int J Psychol.* [\[link\]](#)

Keune, P. M., Bostanov, V., Hautzinger, M., & Kotchoubey, B. (2013). **Approaching dysphoric mood: State-effects of mindfulness meditation on frontal brain asymmetry.** *Biol Psychol.* [\[link\]](#)

Koopmann-Holm, B., Sze, J., Ochs, C., & Tsai, J. L. (2013). **Buddhist-Inspired meditation increases the value of calm.** *Emotion.* [\[link\]](#)

Lazaridou, A. & Kalogianni, C. (2013). **Mindfulness and sexuality.** *Sex Relation Ther.* [\[link\]](#)

Leroy, H., Anseel, F., Dimitrova, N. G., & Sels, L. (2013). **Mindfulness, authentic functioning, and work engagement: A growth modeling approach.** *J Vocat Behav.* [\[link\]](#)

Luberto, C. M., Cotton, S., McLeish, A. C.,... O'Bryan, E. M. (2013). **Mindfulness skills and emotion regulation: The mediating role of coping self-efficacy.** *Mindfulness.* [\[link\]](#)

McCreary, S. L. & Alderson, K. G. (2013). **The perceived effects of practising meditation on women's sexual and relational lives.** *Sex Relation Ther.* [\[link\]](#)

Parkin, L., Morgan, R., Rosselli, A.,... Dalgleish, T. (2013). **Exploring the relationship between mindfulness and cardiac perception.** *Mindfulness.* [\[link\]](#)

Peters, J. R., Eisenlohr-Moul, T. A., Upton, B. T., & Baer, R. A. (2013). **Nonjudgment as a moderator of the relationship between present-centered awareness and borderline features: Synergistic interactions in mindfulness assessment.** *Pers Individ Dif.* [\[link\]](#)

Woodruff, S. C., Glass, C. R., Arnkoff, D. B.,... Hirschhorn, E. W. (2013). **Comparing self-compassion, mindfulness, and psychological inflexibility as predictors of psychological health.** *Mindfulness.* [\[link\]](#)

## METHODS

*Articles developing empirical procedures to advance the measurement and methodology of mindfulness*

de Bruin, E. I., Zijlstra, B. J., & Bögels, S. M. (2013). **The meaning of mindfulness in children and adolescents: Further validation of the child and adolescent mindfulness measure (CAMM) in two independent samples from the Netherlands.** *Mindfulness.* [\[link\]](#)

Huffziger, S., Ebner-Priemer, U., Eisenbach, C.,... Kuehner, C. (2013). **Induced ruminative and mindful attention in everyday life: An experimental ambulatory assessment study.** *J Behav Ther Exp Psychiatry.* [\[link\]](#)

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2013). **Meditation awareness training (MAT) for improved psychological well-being: A qualitative examination of participant experiences.** *J Relig Health.* [\[link\]](#)

Smedslund, G., Zangi, H. A., Mowinckel, P., & Hagen, K. B. (2013). **Two to five repeated measurements per patient reduced the required sample size considerably in a randomized clinical trial for patients with inflammatory rheumatic diseases.** *BMC Res Notes,* 6(37). [\[link\]](#)

van Ravesteijn, H., Grutters, J., Lucassen, P.,... Speckens, A. (2013). **Mindfulness-based cognitive therapy for patients with medically unexplained symptoms: A cost-effectiveness study.** *J Psychosom Res.* [\[link\]](#)

Worsfold, K. E. (2013). **Embodied reflection in mindfulness-based cognitive therapy for**

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**depression.** *Human Psycholog.*, 41(1), 54-69. [\[link\]](#)

Zernicke, K. A., Campbell, T. S., Speca, M.,... Carlson, L. (2013). **The e-calm trial: etherapy for cancer applying mindfulness: Online mindfulness-based cancer recovery program for underserved individuals living with cancer in Alberta.** *BMC Complement Altern Med.*, 13(34). [\[link\]](#)

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Baker, A. C. & Absenger, W. (2013). **Sexual wellness enhancement and enrichment training (SWEET): A hypothetical group model for addressing sexual health and wellbeing.** *Sex Relation Ther.* [\[link\]](#)

Carlson, E. N. (2013). **Overcoming the barriers to self-knowledge: Mindfulness as a path to seeing yourself as you really are.** *Perspect Psychol Sci.*, 8(2), 173-86. [\[link\]](#)

Chapman, M. J., Hare, D. J., Caton, S.,... Mitchell, D. (2013). **The use of mindfulness with people with intellectual disabilities: A systematic review and narrative analysis.** *Mindfulness.* [\[link\]](#)

Harper, S. K., Webb, T. L., & Rayner, K. (2013). **The effectiveness of mindfulness-based interventions for supporting people with intellectual disabilities: A narrative review.** *Behav Modif.* [\[link\]](#)

Jha, A. P. (2013). **Being in the now.** *Sci Am Mind.*, 24(1), 26-33. [\[link\]](#)

Jones, P., Blunda, M., Biegel, G.,... Wiener, L. (2013). **Can mindfulness-based interventions help adolescents with cancer?** *Psycho-Oncology.* [\[link\]](#)

Khanna, S. & Greeson, J. M. (2013). **A narrative review of yoga and mindfulness as complementary therapies for addiction.** *Complement Ther Med.* [\[link\]](#)

Lang, A. J. (2013). **What mindfulness brings to psychotherapy for anxiety and depression.** *Depression and Anxiety.* [\[link\]](#)

Meekums, B. (2013). **Review: Effects of mindfulness-based cognitive therapy on mental disorders: A systematic review and meta-analysis of randomised controlled trials.** *J Res Nurs.*, 18(2), 156-157. [\[link\]](#)

Nanda, J. (2013). **Mindful relationships.** *Sex Relation Ther.* [\[link\]](#)

Rogers, B., Christopher, M., Sunbay-Bilgen, Z.,... Gryde, C. (2013). **Mindfulness in participatory medicine: Context and relevance.** *J Participat Med.*, 5, e7. [\[link\]](#)

Shonin, E., Van Gordon, W., Slade, K., & Griffiths, M. D. (2013). **Mindfulness and other buddhist-derived interventions in correctional settings: A systematic review.** *Aggress Violent Behav.* [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (Feb 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Department of Veterans Affairs (K. L. Saban, PI). **Mindful hearts study.** Trial# NCT01784796. [\[link\]](#)

HealthPartners Institute for Education and Research (R. Whitebird, PI). **Managing diabetes mindfully study.** Trial# NCT01796834. [\[link\]](#)

The Cleveland Clinic (A. Bernstein, PI). **Stress free now for nurses.** Trial# NCT01796054. [\[link\]](#)

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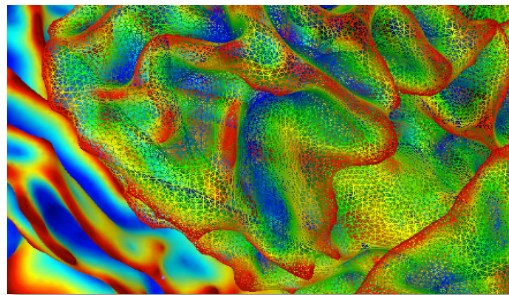


## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

In this issue, two studies follow up on anomalous findings, one in the realm of mindfulness and brain function, the other in the realm of mindfulness and immune function.

**Keune et al. [Biol Psychol]** studied the effects of mindfulness meditation on frontal EEG alpha wave asymmetry. It is generally held that relatively higher left frontal alpha power is associated with depression and avoidance motivation, whereas relatively higher right frontal alpha power is associated with approach motivation. While studies agree that mindfulness enhances relative right frontal alpha in healthy adults, the data for depressed adults is contradictory.



To clarify this, the authors measured frontal alpha asymmetry in 57 women with a history of recurrent depressive disorder. They recorded EEGs at baseline, after the induction of a sad mood, and after twenty minutes of either mindfulness meditation or a rumination challenge. In both the conditions, participants were told to focus on their breath, but one group received additional mindfulness instructions, while the other heard distracting instructions to ruminate, which they were told to try to ignore. Participants received no prior training in meditation.

In accord with previous studies, greater baseline left alpha power correlated with depressive symptoms, and greater baseline right alpha power correlated with positive mood. More importantly,

mindfulness meditation shifted alpha activation toward the right and reduced negative affect, while there was no similar effect for the rumination challenge. The results support the theory that mindfulness shifts frontal asymmetry, promoting approach motivation and thereby facilitating mood regulation. The study was limited by nonrandom assignment to conditions.

**Gallegos et al. [J Altern Complement Med]** performed new, more detailed analyses of the results of a prior, unpublished, study.<sup>1</sup> That study of 100 older MBSR participants (ages 65+) showed an unexpected decrease in antibody response to an immune challenge when compared with a wait list control. Conversely, previous studies with younger adults showed that MBSR had improved their immunity. The current study explored the relative contributions of separate MBSR components (yoga, sitting meditation, informal meditation, body scan, and perceived social support) to a variety of biological and psychological measures, including insulin-like growth factor (IGF-1), which is associated with increased longevity, an interleukin (IL-6) associated with inflammation, two antibodies (IgM and IgG) associated with immune response, and self-ratings of positive affect. The researchers provoked an immune response by injecting participants with keyhole limpet hemocyanin (KLH), a carrier protein used in vaccinations.

Yoga and sitting meditation both increased IGF-1 levels, while perceived social support lowered IL-6 levels. Yoga had a significant beneficial effect on positive affect. The body scan and yoga both contributed to the decreased antibody response to KLH immunization. Can MBSR impair immunity in older adults? More research is needed for it is possible, for example, that the observed antibody decrease was offset by increases in macrophages and lymphocytes.

Both of these studies significantly contribute to our understanding of the biology of mindfulness, quantifying objective measures at the level of the brain and body.

<sup>1</sup> Moynihan, J.A., Chapman, B.P., Klorman, R.,... Talbot, N.L. (2013). Mindfulness-based stress reduction for older adults: Effects on executive and immune function. Manuscript submitted for publication.

Image: Surface of the human brain

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, and Research & Education

## Events & Conferences

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**INFO:** Contact [srand@sbschools.net](mailto:srand@sbschools.net) for housing, more information, and to register.

### Mindfulness That Matters

South Burlington School District South Burlington, Vermont Wellness and Resilience Program Spring Seminar: March 22 or May 3 This daylong seminar focuses on bringing mindfulness-based practices to your classroom, school or district. Spend a day with us; observe our teachers and students implementing practices in their classrooms; learn about the neuro-science of mindfulness; the evolution of our program, and let us help you develop an action plan. Our PreK-12 program has trained over 140 staff and teachers in the last five years and we want to share it with you.

**INFO:** Contact [srand@sbschools.net](mailto:srand@sbschools.net)

### Meditation and Imagery Training

Our 30th year of training health professionals in the clinical uses of meditation and imagery.

**INFO:** Visit [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com) or write to Richard Schaub, PhD at [drrichardschaub@gmail.com](mailto:drrichardschaub@gmail.com)

### Mindfulness Training for Professionals

Mindfulness is becoming increasingly recognized as an important, positive factor in the healing and helping relationship between professionals and their clients. Research offers compelling evidence that a mindfulness practice is connected to improvement in health care professionals' well-being, psychological distress, burnout, and capacity for relating to patients. This training offers professionals of any background skills and experience to bring mindfulness forward in their professional lives and work. Date: May 1-4, 2013.

**INFO:** contact [dukeimprograms@duke.edu](mailto:dukeimprograms@duke.edu)  
[www.dukeintegrativemedicine.org](http://www.dukeintegrativemedicine.org)

### Deepening our Practice

A 5-day silent retreat for MBSR/MBCT teachers, clinicians, and educators. Sunday, June 23 through Friday, June 28, 2013, at Pendle Hill Retreat Center, near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, Ph.D., and Don McCown, MAMS, MSS, co-authors of Teaching Mindfulness: A practical guide for clinicians and educators. Sitting, walking, and movement meditation, in the style and spirit of the mindfulness-based interventions. Time for participants to meet individually with teachers. Facilitated small group discussions on practice themes. Free time for contemplation and rest in beautiful surroundings: [www.pendlehill.org](http://www.pendlehill.org).

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**INFO:** Contact [mindfulness@umassmed.edu](mailto:mindfulness@umassmed.edu)  
[www.umassmed.edu/cfm/conference](http://www.umassmed.edu/cfm/conference)

## Research & Education

### Mindfulness-Based Diabetes Management (MBDM)

April 4- May 23, 2013. New MBI for people living with diabetes of all types. \$495.00 for eight weekly sessions plus Saturday retreat. 20% discount for MBI instructors and researchers. Seeking expert feedback as we refine course, as well as possible research collaborators.

**INFO:** Contact Steven Alper, L.C.S.W.  
[stevenalperlcsww@gmail.com](mailto:stevenalperlcsww@gmail.com) (619)463-6387

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditation and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Advanced classes available.

**INFO:** Enroll at <http://marc.ucla.edu>

## Books & Media

### Mindfulness Practices For Cancer

BEING WELL (even when you're sick): Mindfulness Practices for People Living with Cancer and other Serious Illness, by Elana Rosenbaum, senior MBSR teacher, cancer survivor and psychotherapist. Forward by Jon Kabat-Zinn, a Shambhala Publication now available. Jack Kornfield says "Simple, deep, helpful, comforting, and wise."

**INFO:** Learn more at [www.mindfuliving.com](http://www.mindfuliving.com)

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

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Oberg, E. B., Rempe, M., & Bradley, R. (2013). **Self-directed mindfulness training and improvement in blood pressure, migraine frequency, and quality of life.** *Global Advances in Health and Medicine, 2*(2), 20-25. [\[link\]](#)

Perez-Blasco, J., Viquer, P., & Rodrigo, M. F. (2013). **Effects of a mindfulness-based intervention on psychological distress, well-being, and maternal self-efficacy in breast-feeding mothers: Results of a pilot study.** *Archives of Women's Mental Health.* [\[link\]](#)

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Raes, F., Griffith, J. W., Van der Gucht, K., & Williams, J. M. G. (2013). **School-based prevention and reduction of depression in adolescents: A cluster-randomized controlled trial of a mindfulness group program.** *Mindfulness.* [\[link\]](#)

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Ramsburg, J. T. & Youmans, R. J. (2013). **Meditation in the higher-education**



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**classroom: Meditation training improves student knowledge retention during lectures.** *Mindfulness.* [\[link\]](#)

Rogers, B., Christopher, M., & Sunbay-Bilgen, Z. (2013). **Mindfulness, self-care, and participatory medicine: A community's clinical evidence.** *J Participat Med, 5*, e9. [\[link\]](#)

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*Articles examining the correlation and mechanism between mindfulness and other variables*

Bergen-Cico, D. & Cheon, S. (2013). **The mediating effects of mindfulness and self-compassion on trait anxiety.** *Mindfulness.* [\[link\]](#)

Bermudez, D., Benjamin, M. T., Porter, S. E., ... Dutton, M. A. (2013). **A qualitative analysis of beginning mindfulness experiences for women with post-traumatic stress disorder and a history of intimate partner violence.** *Complementary Therapies in Clinical Practice.* [\[link\]](#)

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Lamis, D. A. & Dvorak, R. D. (2013). **Mindfulness, nonattachment, and suicide rumination in college students: The mediating role of depressive symptoms.** *Mindfulness.* [\[link\]](#)

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Ostafin, B. D., Brooks, J. J., & Laitem, M. (2013). **Affective reactivity mediates an inverse relation between mindfulness and anxiety.** *Mindfulness.* [\[link\]](#)

Reynolds, L. M., Consedine, N. S., & McCambridge, S. A. (2013). **Mindfulness and disgust in colorectal cancer scenarios: Non-judging and non-reacting components predict avoidance when it makes sense.** *Mindfulness.* [\[link\]](#)

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Sass, S. M., Berenbaum, H., & Abrams, E. M. (2013). **Discomfort with emotion moderates distress reduction in a brief mindfulness intervention.** *International Journal of Behavioral Consultation and Therapy*, 7(4), 24-27. [\[link\]](#)

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Dundas, I., Vøllestad, J., Binder, P. -E., & Sivertsen, B. (2013). **The five-factor mindfulness questionnaire in Norway.** *Scandinavian Journal of Psychology*. [\[link\]](#)

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Siddaway, A. P. & Wood, A. M. (2013). **Recommendations for conducting mindfulness-based cognitive therapy trials.** *Psychiatry Research*. [\[link\]](#)

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Chiesa, A. & Serretti, A. (2013). **Are mindfulness-based interventions effective for substance use disorders? A systematic**

**review of the evidence.** *Substance Use & Misuse*. [\[link\]](#)

Roberts-Collins, C., Tulloh, R., & Garratt, V. (2013). **Being mindful of pulmonary arterial hypertension.** *British Journal of Cardiac Nursing*, 8(3), 127-133. [\[link\]](#)

Schuman-Olivier, Z., Noordsy, D. L., & Brunette, M. F. (2013). **Strategies for reducing antipsychotic polypharmacy.** *Journal of Dual Diagnosis*. [\[link\]](#)

Shiralkar, M. T., Harris, T. B., Eddins-Folensbee, F. F., & Coverdale, J. H. (2013). **A systematic review of stress-management programs for medical students.** *Academic Psychiatry*. [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (March 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Contextual Change, LLC (M. Levin & J. Pistorello, PI). **Mindfulness and acceptance applied in colleges through web-based guided self-help.** Trial# NCT01808404. [\[link\]](#)

Duke University (C. Mauro, PI). **Integrative coping group for children (ToPSY).** Trial# NCT01813669. [\[link\]](#)

Örebro County Council (F. Holländare). **Internet-based relapse prevention for partially remitted depression (ISAK).** Trial# NCT01807988. [\[link\]](#)

Universität Duisburg-Essen (R. Lauche & H. Cramer, PI). **Lifestyle modification program for patients with chronic pain conditions (POSITAG).** Trial# NCT01805947. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

More than half of substance abusers relapse after treatment, and researchers are eager to discover new ways to improve lasting effects on substance use outcomes. This month, one study advances our understanding of how mindfulness influences craving, while another study reviews the efficacy of mindfulness-based interventions in substance abuse treatment.

The frequency and intensity of cravings is one of the main predictors of failure in smoking cessation attempts. **Nosen & Woody [Drug Alcohol Depend]** reported on the effects of two brief interventions on nicotine withdrawal cravings during the first day of abstinence from smoking. One group of smokers received a mindfulness intervention that stressed acceptance of cravings, allowing them to come and go without attempts to control. A second group received a standard psychoeducational intervention. Both brief 60 to 90 minute interventions were delivered via computer slide show with voice-overs. A third group served as a no-treatment control. The day after the intervention, one half of the group of 176 smokers quit smoking, and quitters were paged at various intervals throughout the day to rate their cravings. Participants also completed a questionnaire on their beliefs about cravings, e.g., whether they viewed cravings as signs of personal weakness or thought they needed to be controlled.

Both interventions significantly lowered cravings upon awakening the next morning. Both groups also experienced rising levels of craving throughout the day, so that after 2-3 hours their cravings equaled those of controls. After 10 hours, however, the standard psychoeducational intervention group continued to experience increasing cravings, whereas the mindfulness group experienced a significant drop in craving intensity. The mindfulness group also endorsed significantly fewer dysfunctional beliefs about cravings. These results suggest that even brief

training in “urge surfing” may significantly help quitters during their first day of abstinence.



**Chiesa & Serretti [Substance Use & Misuse]** comprehensively reviewed 24 quantitative, controlled studies of mindfulness-based and associated interventions (MBIs) on different types of substance abuse and misuse. The MBIs studied included MBSR, MBCT, MBRP, DBT and ACT, as well as other modalities. Substance abuse types included alcohol, tobacco, opiates, cannabis, methamphetamines, and mixed substance abuse. Retention rates were generally moderate to high (e.g., 50%-90% for alcohol abusers, 63%-100% for cigarette smokers, and 57%-82% for opiate abusers) and there were no reported adverse effects. There was some limited evidence that MBIs can reduce substance use over and above wait-list controls, nonspecific educational support groups, and some specific controls, but conclusions were hampered by methodological limitations including small sample size, lack of either randomization, blind assessment, or objective measures of substance use, and insufficient information on treatment adherence and follow-up. Some of the best evidence for efficacy was with the use of MBIs for smoking cessation, where all 4 reviewed studies showed significant benefits over and above controls.

There were also some surprising findings: three studies (one using MBSR, 2 using ACT) failed at significantly reducing stress. Two of the 3 studies using the Five Factor Mindfulness Questionnaire (FFMQ) failed to observe significant differences in mindfulness, while a third observed only transient differences on a single subscale. The authors emphasize the need for future replications with larger sample size and improved methodological rigor before firmer conclusions can be made.

# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Books & Media, Events & Conferences, Jobs & Volunteer, and Research & Education

## Events & Conferences

### South Burlington WRP Spring Seminar

"Mindfulness that Matters" This daylong seminar focuses on bringing mindfulness-based strategies to your classroom, school or district. Spend a day with us, observe our teachers and students implementing practices in their classrooms, learn about the neuroscience of mindfulness, the evolution of our program and let us help you action plan. Our nationally recognized PreK-12 Wellness and Resilience Program has trained over 140 teachers in the past five years in bringing mindfulness practice to the personal and professional and to the lives of their students. Date: Mar 22,2013 and May 3,2013 Cost: \$199 (includes lunch).

**INFO:** Contact [srand@sbschools.net](mailto:srand@sbschools.net) for housing, more information, and to register.

### Meditation and Imagery Training

Our 30th year of training health professionals in the clinical uses of meditation and imagery.

**INFO:** Visit [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com) or write to Richard Schaub, PhD at [drrichardschaub@gmail.com](mailto:drrichardschaub@gmail.com)

### Mindfulness and Nursing Care Retreat

Sacred Art of Nursing Retreat: A Mindful Approach to Care will be held at Commonweal Retreat Center in Bolinas, California, May 3 – 5, 2013. Nurses will learn clinical applications of mindfulness practice that can benefit both patient and nurse.

**INFO:** Please visit: [www.sacredartofnursing.com](http://www.sacredartofnursing.com)

### Self-Compassion & Mindfulness Workshop Germer Neff

Come to Amsterdam NLD this Summer for a two day intensive workshop with Kristin Neff and Christopher Germer on Self-Compassion and Mindfulness. Take this professional training for personal development and be able to bring the transformative power of self-compassion to the people you work with.

**INFO:** Date: 7 & 8 August 2013. Visit <http://centrumvoormindfulness.nl/workshop-compassion-germer-neff>

### Mindfulness Training for Professionals

This training offers professionals of any background skills and experience to bring mindfulness forward in their professional lives and work. Date: May 1-4, 2013. Register for a free information teleconference to learn more.

**INFO:** Contact [dukeimprograms@duke.edu](mailto:dukeimprograms@duke.edu) <http://www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals>

## Research & Education

### Mindfulness-Based Diabetes Management (MBDM)

April 4- May 23, 2013. New MBI for people living with diabetes of all types. \$495.00 for eight weekly sessions plus Saturday retreat. 20% discount for MBI instructors and researchers. Seeking expert feedback as we refine course, as well as possible research collaborators.

**INFO:** Contact Steven Alper, L.C.S.W. [stevenalperlcsww@gmail.com](mailto:stevenalperlcsww@gmail.com) (619)463-6387

### Workshop Mindfulness for Kids/ Adolescents - MBCT

Mindfulness 4 kids Workshop experiential and theoretical background on the clinical applications of mindfulness in children and adolescents The Mindfulness-Based Therapy for children and adolescents May 25, 2013 Villa San Carlo Costabissara (Vicenza) ITALY.

**INFO:** Contact: [info@istitutomindfulness.com](mailto:info@istitutomindfulness.com) [www.istitutomindfulness.com](http://www.istitutomindfulness.com)

### Participants Sought for Mindfulness Research

The Mindfulness and Awakening Research Registry is dedicated to improving understanding of contemplative practices in promoting human flourishing and seeks individuals involved in mindfulness or contemplative practices who are willing to consider participation in scientific studies of mindfulness and awakening.

**INFO:** To learn more, go to [www.Contemplative-Studies.org](http://www.Contemplative-Studies.org) or contact [jdecastro@shsu.edu](mailto:jdecastro@shsu.edu)

## Books & Media

### Read Buddha's Addicts

Download "Buddha's Addicts: Practicing Mindfulness in a Thirsty World" at [www.soberbuddha.com](http://www.soberbuddha.com) store.

**INFO:** Available at [www.soberbuddha.com](http://www.soberbuddha.com)

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## INTERVENTIONS

*Articles testing the applied science and implementation of mindfulness-based interventions*

Cathcart, S., Galatis, N., Immink, M.,... Petkov, J. (2013). **Brief mindfulness-based therapy for chronic tension-type headache: A randomized controlled pilot study.** *Behavioural and Cognitive Psychotherapy.* [link]

Danucalov, M. A., Kozasa, E. H., Ribas, K. T.,... Leite, J. R. (2013). **A yoga and compassion meditation program reduces stress in familial caregivers of Alzheimer's disease patients.** *Evidence-Based Complementary and Alternative Medicine, 2013.* [link]

Hastings, R. P. & Manikam, R. (2013). **Mindfulness and acceptance in developmental disabilities: Introduction to the special issue.** *Mindfulness.* [link]

Hoge, E. A., Bui, E., Marques, L.,... Simon, N.M. (2013). **Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: Effects on anxiety and stress reactivity.** *The Journal of Clinical Psychiatry.* [link]

Jouper, J. & Gustafsson, H. (2013). **Mindful recovery: A case study of a burned-out elite shooter.** *The Sport Psychologist, 27(1), 92-102.* [link]

King, A. P., Erickson, T. M., Giardino, N. D.,... Liberzon, I. (2013). **A pilot study of group mindfulness-based cognitive therapy (MBCT) for combat veterans with posttraumatic stress disorder (PTSD).** *Depression and Anxiety.* [link]

Klatt, M., Harpster, K., Browne, E.,... Case-Smith, J. (2013). **Feasibility and preliminary outcomes for move-into-learning: An arts-based mindfulness classroom intervention.** *The Journal of Positive Psychology.* [link]

Parra-Delgado, M. & Latorre-Postigo, J. M. (2013). **Effectiveness of mindfulness-based cognitive therapy in the treatment of fibromyalgia: A randomised trial.** *Cognitive Therapy and Research.* [link]

## ASSOCIATIONS

*Articles examining the correlation and mechanism between mindfulness and other variables*

Beshara, M., Hutchinson, A. D., & Wilson, C. (2013). **Does mindfulness matter? Everyday mindfulness, mindful eating and self-reported serving size of energy dense foods among a sample of south Australian adults.** *Appetite.* [link]

Carciofo, R., Du, F., Song, N., & Zhang, K. (2013). **Chronotype and time-of-day correlates of mind wandering and related phenomena.** *Biological Rhythm Research.* [link]

Desrosiers, A., Vine, V., Klemanski, D. H., & Nolen-Hoeksema, S. (2013). **Mindfulness and emotion regulation in depression and anxiety: Common and distinct mechanisms of action.** *Depression and Anxiety.* [link]

Drozd, F., Raeder, S., Kraft, P., & Bjørkli, C. A. (2013). **Multilevel growth curve analyses of treatment effects of a web-based intervention for stress reduction: Randomized controlled trial.** *Journal of Medical Internet Research, 15(4), e84.* [link]

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Garland, S. N., Campbell, T., Samuels, C., & Carlson, L. E. (2013). **Dispositional mindfulness, insomnia, sleep quality and dysfunctional sleep beliefs in post-treatment cancer patients.** *Personality and Individual Differences*. [link]

Hoge MD, E. A., Chen BS, M. M., Metcalf BA,... DeVivo, I. (2013). **Loving-Kindness meditation practice associated with longer telomeres in women.** *Brain, Behavior, and Immunity*. [link]

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Lutz, J., Herwig, U., Opialla, S.,... Bruhl, A. B. (2013). **Mindfulness and emotion regulation-an fMRI study.** *Social Cognitive and Affective Neuroscience*. [link]

Mankus, A. M., Aldao, A., Kerns, C.,... Mennin, D. S. (2013). **Mindfulness and heart rate variability in individuals with high and low generalized anxiety symptoms.** *Behaviour Research and Therapy*. [link]

Perich, T., Manicavasagar, V., Mitchell, P. B., & Ball, J. R. (2013). **The association between meditation practice and treatment outcome in mindfulness-based cognitive therapy for bipolar disorder.** *Behaviour Research and Therapy*. [link]

Rodero, B., Pereira, J. P., Pérez-Yus, M. C.,... Garcia-Campayo, J. (2013). **Validation of a spanish version of the psychological inflexibility in pain scale (PIPS) and an evaluation of its relation with acceptance of pain and mindfulness in sample of persons with fibromyalgia.** *Health and Quality of Life Outcomes*, 11(1), 62. [link]

Sinclair, C. M. & Goodfriend, W. (2013). **Mindfulness in adolescents: Effects of single-session mindfulness meditation on anxiety and depression.** *Journal of Psychological Inquiry*, 18(1), 37-45. [link]

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Wang, Y. & Kong, F. (2013). **The role of emotional intelligence in the impact of mindfulness on life satisfaction and mental distress.** *Social Indicators Research*. [link]

Zeidan, F., Martucci, K. T., Kraft, R. A.,... Coghill, R. C. (2013). **Neural correlates of mindfulness meditation-related anxiety relief.** *Social Cognitive and Affective Neuroscience*. [link]

## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Bazarko, D., Cate, R. A., Azocar, F., & Kreitzer, M. J. (2013). **The impact of an innovative mindfulness-based stress reduction program on the health and well-being of nurses employed in a corporate setting.** *Journal of Workplace Behavioral Health*, 28(2), 107-133. [link]

Chen, S. Y. & Zhou, R. L. (2013). **Validation of a Chinese version of the freiburg mindfulness inventory--short version.** *Mindfulness*. [link]

Hou, J., Wong, S. Y., Lo, H. H.,... Ma, H. S. (2013). **Validation of a Chinese version of the five-facet mindfulness questionnaire in Hong Kong and development of a short form.** *Assessment*. [link]

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Johnson, C. J., Wiebe, J. S., & Morera, O. F. (2013). **The Spanish version of the mindful attention awareness scale (MAAS): Measurement invariance and psychometric properties.** *Mindfulness*. [link]

Salmoirago-Blotcher, E., Crawford, S. L., Carmody, J.,... Ockene, I. S. (2013). **Phone-delivered mindfulness training for patients with implantable cardioverter defibrillators: Results of a pilot randomized controlled trial.** *Annals of Behavioral Medicine*. [link]

Stinson, B. & Arthur, D. (2013). **A novel EEG for alpha brain state training, neurobio-feedback and behavior change.** *Complementary Therapies in Clinical Practice*. [link]

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Bögels, S. M., Helleman, J., Deursen, S. V.,... Meulen, R. V. D. (2013). **Mindful parenting in mental health care.** *Mindfulness*. [link]

Dafoe, T. & Stermac, L. (2013). **Mindfulness meditation as an adjunct approach to treatment within the correctional system.** *Journal of Offender Rehabilitation*, 52(3), 198-216. [link]

Dreeben, S. J., Mamber, M. H., & Salmon, P. (2013). **The MBSR body scan in clinical practice.** *Mindfulness*. [link]

Pezzolesi, C., Ghaleb, M., Kostrzewski, A., & Dhillon, S. (2013). **Is mindful reflective practice the way forward to reduce medication errors?** *International Journal of Pharmacy Practice*. [link]

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2013). **Buddhist philosophy for the treatment of problem gambling.** *Journal of Behavioral Addictions*. [link]

Smith, L. L., Lake, N. H., Simmons, L. A., Perlman, A.,... Wolever, R. Q. (2013). **Integrative health coach training: A model for shifting the paradigm toward patient-centricity and meeting new national prevention goals.** *Global Advances in Health and Medicine*. [link]

## TRIALS

Research trials on mindfulness newly registered at Clinicaltrials.gov

Brown University (W. Britton, PI). **Dismantling mindfulness.** Trial# NCT01831362. [link]

Oregon Health and Science University (R. Nardos, PI). **Examining bladder control using mindful based approach.** Trial# NCT01843543. [link]

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## HIGHLIGHTS

*A summary of new studies or events, providing a snapshot of some of the latest research findings*

Nearly 450 researchers, MBSR teachers, and clinicians assembled for the 11th Annual International Scientific Conference of the Center for Mindfulness in Medicine, Healthcare and Society this April in Norwood, Massachusetts. Presentations by Norman Farb, Ph.D., Wendy Hasenkamp, Ph.D., David Creswell, Ph.D., Eileen Luders, Ph.D. and David Vago, Ph.D. focused on the neuropsychological correlates of mindfulness. Each of the researchers presented data from past studies along with new findings from as yet unpublished work.

Norman Farb presented MRI data on two opposing neural systems: the interoceptive pathway where bodily awareness is represented, and the default network which is often associated with self-referential narrative awareness and mind wandering. He presented studies showing that MBSR training is associated with increased recruitment of the interoceptive awareness pathway along with increased connectivity of the posterior insula (a key component of that pathway) to the prefrontal cortex. This increased connectivity had both state-and-trait features.

Wendy Hasenkamp's MRI research showed how different neural networks are deployed during different moments of focused meditation, depending on whether focus is established, the mind wanders off-focus, the mind becomes aware of wandering, or the mind re-establishes its focus. She identified activity in the brain's default network during mind wandering, activity in a neural salience network with awareness of mind wandering, and activity in a neural executive network for shifting and maintaining focus. More experienced meditators had increased resting-state functional connectivity between the right insula and the dorsolateral prefrontal cortex, and between the ventromedial prefrontal cortex and the bilateral inferior parietal lobe, suggesting increased functional connectivity within and between attentional networks. Experienced meditators also showed decreased ventromedial prefrontal activity while shifting back to focus, perhaps reflecting a decreased "stickiness" of their thoughts.

David Creswell also presented MRI functional connectivity data showing that a three-day mindfulness retreat increased connectivity between the posterior cingulate cortex and the bilateral dorsolateral prefrontal cortex. This increased functional connectivity was shown to mediate a decrease in the participants' interleukin-6 inflammatory response.



Eileen Luders reviewed a series of studies showing structural brain changes in long-term meditators (participants had an average of 21 years of practice) compared with matched controls. Meditators had greater grey matter concentration, greater fiber connectivity, greater cortical gyrfication, and a thicker corpus callosum and larger hippocampus compared with controls. They also showed a slower decline of white matter connectivity with age.

David Vago proposed a neurobiological model to help guide mindfulness investigation called S-ART (Self-Awareness, Self-Regulation and Self-Transcendence), which hypothesizes the brain networks and processes undergirding meta-awareness, emotional and behavioral modulation, and prosocial transcendence of self-focused needs. Vago hypothesizes that meditation training modulates self-specifying and narrative-self brain networks through an integrative fronto-parietal control network. He presented preliminary data using experienced meditators illustrating the role of the integrative fronto-parietal network (along with the basal ganglia and primary somatosensory cortex). Hours of formal meditation practice correlated with higher frontopolar cortical activation and lower self-reflective hippocampal-cortical-memory network activation.

Taken together, these studies point to significant changes in brain structure and functional connectivity that occur over time with meditative experience, as well as progress in identifying brain networks that are responsible for different aspects of meditative experience.

Image source: usa.gov



# ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, and Research & Education

## Events & Conferences

### Self-Compassion & Mindfulness Workshop Germer Neff

Come to Amsterdam NLD this Summer for a two day intensive workshop with Kristin Neff and Christopher Germer on Self-Compassion and Mindfulness. Take this professional training for personal development and be able to bring the transformative power of self-compassion to the people you work with.

**INFO:** Date: 7 & 8 August 2013. Visit <http://centrumvoormindfulness.nl/workshop-compassion-germer-neff>

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### Mindful Art Experience

Mindful Art at the Tree Frog Gallery, Maleny, Queensland is an inspiring interactive event offering: • Mindful viewing • Sensory trails • Visualizations • Musical Inspirations • Treasured Tips from Artist Heather Be creative in your own quiet space facebook ['MindfulArtAtTheTreeFrogGallery'](#)

**INFO:** [info@treefroggallery.com](mailto:info@treefroggallery.com) Heather & Janet

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## Mindful Schools Courses in Europe

Mindful Schools is offering two courses in Europe during Summer 2013: one Curriculum Training, which runs from August 8 to August 10, and a Year-Long Certification Opening Retreat, which runs from August 12 to August 19. If you have friends in Europe who would be interested in these courses, please share this information with them. Thank you so much! Mindful Schools ([www.mindfulschools.org](http://www.mindfulschools.org)) is a non-profit organization that has taught many thousands of adults how to use mindfulness with K-12 youth, impacting over 50,000 children to date.

**INFO:** For details, visit: <http://www.mindfulschools.org/training/european-courses-summer-2013/>

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## Research & Education

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

**INFO:** More information at <http://marc.ucla.edu/body.cfm?id=112>

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## Books & Media

**INFO:** None posted

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Bond, A. R., Mason, H. F., Lemaster, C. M.,... Saper, R. B. (2013). **Embodied health: The effects of a mind-body course for medical students.** *Medical Education Online*, 18. [\[link\]](#)

Call, D., Miron, L., & Orcutt, H. (2013). **Effectiveness of brief mindfulness techniques in reducing symptoms of anxiety and stress.** *Mindfulness*. [\[link\]](#)

Davis, M. C., & Zautra, A. J. (2013). **An online mindfulness intervention targeting socioemotional regulation in fibromyalgia: Results of a randomized controlled trial.** *Annals of Behavioral Medicine*. [\[link\]](#)

Dobkin, P. L., Hickman, S., & Monshat, K. (2013). **Holding the heart of mindfulness-based stress reduction: Balancing fidelity and imagination when adapting MBSR.** *Mindfulness*. [\[link\]](#)

Felver, J. C., Doerner, E., Jones, J.,... Merrell, K. W. (2013). **Mindfulness in school psychology: Applications for intervention and professional practice.** *Psychology in the Schools*. [\[link\]](#)

Foureur, M., Besley, K., Burton, G.,... Crisp, J. (2013). **Enhancing the resilience of nurses and midwives: Pilot of a mindfulness based program for increased health, sense of coherence and decreased depression, anxiety and stress.** *Contemporary Nurse*. [\[link\]](#)

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**depressive symptom severity.** *Aging & Mental Health*. [\[link\]](#)

Hayes-Skelton, S. A., Roemer, L., & Orsillo, S. M. (2013). **A randomized clinical trial comparing an acceptance-based behavior therapy to applied relaxation for generalized anxiety disorder.** *Journal of Consulting and Clinical Psychology*. [\[link\]](#)

Jacobs, J., Cardaciotto, L., Block-Lerner, J., & McMahon, C. (2013). **A pilot study of a single-session training to promote mindful eating.** *Advances in Mind-body Medicine*, 27(2), 18-23. [\[link\]](#)

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**control field trials.** *Journal of Educational Psychology.* [link]

Sohrabi, F., Jaafarifard, S., Zarei, S., & Eskandari, H. (2013). **The effectiveness of mindfulness-based cognitive therapy on panic disorder" case study".** *Journal of Clinical Psychology [Iran],* 4(4), 31-43. [link]

Wisner, B. L. (2013). **An exploratory study of mindfulness meditation for alternative school students: Perceived benefits for improving school climate and student functioning.** *Mindfulness.* [link]

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*Articles examining the correlation and mechanism between mindfulness and other variables*

Arch, J. J., & Ayers, C. R. (2013). **Which treatment worked better for whom? Moderators of group cognitive behavioral therapy versus adapted mindfulness based stress reduction for anxiety disorders.** *Behaviour Research and Therapy,* 51(8), 434-442. [link]

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Prowse, E., Bore, M., & Dyer, S. (2013). **Eating disorder symptomatology, body image, and mindfulness: Findings in a non-clinical sample.** *Clinical Psychologist.* [link]

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**in community adults.** *PLoS ONE*, 8(5), e64574. [\[link\]](#)

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## METHODS

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Malboeuf-Hurtubise, C., Achille, M., Sultan, S., & Vadnais, M. (2013). **Mindfulness-based intervention for teenagers with cancer: Study protocol for a randomized controlled trial.** *Trials*, 14, 135. [\[link\]](#)

Morgan, J. R., Masuda, A., & Anderson, P. L. (2013). **A preliminary analysis of the psychometric properties of the mindful attention awareness scale among African American college students.** *Mindfulness*. [\[link\]](#)

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## REVIEWS

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Adshead, G. (2013). **The time of our lives: Psychological disorders, time perception and the practice of mindfulness.** *European Journal of Psychotherapy & Counselling*, 15(2), 139-150. [\[link\]](#)

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Davis, T. S. (2013). **A literature review exploring the potential of mindfulness as a tool to develop skills and qualities for effective consultation.** *Mindfulness*. [\[link\]](#)

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Stanley, S. (2013). **Things said or done long ago are recalled and remembered: The ethics of mindfulness in early Buddhism, psychotherapy and clinical psychology.** *European Journal of Psychotherapy & Counselling*, 15(2), 151-162. [\[link\]](#)

Whittingham, K. (2013). **Parents of children with disabilities, mindfulness and acceptance: A review and a call for research.** *Mindfulness*. [\[link\]](#)

Witharana, D., & Adshead, G. (2013). **Mindfulness-based interventions in secure settings: Challenges and opportunities.** *Advances in Psychiatric Treatment*, 19(3), 191-200. [\[link\]](#)

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Research trials on mindfulness newly registered (May 2013) at [Clinicaltrials.gov](#)

Boston University (S. G. Hoffman, PI). **A pilot study of positive affect training.** Trial# NCT01853098. [\[link\]](#)

University of Copenhagen (U. K. Stigsdotter, PI). **Nacardia effect study (NEST).** Trial# NCT01849718. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Mindfulness is finding its way into the workplace. Its potential to reduce burnout in high-stress jobs or improve safety in high-risk jobs may seem self-evident, but is it beneficial under all circumstances?

**Roeser et al. [J Educ Psychol.]** tested an 8-week mindfulness training, based on MBSR but designed specifically for grade school teachers, that focused group discussions and homework assignments on teaching-related concerns. Teachers (n=113) from Canada and the U.S. were randomly assigned to either mindfulness training or a wait-list control. Teachers in the mindfulness condition showed higher levels of self-reported mindfulness (as measured by the Five-Facet Mindfulness Questionnaire) and occupational self-compassion, and lower levels of self-reported occupational stress and burnout, anxiety, and depression than did controls both at program's end and at 3-month follow-up. The effect sizes were large, ranging from 0.57 to 1.56. Changes in stress, burnout, depression, and anxiety were all mediated by changes in mindfulness and occupational self-compassion.

The Canadian teachers also completed an objective measure of working memory (the ability to hold multiple items of information in mind simultaneously) using a task requiring the recall of strings of digits while checking math problems for accuracy. Teachers in the mindfulness group showed significantly better working memory capacity after training than did controls, but the effects on working memory were small, ranging from 0.15 to 0.33. Measures of cortisol, blood pressure and heart rate were also obtained from the Canadian teachers, but yielded no significant changes over time.

Most teachers (87%) completed the program, and 98% would recommend it to their peers. Average ratings on a 5-point scale of perceived benefit were high, both for professional (4.10) and personal (4.58) benefit.

**Zhang et al. [Pers Individ Dif.]** validated the factor structure of the Freiberg Mindfulness Inventory (FMI) in a Chinese population, and investigated the effects of trait mindfulness on the job performance of Chinese nuclear power plant operators. The FMI validation study (n=294) yielded a two-factor solution (*Presence* and *Acceptance*). The authors then compared supervisor-rated task performance, safety compliance, and safety participation in two groups of power plant operators: control room operators (CRO) who monitor over 1,000 displays and maintain responsibility for overall reactor safety (a high complexity job), and field operators (FO) who monitor just a few pieces of front-line equipment and have limited decision-making responsibility (a low complexity job).



The authors hypothesized that trait *Presence* would be an asset for high complexity jobs, but less of an asset for low complexity jobs. Their reasoning was that mindfulness might consume limited cognitive resources that could interfere with speed and efficiency in low complexity jobs.

*Presence* turned out to be positively correlated with CRO (high complexity) task performance ( $\beta = .51, p < .01$ ), CRO safety participation ( $\beta = .50, p < .01$ ), and CRO safety compliance ( $\beta = .32, p = .051$ ), but negatively correlated ( $\beta = -.27, p = .053$ ) with FO (low complexity) task performance, and unrelated to either FO safety compliance or participation. Trait *Acceptance* was unrelated to any of the work performance or safety measures.

Mindfulness appears to be relevant in diverse workplace settings. Mindful teachers report reduced stress and burnout, and mindfully present power plant operators in high complexity jobs enact safer behaviors. Taken together, these studies suggest that mindfulness might aid in vocational tasks involving the processing of multiple streams of information along with complex decision-making responsibilities. However, mindfulness might be less relevant on routine tasks when speed is of the essence and the cost of error is low.

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## Events & Conferences

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**INFO:** Date: 7 & 8 August 2013. Visit <http://centrumvoormindfulness.nl/workshop-compassion-germer-neff>

### MBCPM Facilitator Training and Practicum

Mindfulness-Based Chronic Pain Management (MBCPM) was designed by Dr. Gardner-Nix to better address the unique needs of the chronic pain/disease population, providing relief to thousands of patients since its conception. The next MBCPM Facilitator Training and Practicum is being offered from August 6-15, 2013 in Toronto.

**INFO:** For details, visit: <http://www.neuronovacentre.com/mbcpm-facilitator>

### Right Life Project Launches

The Right Life Project supports people in their quest for rich and meaningful lives, within a framework informed by mindful awareness; theory, research, and practice in the social and life sciences; and elements of Eastern philosophy. Through our blog and educational programming, we help people to achieve wellbeing in the various dimensions of life, and integrate them, for a life aligned with who they are at their core.

**INFO:** Please visit us at [www.rightlifeproject.com](http://www.rightlifeproject.com)

## Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>  
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

## Mindful Schools Courses in Europe

Mindful Schools is offering two courses in Europe during Summer 2013: one Curriculum Training, which runs from August 8 to August 10, and a Year-Long Certification Opening Retreat, which runs from August 12 to August 19. If you have friends in Europe who would be interested in these courses, please share this information with them. Thank you so much! Mindful Schools ([www.mindfulschools.org](http://www.mindfulschools.org)) is a non-profit organization that has taught many thousands of adults how to use mindfulness with K-12 youth, impacting over 50,000 children to date.

**INFO:** For details, visit: <http://www.mindfulschools.org/training/european-courses-summer-2013/>

## Research & Education

### Mindfulness Professional Teacher Training

Mindfulness Professional Teacher Training in San Francisco May 2014 to April 2015. With Mark Coleman and Martin Aylward.

**INFO:** For details, go to: [themindfulnessinstitute.com/teacher-training](http://themindfulnessinstitute.com/teacher-training)

### Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

**INFO:** <http://www.contemplativeeducation.ca>

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

**INFO:** More information at: <http://marc.ucla.edu/body.cfm?id=112>

## Books & Media

**INFO:** None posted

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Asuero, M., Pujol-Ribera, E., & Berenguera, A. (2013). **Effectiveness of a mindfulness program in primary care professionals** [Spanish]. *Gaceta Sanitaria*. [\[link\]](#)

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Black, D. S., & Fernando, R. (2013). **Mindfulness training and classroom behavior among lower-income and ethnic minority elementary school children**. *Journal of Child and Family Studies*. [\[link\]](#)

Ives-Deliperi, V. L., Howells, F., Stein, D. J.,... Horn, N. (2013). **The effects of mindfulness-based cognitive therapy in patients with bipolar disorder: A controlled functional MRI investigation**. *Journal of Affective Disorders*. [\[link\]](#)

Jazaieri, H., McGonigal, K., Jinpa, T.,... Goldin, P. R. (2013). **A randomized controlled trial of compassion cultivation training: Effects on mindfulness, affect, and emotion regulation**. *Motivation and Emotion*. [\[link\]](#)

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Pidgeon, A. M., Ford, L., & Klaassen, F. (2013). **Evaluating the effectiveness of enhancing resilience in human service professionals using a retreat-based mindfulness with Metta training program: A randomised control trial**. *Psychology, Health & Medicine*. [\[link\]](#)

Stafford, L., Foley, E., Judd, F.,... Couper, J. (2013). **Mindfulness-based cognitive group therapy for women with breast and gynecologic cancer: A pilot study to**

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**determine effectiveness and feasibility.**

*Supportive Care in Cancer.* [link]

Stötter, A., Mitsche, M., Endler, P. C.,... Haring, C. (2013). **Mindfulness-based touch therapy and mindfulness practice in persons with moderate depression.** *Body, Movement and Dance in Psychotherapy.* [link]

Wisner, B. L., & Norton, C. L. (2013). **Capitalizing on behavioral and emotional strengths of alternative high school students through group counseling to promote mindfulness skills.** *The Journal for Specialists in Group Work.* [link]

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## ASSOCIATIONS

*Articles examining the correlation and mechanism between mindfulness and other variables*

Edwards, S., van der Westhuizen, L., van Heerden, K., . . . Dee, A. (2013). **Alpha theta meditation: Phenomenological, neurophysiologic, mindfulness, mood, health and sport implications.** *African Journal for Physical, Health Education, Recreation and Dance, 19(2), 419-434.* [link]

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## METHODS

*Articles developing empirical procedures to advance the measurement and methodology of mindfulness*

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Hulbert-Williams, L., Nicholls, W., Joy, J., & Hulbert-Williams, N. (2013). **Initial validation of the mindful eating scale.** *Mindfulness.* [link]

Lawlor, M. S., Schonert-Reichl, K. A., Gadermann, A. M., & Zumbo, B. D. (2013). **A validation study of the mindful attention awareness scale adapted for children.** *Mindfulness.* [link]

Tran, U. S., Glück, T. M., & Nader, I. W. (2013). **Investigating the five facet mindfulness questionnaire (FFMQ): Construction of a short form and evidence of a two-factor higher order structure of mindfulness.** *Journal of Clinical Psychology.* [link]

## REVIEWS

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Conley, C. S., Durlak, J. A., & Dickson, D. A. (2013). **An evaluative review of outcome research on universal mental health promotion and prevention programs for higher education students.** *Journal of American College Health, 61*(5), 286-301. [link]

Hinton, D. E., Ojserkis, R. A., Jalal, B.,... Hofmann, S. G. (2013). **Loving-kindness in the treatment of traumatized refugees and minority groups: A typology of mindfulness and the nodal network model of affect and affect regulation.** *Journal of Clinical Psychology.* [link]

Khoury, B., Lecomte, T., Fortin, G.,... Hofmann, S. G. (2013). **Mindfulness-Based therapy: A comprehensive meta-analysis.** *Clinical Psychology Review, 33*(6), 763-771. [link]

Lazaridou, A., Philbrook, P., & Tzika, A. A. (2013). **Yoga and mindfulness as therapeutic interventions for stroke rehabilitation: A systematic review.** *Evidence-Based Complementary and Alternative Medicine.* [link]

Rodríguez, I. M., Cowdrey, F. A., & Park, R. J. (2013). **Is there a place for mindfulness in the treatment of anorexia nervosa?** *Advances in Eating Disorders.* [link]

Rosenzweig, D. (2013). **The sisters of mindfulness.** *Journal of Clinical Psychology.* [link]

Sood, A., & Jones, D. T. (2013). **On mind wandering, attention, brain networks, and meditation.** *Explore: The Journal of Science and Healing, 9*(3), 136-141. [link]

White, L. (2013). **Mindfulness in nursing: An evolutionary concept analysis.** *Journal of Advanced Nursing.* [link]

## TRIALS

Research trials on mindfulness newly registered (Jun 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Duke University (K. Wilson, PI). **Traditional African healing ceremony in a U.S. population.** Trial# NCT01873482. [link]

University of Washington (K. Redding, PI). **Diet, exercise and estrogen metabolites (DEEM).** Trial# NCT01874184 [link]

University of Wisconsin, Madison (R. Davidson, PI). **Games and well-being study (GWB).** Trial# NCT01886911. [link]

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

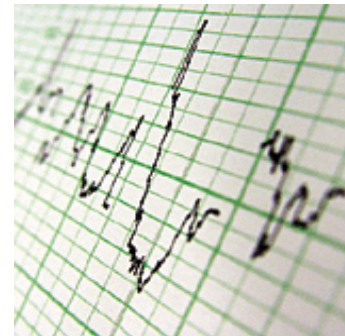
This month we highlight two pioneering psychobiological studies. The first examines the impact of mindfulness on the core symptoms of bipolar disorder, and the second explores the effects of Vipassana meditation on autonomic nervous system function and well-being.

**Ives-Deliperi et al. [J Affect Disord.]** compared 16 bipolar patients before and after MBCT with a wait-list control of 7 bipolar patients and a cohort of 10 untreated healthy controls. Participants were assessed for emotional and cognitive symptoms and underwent fMRIs while performing mindfulness meditation. The patient cohort consisted of bipolar I and bipolar 2 patients with only minimal or sub-threshold symptomatology.

Prior to MBCT, the bipolar participants exhibited higher anxiety and stress, poorer working memory, and lower medial prefrontal cortical (PFC) activity than healthy controls. After MBCT, bipolar patients exhibited decreased anxiety and improved mindfulness (as measured by the FFMQ), working memory, spatial memory, verbal fluency, and emotional regulation compared with wait-list controls. In addition, the MBCT group exhibited increased activity in the medial PFC and the right posterior cingulate cortex (PCC) compared with wait-list controls and increased left anterior cingulate cortical (ACC) activity compared with healthy controls. Increased medial PFC function correlated significantly ( $r = .61$ ) with improved FFMQ scores. The findings demonstrate MBCT's positive impact on the core symptoms of emotional dysregulation and executive dysfunction in bipolar disorder.

**Krygier et al. [Int J Psychophysiol.]** studied the effects of a 10-day Goenka Vipassana retreat on heart rate variability (HRV) in 36 first-time retreat participants. HRV is a measure of parasympathetic activity that is also a biomarker for subjective well-being, cardiovascular health, and reduced all-cause mortality. Retreat participants completed

pre-and-post self-report measures of psychological well-being as well as pre-and-post measures of HRV during mindful attention to their breathing and during a resting baseline. HRV measures included absolute, normalized, and log transformed measures of high frequency power, along with a measure of low frequency Traube-Hering-Meyer wave (THM) power. High frequency power reflects vagal tone, whereas low frequency THM power reflects baroreceptor activity.



Participants reported significant improvements in satisfaction with life, mindfulness (as measured by the MAAS), and positive affect, and significantly decreased

depression, stress and negative affect from pretest to posttest. Effect sizes were all moderate to large. Participants with greater HRV high frequency power had less negative affect, and those with lower THM power had less negative affect, stress, and depression. Absolute high frequency power was greater during meditation than while at rest, but there was no effect of meditation on either normalized high frequency power or THM power.

The Vipassana retreat had a complicated interaction effect on the difference between HRV during meditation and while at rest. Log transformed High Frequency power was higher during meditation than at rest before the retreat, but not after. Conversely, THM power was lower (and normalized high frequency power higher) during meditation compared to at rest after the retreat, but not before. A profound loss in THM power during post-retreat meditation accounts for this, and probably reflects the increased attentional load that occurs during states of positive, full immersion (i.e., states of "flow").

Together, these studies support the ability of mindfulness to alleviate affective and cognitive symptomatology and improve overall well-being, while helping to illuminate the biological underpinnings for these improvements.

# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

### MBCPM Facilitator Training and Practicum

Mindfulness-Based Chronic Pain Management (MBCPM) was designed by Dr. Gardner-Nix to better address the unique needs of the chronic pain/disease population, providing relief to thousands of patients since its conception. The next MBCPM Facilitator Training and Practicum is being offered from August 6-15, 2013 in Toronto.

**INFO:** For details, visit:  
<http://www.neuronovacentre.com/mbcpm-facilitator>

### 9th Annual Oncology Training Conference

The Integrative Medicine Program at The University of Texas MD Anderson Cancer Center in Houston presents its 9th Annual Oncology Training Conference for Acupuncturists, Massage Therapists and Mind-Body Practitioners. Date: July 17-19, 2013.

**INFO:** Register: <http://bit.ly/14XdQ6>

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>  
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

### Mindful Schools Courses in Europe

Mindful Schools is offering two courses in Europe during Summer 2013: one Curriculum Training, which runs from August 8 to August 10, and a Year-Long Certification Opening Retreat, which runs from August 12 to August 19. If you have friends in Europe who would be interested in these courses, please share this information with them. Thank you so much! Mindful Schools ([www.mindfulschools.org](http://www.mindfulschools.org)) is a non-profit organization that has taught many thousands of adults how to use mindfulness with K-12 youth, impacting over 50,000 children to date.

**INFO:** For details, visit:  
<http://www.mindfulschools.org/training/european-courses-summer-2013/>

### Meditation Retreat for Mindfulness Professionals

A week-long meditation retreat, specifically for professionals involved in mindfulness-based modalities, will take place early 2014 at the Insight Meditation Society in Barre, MA. Taught by Sharon Salzberg, Christina Feldman and Mark Coleman, the course will explore the Four Foundations of Mindfulness as taught by the Buddha. CEUs are available. Dates: January 10-17, 2014.

**INFO:** Registration: [www.dharma.org/MBMR](http://www.dharma.org/MBMR)

### Search Inside Yourself

For the first time in Canada, Rotman Executive Programs in partnership with the Search Inside Yourself Leadership Institute is proud to present – SEARCH INSIDE YOURSELF. This two-day ground-breaking leadership program developed and refined at Google focuses on the five key domains of emotional intelligence with mindfulness practice, science and leadership applications fully integrated at all levels.

Early-bird rate in effect until August 16, 2013. Register today for the Toronto offering.

**INFO:** [www.rotmanexecutive.com/siyli](http://www.rotmanexecutive.com/siyli)  
[learning.advisor@rotman.utoronto.ca](mailto:learning.advisor@rotman.utoronto.ca)

## Research & Education

### Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

**INFO:** <http://www.contemplativeeducation.ca>

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

**INFO:** More details at  
<http://marc.ucla.edu/body.cfm?id=112>

## Books & Media

**INFO:** None posted

## Employment

**INFO:** None posted

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Arab-Shebani, K., Alipor, A., Poursharifi, H., & Zare, H. (2013). **The impact of mindfulness-based cognitive therapy (MBCT) on mental and physical well-being indicators in patients with type-2 diabetes** [Farsi]. *Zahedan Journal of Research in Medical Sciences*. [\[link\]](#)

Bergen-Cico, D., Posematta, K., & Cheon, S. (2013). **Examining the efficacy of a brief mindfulness-based stress reduction program (brief MBSR) on psychological health**. *Journal of American College Health*. [\[link\]](#)

Bos, E. H., Merea, R., Brink, E.,... Bartels-Velthuis, A. A. (2013). **Mindfulness training in a heterogeneous psychiatric sample: Outcome evaluation and comparison of different diagnostic groups**. *Journal of Clinical Psychology*. [\[link\]](#)

Cavanagh, K., Strauss, C., Cicconi, F.,... Jones, F. (2013). **A randomised controlled trial of a brief online mindfulness-based intervention**. *Behaviour Research and Therapy*, 51(9), 573-78. [\[link\]](#)

Collip, D., Geschwind, N., Peeters, F.,... Wichers, M. (2013). **Putting a hold on the downward spiral of paranoia in the social world: A randomized controlled trial of mindfulness-based cognitive therapy in individuals with a history of depression**. *PLoS ONE*, 8(6), e66747. [\[link\]](#)

Galhardo, A., Cunha, M., & Pinto-Gouveia, J. (2013). **Mindfulness-Based program for infertility: efficacy study**. *Fertility and Sterility*. [\[link\]](#)

Jennings, S. J., & Jennings, J. L. (2013). **Peer-directed, brief mindfulness training with adolescents: A pilot study**. *International Journal of Behavioral Consultation and Therapy*, 8(2), 23-26. [\[link\]](#)

Kazemeini, T., Ghanbari-Abadi, B., & Safarzadeh, A. (2013). **Mindfulness based cognitive group therapy vs cognitive behavioral group therapy as a treatment for driving anger and aggression in Iranian taxi drivers**. *Psychology*, 4(8), 638-644. [\[link\]](#)

Kluepfel, L., Ward, T., Yehuda, R.,... Daly, K. (2013). **The evaluation of mindfulness-based stress reduction for veterans with mental health conditions**. *Journal of Holistic Nursing*. [\[link\]](#)

Lo, H. H., Ng, S. M., Chan, C. L.,... Lau, B. H. (2013). **The Chinese medicine construct stagnation in mind-body connection mediates the effects of mindfulness training on depression and anxiety**. *Complementary Therapies in Medicine*. [\[link\]](#)

Miller, C. K., Kristeller, J. L., Headings, A., & Nagaraja, H. (2013). **Comparison of a mindful eating intervention to a diabetes self-management intervention among adults with type 2 diabetes A randomized controlled trial**. *Health Education & Behavior*. [\[link\]](#)

Monti, D. A., Kash, K. M., Kunkel, E. J.,... Newberg, A. B. (2013). **Psychosocial benefits of a novel mindfulness intervention versus standard support in distressed women with breast cancer**. *Psycho-Oncology*. [\[link\]](#)

Neece, C. L. (2013). **Mindfulness-Based stress reduction for parents of young children with developmental delays: Implications for parental mental health and child behavior problems**. *Journal of Applied Research in Intellectual Disabilities*. [\[link\]](#)

Preddy, T. M., McIndoo, C. C., & Hopko, D. R. (2013). **Abbreviated mindfulness-based therapy for a depressed college student**. *Clinical Case Studies*. [\[link\]](#)

Sherratt, K. A. L., & Lunn, S. (2013). **Evaluation of a group programme of mindfulness-based cognitive therapy for women with fertility problems**. *Journal of Obstetrics & Gynaecology*, 33(5), 499-501. [\[link\]](#)

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Warriner, S., Dymond, M., & Williams, M. (2013). **Mindfulness in maternity.** *British Journal of Midwifery*, 21(7), 520-522. [\[link\]](#)

Wong, Y. -L. R. (2013). **Returning to silence, connecting to wholeness: contemplative pedagogy for critical social work education.** *Journal of Religion & Spirituality in Social Work: Social Thought*, 32(3), 269-285. [\[link\]](#)

Wu, Q., Shi, L., Xia, Z., & Lu, L. (2013). **Effects of duration and contents of mindfulness training on depression.** *Psychology*, 4(6A1), 8-17. [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Baccarani, C., Mascherpa, V., & Minozzo, M. (2013). **Zen and wellbeing at the workplace.** *TQM Journal*, 25(6), 1-23. [\[link\]](#)

Boellinghaus, I., Jones, F. W., & Hutton, J. (2013). **Cultivating self-care and compassion in psychological therapists in training: The experience of practicing loving-kindness meditation.** *Training and Education in Professional Psychology*. [\[link\]](#)

Bullis, J. R., Bøe, H. J., Asnaani, A., & Hofmann, S. G. (2013). **The benefits of being mindful: Trait mindfulness predicts less stress reactivity to suppression.** *Journal of Behavior Therapy and Experimental Psychiatry*. [\[link\]](#)

Dam, N. T., Hobkirk, A. L., Sheppard, S. C.,... Earleywine, M. (2013). **How does mindfulness reduce anxiety, depression, and stress? An exploratory examination of change processes in wait-list controlled mindfulness meditation training.** *Mindfulness*. [\[link\]](#)

Delgado-Pastor, L. C., Perakakis, P., Subramanya, P.,... Vila, J. (2013). **Mindfulness (Vipassana) meditation: Effects on p3b event-related potential and heart rate variability.** *International Journal of Psychophysiology*. [\[link\]](#)

de Frias, C. M. (2013). **Memory compensation in older adults: The role of health, emotion**

**regulation, and trait mindfulness.** *The Journals of Gerontology Series B*. [\[link\]](#)

Garcia, M. C., Pompéia, S., Hachul, H.,... Mello, L. E. (2013). **Is mindfulness associated with insomnia after menopause?** *Menopause*. [\[link\]](#)

Hanley, A., Garland, E. L., & Black, D. S. (2013). **Use of mindful reappraisal coping among meditation practitioners.** *Journal of Clinical Psychology*. [\[link\]](#)

Mehrmann, C., & Karmacharya, R. (2013). **Principles and neurobiological correlates of concentrative, diffuse, and insight meditation.** *Harvard Review of Psychiatry*, 21(4), 205-218. [\[link\]](#)

Ottaviani, C., & Couyoumdjian, A. (2013). **Pros and cons of a wandering mind: A prospective study.** *Frontiers in Psychology*. [\[link\]](#)

Perona-Garcelán, S., García-Montes, J. M., Rodríguez-Testal, J. F.,... Pérez-Álvarez, M. (2013). **Relationship between childhood trauma, mindfulness and dissociation in subjects with and without hallucination proneness.** *Journal of Trauma & Dissociation*. [\[link\]](#)

Reid, R. C., Bramen, J. E., Anderson, A., & Cohen, M. S. (2013). **Mindfulness, emotional dysregulation, impulsivity, and stress proneness among hypersexual patients.** *Journal of Clinical Psychology*. [\[link\]](#)

Short, M. M., & Mazmanian, D. (2013). **Perfectionism and negative repetitive thoughts: Examining a multiple mediator model in relation to mindfulness.** *Personality and Individual Differences*. [\[link\]](#)

Teixeira, R. J., & Pereira, M. G. (2013). **Examining mindfulness and its relation to self-differentiation and alexithymia.** *Mindfulness*. [\[link\]](#)

Wolsko, C., & Lindberg, K. (2013). **Experiencing connection with nature: The matrix of psychological well-being, mindfulness, and outdoor recreation.** *Ecopsychology*, 5(2), 80-91. [\[link\]](#)

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## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Crane, R. S., Eames, C., Kuyken, W.,... Surawy, C. (2013). **Development and validation of the mindfulness-based interventions--teaching assessment criteria (MBI: TAC). Assessment.** [link]

Hudlicka, E. (2013). **Virtual training and coaching of health behavior: Example from mindfulness meditation training. Patient Education and Counseling.** [link]

Johnson, S., Gur, R. M., David, Z., & Currier, E. (2013). **One-session mindfulness meditation: a randomized controlled study of effects on cognition and mood. Mindfulness.** [link]

Reb, J., & Narayanan, J. (2013). **The influence of mindful attention on value claiming in distributive negotiations: Evidence from four laboratory experiments. Mindfulness.** [link]

Tarnow, K., Gambino, M. L., & Ford, D. J. (2013). **Effect of continuing education: Do attendees implement the tools that are taught? Journal of Continuing Education in Nursing.** [link]

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Cohen, M., Wupperman, P., & Tau, G. (2013). **Mindfulness in the treatment of adolescents with problem substance use. Adolescent Psychiatry, 3(2), 172-183.** [link]

Dobkin, P. L., & Hutchinson, T. A. (2013). **Teaching mindfulness in medical school: Where are we now and where are we going? Medical Education, 47(8), 768-779.** [link]

Godsey, J. (2013). **The role of mindfulness based interventions in the treatment of obesity and eating disorders: an integrative review.**

*Complementary Therapies in Medicine, 21(4), 430-39.* [link]

Lawrence, M., Booth, J., Mercer, S., & Crawford, E. (2013). **A systematic review of the benefits of mindfulness-based interventions following transient ischemic attack and stroke. International Journal of Stroke, 8(6), 465-474.** [link]

Rappagay, L., Ross, J. L., Petersen, O.,... Couper, G. (2013). **A proposed protocol integrating classical mindfulness with prolonged exposure therapy to treat posttraumatic stress disorder. Mindfulness.** [link]

Tops, M., Boksem, M. A., & Koole, S. (2013). **Wandering minds, ruminating minds, and observing minds: An integrative perspective on mental states derived from reactive versus predictive control systems theory. Frontiers in Psychology.** [link]

Webster-Wright, A. (2013). **The eye of the storm: A mindful inquiry into reflective practices in higher education. Reflective Practice, 14(4), 556-567.** [link]

Zeng, X., Oei, T. P., & Liu, X. (2013). **Monitoring emotion through body sensation: A review of awareness in Goenka's Vipassana. Journal of Religion and Health.** [link]

## TRIALS

Research trials on mindfulness newly registered (JUL 2013) at Clinicaltrials.gov

Charite University, Germany (B. Brinkhaus, PI). **Mindful walking in low back pain. Trial# NCT01893073.** [link]

Montfort Hospital and University of Ottawa (D. Koszycki, PI). **Efficacy of a mindfulness meditation program for social anxiety disorder. Trial# NCT01914874.** [link]

University of Illinois at Chicago (R.H. Jacobs, PI). **Mindfulness intervention to study the neurobiology of depression. Trial# NCT01905267.** [link]

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

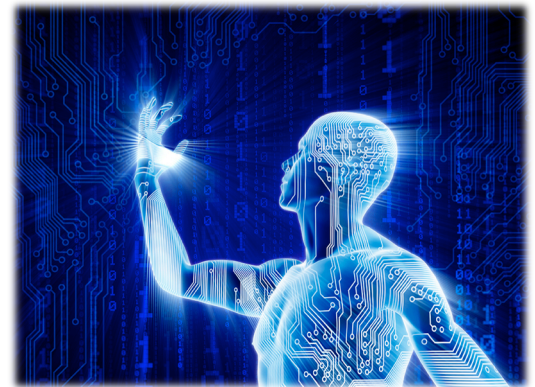
As the field of mindfulness training matures, we move beyond simple questions such as “does mindfulness work?” to more nuanced questions about how best to teach it. What makes a mindfulness teacher an effective transmitter of the practice? If someone lacks ready access to a mindfulness teacher, can on-line teaching be effective, and if so, how can it be maximized?

The importance of various teaching competencies can't be assessed without the tools to measure them. Assessing teaching performance is crucial, not only for improving teacher training, but also for verifying the integrity of research protocols. **Crane et al. [Assessment]** describe the development of the Mindfulness-Based Interventions Teaching Assessment Criteria [MBI:TAC], a research instrument for assessing mindfulness teachers' competence and adherence to protocol. The MBI:TAC was developed by senior mindfulness teacher trainers at three different universities with postgraduate training programs in MBSR/MBCT.

The developers arrived at consensus on six evaluation domains: (1) coverage, pacing and organization of session curriculum, (2) relational skills, (3) embodiment of mindfulness, (4) guiding mindfulness practices, (5) conveying course themes through interactive inquiry and didactic teaching, and (6) holding the group learning environment. Each of the domains can be rated for six levels of teacher competence. While the developmental process of the MBI:TAC helped provide a level of face and content validity, the authors evaluated its reliability and concurrent validity using a cohort of 43 mindfulness teachers and teacher trainees whose performance was rated by 16 senior teacher-trainers. Internal consistency was high ( $\alpha = .94$ ) and inter-rater reliability ( $r = .81$ ) good. In a test of concurrent validity, second-year trainees outperformed first-year trainees on all six domains. The effect sizes for training year were all large and significant, but raters were not blind to the training year of the

participants. Although still in its early stages of development, the MBI:TAC holds promise as a method for assessing fidelity to research protocols and assisting the process of teacher training.

When is a mindfulness teacher not a mindfulness teacher? When it's a virtual one! **Hudlicka [Patient Educ Couns.]** has developed a virtual interactive coach (“Coach Chris”) to augment a text-and-audio web-based mindfulness course. The course, designed to assist students in developing an ongoing mindfulness practice (defined as 20 minutes of practice 5 days a week), consisted of 4 lessons delivered over 4 weeks, plus 3 weeks of supportive coaching. Coach Chris utilized natural language and simulated facial expressions to offer didactic information, answer questions, and provide feedback, encouragement, and support.



Hudlicka evaluated the program using a group of 32 on-line students, half of whom took the program with Chris, and half of whom took the program without “her.” Students who studied with Chris meditated significantly more often (4.5 vs. 3.2 days/week) and for longer periods (19 vs. 16 minutes) than those who took the coach-less version. Coached students were also more confident of their ability to continue their practice independently at the conclusion of the program. These benefits occurred despite the fact that students failed to rate Chris very highly in terms of either her social realism or ability to customize feedback. Considering the difficulty in creating acceptable virtual interactive natural language agents, Chris is an impressive achievement. While we might all prefer “real” to “virtual” teachers, real teachers are not always available and affordable. Coach Chris just might offer the next best alternative.

# ANNOUNCEMENTS

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Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

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## Research & Education

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**INFO:** More details at <http://marc.ucla.edu/body.cfm?id=112>

### Seeking Post Grad Mindfulness Course

I am a PhD Candidate with an interest in the fields of leadership and mindfulness. I am urgently seeking one semester of course work at the post grad level on Mindfulness locally in Australia or anywhere if online.

**INFO:** Please contact: [iphillips@mackerelsky.com.au](mailto:iphillips@mackerelsky.com.au)

## On-Line MBSR for Helping Professions

**\*\*On-Line\*\*** Mindfulness Based Stress Reduction (MBSR) for Helping Professions  
September 2013

<http://wcmprod2.ucalgary.ca/pd/>  
Wednesdays at 6:30 - 8:30 MDT via a live-streaming video classroom accessible on your computer. Register soon, enrollment is limited. Instructor: Rachael Crowder PhD RSW Assistant Professor Faculty of Social Work, University of Calgary.

**INFO:** [www.presentmoment.ca](http://www.presentmoment.ca)

## Books & Media

### New: An Exploration of Ethics

*The Ethical Space of Mindfulness in Clinical Practice*, by Donald McCown, principal author of *Teaching Mindfulness: A practical guide for clinicians and educators*. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "Brilliantly written, refreshing, and a joy to read. It gets at the heart of key (ethical) issues in teaching mindfulness-based interventions, revealing important insights and offering new questions to probe further. A must-read for dedicated MBSR teachers!" --Susan Bauer-Wu, Ph.D., RN, FAAN, Tussi and John Kluge Professor in Contemplative End-of-Life, University of Virginia School of Nursing.

**INFO:** Order on Amazon: <http://amzn.com/1849058504>

## Employment

**INFO:** None posted



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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Benzo, R. P. (2013). **Mindfulness and motivational interviewing: Two candidate methods for promoting self-management.** *Chronic Respiratory Disease, 10*(3), 175-182. [\[link\]](#)

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## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
www.mindfulexperience.org

SEP 2013

Vol. 4 - Num. 9

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Alexander, V. L., & Tatum, B. C. (2013). **A qualitative analysis of mindfulness practice and cognitive therapy tools in preventing relapse from depression.** *Journal of Education Research and Behavioral Sciences.* [link]

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Felton, T. M., Coates, L., & Christopher, J. C. (2013). **Impact of mindfulness training on counseling students' perceptions of stress.** *Mindfulness.* [link]

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## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Fogarty, F. A., Lu, L. M., Sollers III, J. J.,... Consedine, N. S. (2013). **Why it pays to be mindful: Trait mindfulness predicts physiological recovery from emotional stress and greater differentiation among negative emotions.** *Mindfulness.* [link]

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#### with obsessive-compulsive disorder-an adaptation of the original program

[German]. *Psychotherapie, Psychosomatik, Medizinische Psychologie*. [\[link\]](#)

Laurent, H., Laurent, S., Hertz, R.,... Granger, D. A. (2013). **Sex-specific effects of mindfulness on romantic partners cortisol responses to conflict and relations with psychological adjustment**. *Psychoneuroendocrinology*. [\[link\]](#)

Le, T. N., & Gobert, J. M. (2013). **Translating and implementing a mindfulness-based youth suicide prevention intervention in a Native American community**. *Journal of Child and Family Studies*. [\[link\]](#)

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Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Atkinson, B. J. (2013). **Mindfulness training and the cultivation of secure, satisfying couple relationships**. *Couple and Family Psychology: Research and Practice*, 2(2), 73-94. [\[link\]](#)

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Teper, R., Segal, Z. V., & Inzlicht, M. (2013). **Inside the mindful mind: How mindfulness enhances emotion regulation through improvements in executive control**. *Current Directions in Psychological Science*. [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (SEP 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

University of North Carolina, Chapel Hill (B. L. Fredrickson, PI). **Study of wellness behaviors as a function of oxytocin vs placebo**. Trial# NCT01929161. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

**Carlson et al. [J Clin Oncol.]** studied a large sample (N=271) of distressed breast cancer survivors who were randomly assigned to one of three treatment conditions: (1) Mindfulness-Based Cancer Recovery (MBCR), (2) Supportive-Expressive Group Therapy (SET) or (3) one-day didactic stress management control (SMS). Participants were survivors of Stage I-III breast cancer who were no longer in the active phase of treatment and who reported moderate or higher levels of distress but who were free from severe mental illness. MBCR and SET are both empirically validated treatments for psychological distress in breast cancer survivors, and this study is the first head-to-head comparison of their efficacy. Outcome measures included quality of life, social support, and stress-related symptomatology, as well as salivary cortisol measured at regular intervals four times a day over the course of three days both prior to and after intervention.

MBCR and SET participants both maintained their initial steep diurnal cortisol slope after treatment (a desirable stress response), whereas SMS controls showed a flattening in their slope (a dysregulated stress response). These results suggest that MBCR and SET both exert a protective effect against stress-related biological disruption. MBCR participants showed a significantly greater reduction in self-reported stress symptoms than either SET or SMS participants, and a significantly greater improvement in quality of life than SMS participants. The MBCR group also showed a significantly greater improvement in perceived social support than SET participants, which was a surprise given that SET emphasizes social support. The authors interpret the findings as evidence for MBCR's superiority as a treatment for psychological distress in breast cancer survivors.

**Laurent et al. [Psychoneuroendocrinology.]** explored the relationship between dispositional mindfulness (measured by the FFMQ) and salivary cortisol reactivity in male and female members of

100 heterosexual couples who participated in a task designed to elicit acute stress in response to a romantic conflict. The task involved videotaping interactions in which the couples tried to resolve a relationship conflict. Prior to the stress task, men and women showed differing relationships between the five FFMQ facets and mental health variables. Women exhibited significant negative correlations between FFMQ *non-reactivity* and *non-judging* and self-ratings of depression and anxiety, and a positive correlation between those same facets and psychological well-being. FFMQ *acting with awareness* and *describing* also correlated negatively with women's depression and positively with women's well-being. For men, FFMQ *non-reacting* correlated positively with well-being; FFMQ *acting with awareness* correlated negatively with depression; and FFMQ *non-judging* correlated negatively with depression and anxiety.



The relationship between the stressful task, mindfulness, and cortisol reactivity was complex and dependent on sex. Women reporting high scores on FFMQ *non-reacting* had higher cortisol levels after relationship conflict. Men who were high on FFMQ *describing* had less pronounced cortisol reactivity/recovery curves and less steep cortisol recovery slopes. Lower stress-related cortisol levels in women were linked to increased depressive symptoms, whereas lower stress-related cortisol levels and less pronounced reactivity/recovery curves were linked to improved well-being in men. These results demonstrate different cortisol trajectories for men and women in response to relationship-related stress. Despite these differences, mindfulness seems to help members of each sex achieve an optimal state of stress reactivity, albeit by different pathways.

Both studies suggest that mindfulness, whether functioning of as a personality trait, or as practiced in an intervention, can play a protective role in stress adaptation, whether the stress is a life-threatening illness or a romantic conflict. However, men and women may utilize different facets of mindfulness to regulate their reactions to stressors.

# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>  
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

### Learning to BREATHE Workshop

A workshop for teachers and clinicians, "Mindfulness for YOU and Mindfulness for YOUTH," will be offered by Diane Reibel and Trish Broderick. Participants will participate in activities from Learning to BREATHE, a mindfulness-based social and emotional learning curriculum for classrooms and other settings. Please see the website below for more specific details and for registration information. Dates: November 9 & 10, 2013 Location: Chestnut Hill College, Philadelphia, PA.

**INFO:** Website and registration link: [www.learning2breathe.org](http://www.learning2breathe.org)

## Research & Education

### Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

**INFO:** <http://www.contemplativeeducation.ca>

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

**INFO:** More details at <http://marc.ucla.edu/body.cfm?id=112>

## Books & Media

### New: An Exploration of Ethics

*The Ethical Space of Mindfulness in Clinical Practice*, by Donald McCown, principal author of *Teaching Mindfulness: A practical guide for clinicians and educators*. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "With tremendous attention to detail, Donald McCown brings to life and names the ethical space that is created through the pedagogy of mindfulness-based courses.

This is a wonderful contribution, offered in the spirit of starting a conversation. Given the current context of widening interest in the integration of mindfulness into the mainstream, it is an important and much-needed conversation." — Rebecca Crane, Director, Centre for Mindfulness Research and Practice, Bangor University, UK.

**INFO:** Order on Amazon: <http://amzn.com/1849058504>

### Bringing Joy in Children's Lives!

In a fun and playful way, the children's book "Maks & Mila On a Special Journey" and their free SECRET SUITCASE app, help children to develop Joy, Kindness and Self-Confidence in their lives! Both the books and the app also feature a special award-winning font that is easier to read for children with dyslexia.

**INFO:** More on [www.maks-mila.com](http://www.maks-mila.com) Read the reviews on: <http://voiceboks.com/how-to-influence-kindheartedness-in-your-child/> and <http://www.smartappsforkids.com/2013/08/good-free-app-of-the-day-2-secret-suitcase.html>

### New Book: Mindfulness Starts Here!

*Mindfulness Starts Here* is a detailed guide to learning and practicing mindfulness on your own or in a practice group. Drawing on their extensive experiences as clinical psychologists and mindfulness practitioners, Drs. Monteiro and Musten offer teachings that are immediately applicable, portable, and self-paced. The language is compassionate and jargon-free, the concepts of mindfulness are thorough yet simplified, and the practices are shaped to apply easily to everyday life.

**INFO:** [http://www.amazon.com/Mindfulness-Starts-Here-Eight-Week-Skillful/dp/1460209346/ref=tmm\\_pap\\_title\\_0?ie=UTF8&qid=1376495921&sr=8-1](http://www.amazon.com/Mindfulness-Starts-Here-Eight-Week-Skillful/dp/1460209346/ref=tmm_pap_title_0?ie=UTF8&qid=1376495921&sr=8-1)

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Ames, C. S., Richardson, J., Payne, S.,... Leigh, E. (2013). **Mindfulness-based cognitive therapy for depression in adolescents.** *Child and Adolescent Mental Health.* [\[link\]](#)

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Dakwar, E., & Levin, F. R. (2013). **Individual mindfulness-based psychotherapy for cannabis or cocaine dependence: A pilot feasibility trial.** *The American Journal on Addictions.* [\[link\]](#)

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Kang, Y., Gray, J. R., & Dovidio, J. F. (2013). **The nondiscriminating heart: Lovingkindness meditation training decreases implicit intergroup bias.** *Journal of Experimental Psychology General.* [\[link\]](#)

Keyworth, C., Knopp, J., Roughley, K.,... Coventry, P. (2013). **A mixed methods pilot study of the acceptability and effectiveness of a brief meditation and mindfulness intervention for people with diabetes and coronary heart disease.** *Behavioral Medicine.* [\[link\]](#)

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Sibinga, E., Perry-Parrish, C., Chung, S. -E.,... Ellen, J. M. (2013). **School-based mindfulness instruction for urban male youth: A small randomized controlled trial.** *Preventive Medicine.* [\[link\]](#)

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Witkiewitz, K., Greenfield, B. L., & Bowen, S. (2013). **Mindfulness-based relapse prevention with racial and ethnic minority women.** *Addictive Behaviors.* [\[link\]](#)

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Articles examining the correlation and mechanism between mindfulness and other variables

Beach, M. C., Roter, D., Korhuis, P. T.,... Moore, R. D. (2013). **A multicenter study of physician mindfulness and health care quality.** *The Annals of Family Medicine, 11*(5), 421-428. [\[link\]](#)

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Raes, A. K., Bruyneel, L., Loeys, T.,... De Raedt, R. (2013). **Mindful attention and awareness mediate the association between age and negative affect.** *The Journals of Gerontology Series B.* [\[link\]](#)

Soysa, C. K., & Wilcomb, C. J. (2013). **Mindfulness, self-compassion, self-efficacy, and gender as predictors of depression, anxiety, stress, and well-being.** *Mindfulness.* [\[link\]](#)

## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Bonifas, R. P., & Napoli, M. (2013). **Mindfully increasing quality of life: A promising curriculum for MSW students.** *Social Work Education.* [\[link\]](#)

Borker, D. R. (2013). **Mindfulness practices and learning economics.** *American Journal of Business Education, 6*(5), 495-504. [\[link\]](#)

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Inchausti, F., Prieto, G., & Delgado, A. R. (2013). **Rasch analysis of the Spanish version of the mindful attention awareness scale (MAAS) in a clinical sample [Spanish].** *Revista De Psiquiatria Y Salud Mental.* [link]

Kiyoshi-Teo, H., Krein, S. L., & Saint, S. (2013). **Applying mindful evidence-based practice at the bedside: Using catheter-associated urinary tract infection as a model.** *Infection Control and Hospital Epidemiology, 34*(10), 1099-1101. [link]

Rose, K. H. (2013). **Managing conflict in projects: Applying mindfulness and analysis for optimal results.** *Project Management Journal.* [link]

Tanay, G., & Bernstein, A. (2013). **State mindfulness scale (SMS): Development and initial validation.** *Psychological Assessment.* [link]

## REVIEWS

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Brewer, J. A., & Garrison, K. A. (2013). **The posterior cingulate cortex as a plausible mechanistic target of meditation: Findings from neuroimaging.** *Annals of the New York Academy of Sciences.* [link]

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Singh, A. N. A., Kristeller, J. L., Raffone, A., & Giommi, F. (2013). **Conference scene: Advances in mindfulness research.** *Neuropsychiatry, 3*(5), 467-470. [link]

Tesh, M., Learman, J., & Pulliam, R. M. (2013). **Mindful self-compassion strategies for survivors of intimate partner abuse.** *Mindfulness.* [link]

Wells, C. M. (2013). **Principals responding to constant pressure: Finding a source of stress management.** *NASSP Bulletin.* [link]

## TRIALS

Research trials on mindfulness newly registered (OCT 2013) at Clinicaltrials.gov

Emory University (N.J. Thompson, PI). **Preventing depression in people with epilepsy: an extension of project UPLIFT.** Trial# NCT01941706. [link]

Emory University (J. Park, PI). **Mechanisms of intradialytic hypertension.** Trial# NCT01947673. [link]

l'Hospital de la Santa Creu i Sant Pau (A. Pascual, PI). **Integral attention program with or without palliative chemotherapy in advanced cancer patients.** Trial# NCT01949974. [link]

Oregon Health and Science University (H. Wahbeh, PI). **Mindfulness meditation for cognition and mood.** Trial# NCT01946893. [link]



# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
www.mindfulexperience.org

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Seth Segall, PhD

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

In today's high stress medical environment, 60% of clinicians suffer from symptoms of burnout at some point in their careers, impairing both clinician morale and patient health outcomes. Mindfulness might play an important role in preventing clinician burnout and improving the quality of clinician-patient interactions, thereby improving patient compliance, satisfaction, and well-being.

Can mindfulness indeed improve the quality of clinician-patient interactions? **Beach et al. [Ann Family Med.]** audiotaped clinician-patient interactions between 45 physicians, nurse practitioners, and physician assistants and 437 HIV-positive patients. Taped interactions were coded for content, and analyzed for how patient-centered, as opposed to clinician-centered, the interactions were. Patient-centered interactions included activities such as rapport building, discussing psychosocial/lifestyle issues and patient-initiated questions, and focusing on emotions, as opposed to interactions like clinician-initiated biomedical questions and directive statements. The research team also measured how mindful the caregivers were based on their self-reports on the Mindful Attention Awareness Scale (MAAS), and analyzed the associations between clinician mindfulness and the quality of clinician-patient interactions.

When highly mindful clinicians (the MAAS upper tertile) were compared with less mindful clinicians (the MAAS lower tertile), mindful clinicians' interactions were more patient-centered, with substantially more rapport building and psychosocial focus. Mindful clinicians met with their patients longer (an extra 5.8 minutes on average), exhibited more positive emotional tone, and were rated as more effective communicators by their patients. Patients were also more satisfied with the overall care that these more mindful clinicians provided.

Previous studies have shown that health care providers can be taught to be mindful, but busy clinicians often don't have the time to attend lengthy programs. **Fortney et al. [Ann Family Med.]** tested the efficacy of an abbreviated form of Mindfulness Based Stress Reduction in alleviating/preventing symptoms of clinician burnout. The program offered 14 hours of mindfulness instruction over a three-day weekend, followed by two 2-hour post-training sessions. Exercises emphasized mindfulness while sitting, walking, listening and speaking, mindfulness in interaction with patients, and compassion for self and others. Participants were encouraged to practice 10-20 minutes per day at home. Thirty primary care providers (physicians, nurse practitioners and physician assistants) participated in the program. They were assessed at baseline, immediately after the intervention, and at 8-week and 9-month follow-up on measures of burnout, depression, anxiety, stress, resilience, and compassion. While 63% of the participants had some prior meditation experience at some point in their life, only 7% were actively practicing meditation at the start of the study.



After the intervention, the clinicians reported significant decreases in emotional exhaustion, depersonalization, anxiety, and stress, and significant increases in a sense of personal accomplishment. All of these differences were significant at nine-month follow-up. No changes in clinician resilience or compassion were found, but the clinicians' high scores on the brief five-item compassion scale at baseline left little room for improvement. These preliminary results suggest that abbreviated MBSR holds promise as a time-efficient means of improving clinician well-being, and, as a consequence, the quality of patient care.

# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center Location: Chapin Mill Retreat Center, Batavia, NY Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1> Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

### Learning to BREATHE Workshop

A workshop for teachers and clinicians, "Mindfulness for YOU and Mindfulness for YOUTH," will be offered by Diane Reibel and Trish Broderick. Participants will participate in activities from Learning to BREATHE, a mindfulness-based social and emotional learning curriculum for classrooms and other settings. Please see the website below for more specific details and for registration information. Dates: November 9 & 10, 2013 Location: Chestnut Hill College, Philadelphia, PA.

**INFO:** Website and registration link: [www.learning2breathe.org](http://www.learning2breathe.org)

## Research & Education

### Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

**INFO:** <http://www.contemplativeeducation.ca>

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. The pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

**INFO:** More details at <http://marc.ucla.edu/body.cfm?id=112>

## Books & Media

### New: An Exploration of Ethics

*The Ethical Space of Mindfulness in Clinical Practice*, by Donald McCown, principal author of *Teaching Mindfulness: A practical guide for clinicians and educators*. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "Provides valuable lessons for both educators and clinicians in the fast-growing MBI community. It is an insightful exploration, rich in discerning dialogue

about a relational view of the ethical in the mindful profession. The author brings alive the dialogue in a practical and accessible way." - Dr. Heyoung Ahn, Executive Director, The Korea Center for MBSR

**INFO:** Order on Amazon: <http://amzn.com/1849058504>

### Research Project: Mindfulness Unexpected Effects

One of the criticisms about the practice of mindfulness is their possible unexpected effects. The International Group for the Investigation of Mindfulness is carrying out a study to analyze these possible effects. In order to make this study as broad and as explanatory as possible, we require cooperation from individuals who have experience in both the practice and teaching of mindfulness and meditation. This consists of answering a series of questions on a website in this link (15 minutes).

<https://es.surveymonkey.com/s/effects> (English)

<https://es.surveymonkey.com/s/efectos> (Español)

<https://es.surveymonkey.com/s/efeitos> (Português)

INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS

**INFO:** E-mail: [investigaprimaria@gmail.com](mailto:investigaprimaria@gmail.com)  
Website: [www.webmindfulness.com](http://www.webmindfulness.com)

## Employment

**INFO:** None posted

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Bradbury, H. (2013). **Collaborative selflessness: Toward an experiential understanding of the emergent responsive self in a caregiving context.** *The Journal of Applied Behavioral Science.* [link]

Byrne, C., Bond, L. A., London, M. (2013). **Effects of mindfulness-based versus interpersonal process group intervention on psychological well-being with a clinical university population.** *Journal of College Counseling, 16*(3), 213-227. [link]

Dreger, L. C., Mackenzie, C., McLeod, B. (2013). **Feasibility of a mindfulness-based intervention for aboriginal adults with type 2 diabetes.** *Mindfulness.* [link]

Fish, J. A., Ettridge, K.,... Knott, V. E. (2013). **Mindfulness-based cancer stress management: Impact of a mindfulness-based program on psychological distress and quality of life.** *European Journal of Cancer Care.* [link]

Frank, J. L., Reibel, D.,... Metz, S. (2013). **The effectiveness of mindfulness-based stress reduction on educator stress and well-being: Results from a pilot study.** *Mindfulness.* [link]

Gonzalez-Garcia, M., Ferrer, M. J.,... Clotet, B. (2013). **Effectiveness of mindfulness-based cognitive therapy on the quality of life, emotional status, and CD4 cell count of patients aging with HIV infection.** *AIDS and Behavior.* [link]

Greason, P. B., & Welfare, L. E. (2013). **The impact of mindfulness and meditation practice on client perceptions of common therapeutic factors.** *The Journal of Humanistic Counseling, 52*(2), 235-253. [link]

Guardino, C. M., Dunkel Schetter, C.,... Smalley, S. L. (2013). **Randomized controlled pilot trial of**

**mindfulness training for stress reduction during pregnancy.** *Psychology & Health.* [link]

Hughes, J. W., Fresco, D. M.,... Josephson, R. (2013). **Randomized controlled trial of mindfulness-based stress reduction for prehypertension.** *Psychosomatic Medicine, 75*(8), 721-728. [link]

Johansson, B., Bjuhr, H., & Rönnbäck, L. (2013). **Evaluation of an advanced mindfulness program following a MBSR program for participants suffering from mental fatigue after acquired brain injury.** *Mindfulness.* [link]

Melero-Llorente, J., Cebolla, S.,... Fernández-Liria, A. (2013). **Impact of mindfulness training on attentional control and anger regulation processes for psychotherapists in training.** *Psychotherapy Research.* [link]

Moody, K., Kramer, D.,... Stein, J. (2013). **Helping the helpers mindfulness training for burnout in pediatric oncology: A pilot program.** *Journal of Pediatric Oncology Nursing, 30*(5), 275-284. [link]

Pickut, B. A., Van Hecke, W.,... Parizel, P. M. (2013). **Mindfulness based intervention in Parkinson's disease leads to structural brain changes on MRI. A randomized controlled longitudinal trial.** *Clinical Neurology and Neurosurgery.* [link]

Razza, R. A., Bergen-Cico, D., & Raymond, K. (2013). **Enhancing preschoolers' self-regulation via mindful yoga.** *Journal of Child and Family Studies.* [link]

Rodriguez Vega, B., Melero-Llorente, J.,... Fernández-Liria, A. (2013). **Impact of mindfulness training on attentional control and anger regulation processes for psychotherapists in training.** *Psychotherapy Research.* [link]

Wells, R. E., Yeh, G. Y.,... Kaptchuk, T. (2013). **Meditation's impact on default mode network & hippocampus in mild cognitive impairment: A pilot study.** *Neuroscience Letters.* [link]

Zgierska, A., Obasi, C. N.,... Barrett, B. (2013). **Randomized controlled trial of mindfulness**

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**meditation and exercise for the treatment of acute respiratory infection: Possible mechanisms of action.** *Evidence-Based Complementary and Alternative Medicine, 2013.* [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Ainsworth, B., Eddershaw, R.,... Garner, M. (2013). **The effect of focused attention and open monitoring meditation on attention network function in healthy volunteers.** *Psychiatry Research.* [\[link\]](#)

Brown-Iannuzzi, J. L., Adair, K. C.,... Fredrickson, B. L. (2013). **Discrimination hurts, but mindfulness may help: Trait mindfulness moderates the relationship between perceived discrimination and depressive symptoms.** *Personality and Individual Differences.* [\[link\]](#)

Garland, E. L., Hanley, A.,... Froeliger, B. (2013). **State mindfulness during meditation predicts enhanced cognitive reappraisal.** *Mindfulness.* [\[link\]](#)

Hakamata, Y., Iwase, M.,... Inada, T. (2013). **The neural correlates of mindful awareness: A possible buffering effect on anxiety-related reduction in subgenual anterior cingulate cortex activity.** *PLoS ONE, 8(10),* e75526. [\[link\]](#)

Hawley, L. L., Schwartz, D.,... Segal, Z. V. (2013). **Mindfulness practice, rumination and clinical outcome in mindfulness-based treatment.** *Cognitive Therapy and Research.* [\[link\]](#)

Hayney, M. S., Coe, C. L.,... Barrett, B. (2013). **Age and psychological influences on immune responses to trivalent inactivated influenza vaccine in the meditation or exercise for preventing acute respiratory infection (MEPARI) trial.** *Human Vaccines & Immunotherapeutics.* [\[link\]](#)

Kim, B., Cho, S. J.,... Lee, S. H. (2013). **Factors associated with treatment outcomes in MBCT for panic disorder.** *Yonsei Medical Journal, 54(6),* 1454-1462. [\[link\]](#)

Kong, F., Wang, X., & Zhao, J. (2013). **Dispositional mindfulness and life satisfaction: The role of core self-evaluations.** *Personality and Individual Differences.* [\[link\]](#)

Petter, M., Chambers, C. T.,... Dick, B. D. (2013). **The role of trait mindfulness in the pain experience of adolescents.** *The Journal of Pain.* [\[link\]](#)

Ritvo, P., Vora, K.,... Perez, D. (2013). **Reductions in negative automatic thoughts in students attending mindfulness tutorials predicts increased life satisfaction.** *International Journal of Educational Psychology, 2(3),* 272-296. [\[link\]](#)

Saunders, J., Barawi, K., McHugh, L. (2013). **Mindfulness increases recall of self-threatening information.** *Consciousness and Cognition, 22(4),* 1375-1383. [\[link\]](#)

de Vibe, M., Solhaug, I.,... Bjørndal, A. (2013). **Does personality moderate the effects of mindfulness training for medical and psychology students?** *Mindfulness.* [\[link\]](#)

## METHODS

Articles developing empirical procedures to advance the measurement and methodology of mindfulness

Advocat, J., Russell, G.,... Vandenberg, B. (2013). **The effects of a mindfulness-based lifestyle program for adults with Parkinson's disease: Protocol for a mixed methods, randomised two-group control study.** *BMJ Open, 3(10),* e003326. [\[link\]](#)

Arbel, O. (2013). **Sowing the seeds of mindfulness: Experiences from the Israeli desert mindfulness clinic.** *Mindfulness.* [\[link\]](#)

Beng, T. S., Chin, L. E.,... Meng, C. B. (2013). **Mindfulness-Based supportive therapy- proposing a palliative psychotherapy from a**

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**conceptual perspective to address suffering in palliative care.** *American Journal of Hospice and Palliative Medicine.* [link]

Hucker, A., & McCabe, M. P. (2013). **An online, mindfulness-based, cognitive-behavioral therapy for female sexual difficulties: Impact on relationship functioning.** *Journal of Sex & Marital Therapy.* [link]

Marx, R., Strauss, C., Williamson, C. (2013). **Mindfulness apprenticeship: A new model of NHS-based MBCT teacher training.** *Mindfulness.* [link]

Mendelson, T., Dariotis, J.,... Greenberg, M. (2013). **Implementing mindfulness and yoga in urban schools: A community-academic partnership.** *Journal of Children's Services, 8(4).* [link]

Sarenmalm, E. K., Mårtensson, L. B.,... Bergh, I. (2013). **MBSR study design of a longitudinal randomized controlled complementary intervention in women with breast cancer.** *BMC Complementary and Alternative Medicine, 13(1), 248.* [link]

Thienot, E., Jackson, B.,... Fournier, J. (2013). **Development and preliminary validation of the mindfulness inventory for sport.** *Psychology of Sport and Exercise.* [link]

Tovote, K. A., Fleeer, J.,... Schroevers, M. J. (2013). **Cognitive behavioral therapy and MBCT for depressive symptoms in patients with diabetes: Design of a randomized controlled trial.** *BMC Psychology.* [link]

## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Cacciatore, J., Thieleman, K.,... Orlowski, K. (2013). **Of the soul and suffering: Mindfulness-based interventions and bereavement.** *Clinical Social Work Journal.* [link]

Hyland, T. (2013). **Moral education, mindfulness, and social engagement fostering**

**social capital through therapeutic Buddhist practice.** *SAGE Open, 3(4).* [link]

Lauche, R., Cramer, H.,... Schmidt, S. (2013). **A systematic review and meta-analysis of MBSR for the fibromyalgia syndrome.** *Journal of Psychosomatic Research.* [link]

Luders, E. (2013). **Exploring age-related brain degeneration in meditation practitioners.** *Annals of the New York Academy of Sciences.* [link]

Roemer, L., Williston, S. K.,... Orsillo, S. M. (2013). **Mindfulness and acceptance-based behavioral therapies for anxiety disorders.** *Current Psychiatry Reports, 15(11).* [link]

Shonin, E., Van Gordon, W. (2013). **Searching for the present moment.** *Mindfulness.* [link]

Vago, D. R. (2013). **Mapping modalities of self-awareness in mindfulness practice: A potential mechanism for clarifying habits of mind.** *Annals of the New York Academy of Sciences.* [link]

## TRIALS

Research trials on mindfulness newly registered (OCT 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Department of Veteran Affairs (D. J. Kearney, PI). **Healing of PTSD experiences.** Trial# NCT01971541. [link]

University of California, San Francisco (L. Saslow, PI). **Examining the effects of diet on health with an online program.** Trial# NCT01967992. [link]

University of Massachusetts (E. Salmoirago-Blotcher). **Mindfulness training to promote healthy diet and physical activity in teens.** Trial# NCT01975896. [link]

University of Washington (C. Price, PI). **Body-oriented therapy.** Trial# NCT01960036. [link]

Yale University (R. Sinha, PI). **Family-based mindfulness intervention.** Trial# NCT01974102. [link]

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

Time stops for no one, with illness and age exacting seemingly inexorable costs on both mind and body over the course of the life span. This month, two articles present evidence for the capacity of mindfulness to alter fundamental biology by ameliorating the effects of both aging and the burden of illness over time.

The human brain shrinks an average of five percent per decade after age forty. **Luders [Ann N Y Acad Sci.]** reviews the evidence for meditation's neuropreservative and/or neuroplastic effects on normal age-related brain degeneration. She summarizes the results from three cross-sectional studies that compared age-related brain changes in meditators and non-meditators. Of the studies reviewed: study 1 found that long-term vipassana meditators showed a lesser decrease in right frontal cortical thickness with age compared to non-meditators; study 2 found that zen meditators showed a lesser decrease in total gray matter volume with age compared to non-meditators; and study 3 found that a mixed group of vipassana, zen and shamatha meditators showed a lesser decrease in fractional anisotropy (a measure of axonal number, density, diameter, coherence and myelination) in 17 out of 20 brain fiber tracts compared to non-meditators.

Luders concludes that these studies provide encouraging preliminary evidence that meditation may slow, stall, or even reverse age-related brain decline, but stresses the need for future studies that (1) replicate findings using larger samples, (2) expand the spectrum of cerebral measures, (3) employ longitudinal designs, ideally with random assignment, (4) include neurocognitive measures, (5) examine the comparative efficacy of different types of meditation, and (6) explore how differences in the length, frequency, and regularity of meditation practice and the number of years one has been practicing influence these observed brain changes.

While human immunodeficiency virus (HIV) infection has become a manageable chronic illness, long-term patients, especially those who contracted the virus before the advent of the newer treatments, still experience shortened life spans and remain subject to a variety of complications, iatrogenic side-effects, and an overall poorer quality of life. **Gonzalez-Garcia et al. [AIDS Behav.]** studied the psychological and immunological effects of the Mindfulness Based Cognitive Therapy (MBCT) program on long-term HIV+ patients to discover whether MBCT could lessen their burden of illness. All participants became HIV+ prior to 1996 and had received combined antiretroviral treatment for at least five years. The researchers randomly assigned forty patients to either MBCT or a treatment-as-usual control, assessing participants at baseline, 8 weeks, and 20 weeks.



12.01.2013: World AIDS Day

After intervention, MBCT participants had a higher quality of life, reduced perceived stress, fewer depressive and anxiety symptoms, and higher CD4 immune cell counts. All of these effects were both large and significant, with improvements being either maintained or amplified at follow-up. For example, MBCT participants had mean Beck Depression Inventory (BDI-II) scores of 25.1 at baseline, 10.1 at 8 weeks, and 7.1 at 20 weeks, while control scores remained virtually unchanged (21.3 at baseline and 19.0 at 20 weeks). Similarly, MBCT CD4 cell counts rose from 555 cells/mL at baseline to 614 at 8 weeks and 681 at 20 weeks, while control counts gradually declined. MBCT participants showed large quality of life improvements in energy, emotional reactions, social isolation, and physical mobility, and a moderate improvement in sleep, while there were no comparable improvements in the control group. The very low (5%) MBCT drop out rate suggests MBCT is tolerated well by people living with HIV.

# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>  
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

### Mindfulness Teacher Training Online

Professional, Certified Online Mindfulness Teacher Training with Bestselling Author, Shamash Alidina. Next raining starting on 5th January 2014. All sessions are live, interactive and recorded with 100% positive feedback so far. Save time and money on travel and accommodation. Learn from home! Start Date: 5th January.

**INFO:** Contact: [Shamash@learnmindfulness.co.uk](mailto:Shamash@learnmindfulness.co.uk)  
<http://TeachMindfulnessOnline.com>

### Introduction to MBCP Professional Retreat

This retreat is designed for health professionals interested in the Mindfulness-Based Childbirth and Parenting (MBCP) program and for those seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine and clinical psychology. Date: 19-25 January 2014.

**INFO:** <http://www.mindfulbirthing.org>  
[http://mbpti.org/mbcp\\_home.html](http://mbpti.org/mbcp_home.html)

## Research & Education

### Online UCLA Mindfulness Class

UCLA Mindful Awareness Research Center (MARC) offers a 6-week online class: Mindful Awareness Practices for Daily Living. This class is an excellent introduction to mindfulness. You will learn meditation practices including sitting meditation, walking meditations and how to work with difficult thoughts and emotions. Advanced classes available.

**INFO:** More details at <http://marc.ucla.edu/body.cfm?id=112>

## Books & Media

### New: An Exploration of Ethics

*The Ethical Space of Mindfulness in Clinical Practice*, by Donald McCown, principal author of *Teaching Mindfulness: A practical guide for clinicians and educators*. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "Here is a sparkling and highly innovative addition to both the history of ethical thought and an action-relevant contribution to both a particular community of practice, and its broader potentials. These are estimable accomplishments indeed, and they furnish a compelling model for other communities to explore the forms of ethics they implicitly embrace, and their place in the world more generally. I am enveloped by appreciation and admiration for this fine work." - Kenneth J. Gergen, Ph.D., President, The Taos Institute, and Senior Research Professor, Swarthmore College

**INFO:** Order on Amazon: <http://amzn.com/1849058504>

### Research Project: Mindfulness Unexpected Effects

One of the criticisms about the practice of mindfulness is their possible unexpected effects. The International Group for the Investigation of Mindfulness is carrying out a study to analyze these possible effects. In order to make this study as broad and as explanatory as possible, we require cooperation from individuals who have experience in both the practice and teaching of mindfulness and meditation. This consists of answering a series of questions on a website in this link (15 minutes).

<https://es.surveymonkey.com/s/effects> (English)  
<https://es.surveymonkey.com/s/efectos> (Español)  
<https://es.surveymonkey.com/s/efeitos> (Português)

INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS

**INFO:** E-mail: [investigaprimaria@gmail.com](mailto:investigaprimaria@gmail.com)  
Website: [www.webmindfulness.com](http://www.webmindfulness.com)

### Adolescent Mindfulness Intervention Manual Available

*Taming the Adolescent Mind* (TAM) programme has been found to be clinically efficacious (Tan & Martin, 2012; Tan L, 2013). The manual and workbook have been launched and available for purchase.

**INFO:** Go to [www.tanpsychologist.com.au](http://www.tanpsychologist.com.au)

## Employment

### Professional Mindfulness Opportunities for Psychiatrists

Part time paid positions for psychiatrists providing individual and group mindfulness based psychotherapy and medication management in Northern California.

**INFO:** Contact [MDcv@cpsych.com](mailto:MDcv@cpsych.com) Web: [www.communitypsychiatry.com](http://www.communitypsychiatry.com)

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## INTERVENTIONS

Articles testing the applied science and implementation of mindfulness-based interventions

Boettcher, J., Astrom, V., Pahlsson, D.,...

Carlbring, P. (2013). **Internet-based mindfulness treatment for anxiety disorders: A randomised controlled trial.** *Behavior Therapy*. [link]

Feuille, M., & Pargament, K. (2013). **Pain, mindfulness, and spirituality: A randomized controlled trial comparing effects of mindfulness and relaxation on pain-related outcomes in migraineurs.** *Journal of Health Psychology*. [link]

Jastrowski, M. K., Salamon, K. S., Hainsworth, K. R.,... Weisman, S. J. (2013). **A randomized, controlled pilot study of mindfulness-based stress reduction for pediatric chronic pain.** *Alternative Therapies in Health and Medicine*, 19(6), 8-14. [link]

Kaliman, P., Álvarez-López, M. J., Cosín-Tomás, M.,... Davidson, R. J. (2013). **Rapid changes in histone deacetylases and inflammatory gene expression in expert meditators.** *Psychoneuroendocrinology*. [link]

Keller, B. Z., Singh, N. N., & Winton, A. S. W. (2013). **Mindfulness-Based cognitive approach for seniors (MBCAS): Program development and implementation.** *Mindfulness*. [link]

Kocovski, N. L., Fleming, J. E., Hawley, L. L.,... Antony, M. M. (2013). **Mindfulness and acceptance-based group therapy versus traditional cognitive behavioral group therapy for social anxiety disorder: A**

**randomized controlled trial.** *Behaviour Research and Therapy*. [link]

Liu, X., Xu, W., Wang, Y., Williams, J. M.,... Liu, X. (2013). **Can inner peace be improved by mindfulness training: A randomized controlled trial.** *Stress and Health*. [link]

Manzo, J. (2013). **Mindfulness practice with urban youth: A nursing experience.** *Creative Nursing*, 19(4), 205-209. [link]

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## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Abenavoli, R. M., Jennings, P. A., Greenberg, M. T.,... Katz, D. A. (2013). **The protective effects of mindfulness against burnout among educators.** *Psychology of Education Review*, 37(2), 57-69. [link]

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**neurophenomenologically-guided MEG study.** *Frontiers in Psychology*, 4, 912. [\[link\]](#)

Bowen, S., & Enkema, M. C. (2013). **Relationship between dispositional mindfulness and substance use: Findings from a clinical sample.** *Addictive Behaviors*. [\[link\]](#)

Di Benedetto, M., & Swalding, M. (2013). **Burnout in Australian psychologists: Correlations with work-setting, mindfulness and self-care behaviours.** *Psychology, Health & Medicine*. [\[link\]](#)

Keng, S. L., Robins, C. J., Smoski, M. J.,... Leary, M. R. (2013). **Reappraisal and mindfulness: A comparison of subjective effects and cognitive costs.** *Behaviour Research and Therapy*. [\[link\]](#)

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Lee, J. K., & Orsillo, S. M. (2013). **Investigating cognitive flexibility as a potential mechanism of mindfulness in generalized anxiety disorder.** *Journal of Behavior Therapy and Experimental Psychiatry*. [\[link\]](#)

Pidgeon, A., & Grainger, A. (2013). **Mindfulness as a factor in the relationship between insecure attachment style, neurotic personality and disordered eating behavior.** *Open Journal of Medical Psychology*, 2(4), 25-33. [\[link\]](#)

Williams, A. M., & Cano, A. (2013). **Spousal mindfulness and social support in couples with chronic pain.** *The Clinical Journal of Pain*. [\[link\]](#)

## METHODS

*Articles developing empirical procedures to advance the measurement and methodology of mindfulness*

Levin, M. E., Dalrymple, K., & Zimmerman, M. (2013). **Which facets of mindfulness predict the presence of substance use disorders in an outpatient psychiatric sample?** *Psychology of Addictive Behaviors*. [\[link\]](#)

Milligan, K., Badali, P., & Spiroiu, F. (2013). **Using integrated mindfulness martial arts to address self-regulation challenges in youth with learning disabilities: A qualitative exploration.** *Journal of Child and Family Studies*. [\[link\]](#)

Plaza, I., Demarzo, M. M., Herrera-Mercadal, P., & García-Campayo, J. (2013). **Mindfulness-Based mobile applications: Literature review and analysis of current features.** *JMIR Mhealth and Uhealth*, 1(2), e24. [\[link\]](#)

Sperry, S., Knox, B., Edwards, D.,... Shaffer-Hudkins, E. (2013). **Cultivating healthy eating, exercise, and relaxation (CHEER): A case study of a family-centered and mindfulness-based cognitive-behavioral intervention for obese adolescents at risk for diabetes and cardiovascular disease.** *Clinical Case Studies*. [\[link\]](#)

Tan, L. F., Dienes, Z., Jansari, A., & Goh, S. -Y. (2013). **Effect of mindfulness meditation on brain-computer interface performance.** *Consciousness and Cognition*. [\[link\]](#)

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## REVIEWS

Articles reviewing content areas of mindfulness or conducting meta-analyses of published research

Davis, J. H., & Vago, D. R. (2013). **Can enlightenment be traced to specific neural correlates, cognition, or behavior? No, and (a qualified) yes.** *Frontiers in Psychology*, 4, 870. [\[link\]](#)

Fulton, P. R. (2013). **Contributions and challenges to clinical practice from Buddhist psychology.** *Clinical Social Work Journal*. [\[link\]](#)

Garland, E. L., & Froeliger, B. (2013). **Mindfulness training targets neurocognitive mechanisms of addiction at the attention-appraisal-emotion interface.** *Frontiers in Psychiatry*. [\[link\]](#)

Grant, J. A. (2013). **Meditative analgesia: The current state of the field.** *Annals of the New York Academy of Sciences*. [\[link\]](#)

Loizzo, J. (2013). **Meditation research, past, present, and future: Perspectives from the Nalanda contemplative science tradition.** *Annals of the New York Academy of Sciences*. [\[link\]](#)

Lord, S. A. (2013). **Meditative dialogue: Cultivating compassion and empathy with survivors of complex childhood trauma.** *Journal of Aggression, Maltreatment & Trauma*, 22(9), 997-1014. [\[link\]](#)

Paulson, S., Davidson, R., Jha, A., & Kabat-Zinn, J. (2013). **Becoming conscious: The science of mindfulness.** *Annals of the New York Academy of Sciences*, 1303(1), 87-104. [\[link\]](#)

Robins, J. L., Kiken, L., Holt, M., & McCain, N. L. (2013). **Mindfulness: An effective coaching tool for improving physical and mental health.** *Journal of the American Association of Nurse Practitioners*. [\[link\]](#)

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2013). **Do mindfulness-based therapies have a role in the treatment of psychosis?** *Australian and New Zealand Journal of Psychiatry*. [\[link\]](#)

Zerubavel, N., & Messman-Moore, T. L. (2013). **Staying present: Incorporating mindfulness into therapy for dissociation.** *Mindfulness*. [\[link\]](#)

## TRIALS

Research trials on mindfulness newly registered (NOV 2013) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

University of California, San Francisco (M. Cohn, PI). **Optimizing resilience and coping in HIV via Internet delivery.** Trial# NCT01997008. [\[link\]](#)

University of North Carolina, Chapel Hill (S. Girdler, PI). **Wellness intervention for menstrual mood disorders.** Trial# NCT01995916. [\[link\]](#)

University of Utah (Y. Nakamura, PI). **Two anger management programs for teens.** Trial# NCT02001246. [\[link\]](#)

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## HIGHLIGHTS

*A summary of select studies from the issue, providing a snapshot of some of the latest research findings*

**Grant [Ann NY Acad Sci.]** reviewed recent experimental studies of the effects of focused attention (FA) and open monitoring (OM) meditation on pain perception. FA meditations require sustained attention on a focal stimulus (e.g., the breath or a mantra), whereas OM meditations involve sustained attention on the monitoring process itself (e.g., dzogchen or choiceless awareness). Experimental support for FA's analgesic effect is somewhat weak and inconsistent. However, there is mounting support for OM's ability to attenuate pain.

Studies from three independent laboratories demonstrated that OM meditators show increased neural activity in their pain processing centers (e.g., the somatosensory cortex, anterior cingulate cortex, and insula) and decreased activity in brain regions associated with elaborative mental processes (e.g., the various prefrontal cortical regions) when confronted with a painful stimulus. One study of Zen practitioners also showed that experienced meditators had decreased functional connectivity between these brain regions, and the less the functional connectivity, the lower their pain sensitivity.

An analysis of pain ratings and neural activity indicated that OM-mediated analgesia is due neither to distraction nor to opioid system activation, but to decreased elaborative cognitive activity. The author argued that sustained present-moment attention to sensory processes precludes the formation of mental narratives, cognitive appraisals, and self-related processes that exacerbate pain. He also noted that increases in parasympathetic activity and decreases in limbic-mediated fear conditioning may also underlie OM's analgesic effects.

Considering the findings from the above review, is mindfulness then more effective in reducing pain and stress than simple relaxation alone?

**Feuille and Pargament [J of Health Psychol.]** conducted a randomized controlled trial

comparing standardized mindfulness (STM), spiritualized mindfulness (SPM), and simple relaxation in a cohort of 74 migraine sufferers. Participants underwent a brief, single-session training in STM, SPM, or simple relaxation, in which they received only 5-7 minutes of guided practice and then practiced their assigned technique at home for 20 minutes a day over two weeks. The STM and SPM conditions were identical, except for the inclusion of a spiritually oriented rationale in the SPM condition, which was untied to theism or the beliefs of any specific religion. Both meditation groups employed focused attention to the breath without an open monitoring component.

At the study's conclusion, participants' pain tolerance was evaluated by a cold pressor task assessing their ability to maintain their hand in icy cold water for as long as they could



tolerate, and their pain, stress, and mindfulness (as measured by the Toronto Mindfulness Scale) were rated during the procedure. Both meditation groups reported significantly lower stress than the simple relaxation group, but none of the groups differed in their pain perception or tolerance. SPM participants had a greater sense of connection to the sacred and experienced higher levels of mindfulness, but the STM and simple relaxation participants failed to differ from each other on those measures.

Very brief meditation training did not alter pain perception and tolerance in this study, which is consistent with findings that focused attention is not as effective as open monitoring in reducing pain, but it may also reflect the exceedingly brief nature of the training provided in this study. Despite these limitations, meditation was still more effective in reducing stress than relaxation alone.

# ANNOUNCEMENTS

Submit your announcements online at [www.mindfulexperience.org/announcements.php](http://www.mindfulexperience.org/announcements.php)

Categories: Events & Conferences, Research & Education, Books & Media, and Employment

## Events & Conferences

### Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians' own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center  
Location: Chapin Mill Retreat Center, Batavia, NY  
Session 1: October 9-12, 2013 - <http://www.cvent.com/d/1cqbt1>  
Session 2: May 7-10, 2014 - <http://www.cvent.com/d/tcqbgb>

**INFO:** For assistance with online registration, call the URM Center for Experiential Learning at 585-275-4392.

### Introduction to MBCP Professional Retreat

This retreat is designed for health professionals interested in the Mindfulness-Based Childbirth and Parenting (MBCP) program and for those seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine and clinical psychology. Date: 19-25 January 2014.

**INFO:** <http://www.mindfulbirthing.org>  
[http://mbpti.org/mbcpr\\_home.html](http://mbpti.org/mbcpr_home.html)

## Professional Training in Mindfulness-Based Relapse Prevention

MBRP is an 8-week program for individuals with addictive behaviors that integrates mindfulness meditation with cognitive-behavioral Relapse Prevention Therapy. This training is for individuals with an established mindfulness meditation practice. Dates: March 6-9, 2014 Non-residential workshop in Seattle, WA.

**INFO:** Contact [nchawla@uw.edu](mailto:nchawla@uw.edu) or [www.mindfulrp.com](http://www.mindfulrp.com) April 21-26, 2014 Residential workshop on Whidbey Island, WA. Contact: [http://mbpti.org/mbrp\\_home.html](http://mbpti.org/mbrp_home.html)

## New Year's Teen Retreats

Inward Bound Mindfulness Education is excited to announce New Year's Teen Retreats in Massachusetts and Virginia. Our retreats help teens cultivate awareness, compassion, and kindness. Please share this event with teens, ages 15-19, who would like to attend. Dates: December 28, 2013 – January 1, 2014

**INFO:** Contact: [contact@ibme.info](mailto:contact@ibme.info) or [www.ibme.info](http://www.ibme.info)

## Books & Media

None posted

## Research & Education

### Research Project: Mindfulness Unexpected Effects

One of the criticisms about the practice of mindfulness is their possible unexpected effects. The International Group for the Investigation of Mindfulness is carrying out a study to analyze these possible effects. In order to make this study as broad and as explanatory as possible, we require cooperation from individuals who have experience in both the practice and teaching of mindfulness and meditation. This consists of answering a series of questions on a website in this link (15 minutes).

<https://es.surveymonkey.com/s/effects>  
(English)

<https://es.surveymonkey.com/s/efectos>  
(Español)

<https://es.surveymonkey.com/s/efeitos>  
(Português)

INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS

**INFO:** E-mail: [investigaprimaria@gmail.com](mailto:investigaprimaria@gmail.com)  
Website: [www.webmindfulness.com](http://www.webmindfulness.com)

## Employment

### Professional Mindfulness Opportunities for Psychiatrists

Part time paid positions for psychiatrists providing individual and group mindfulness based psychotherapy and medication management in Northern California.

**INFO:** Contact [MDcv@cpsych.com](mailto:MDcv@cpsych.com) Web: [www.communitypsychiatry.com](http://www.communitypsychiatry.com)