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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

Basson, R. & Smith, K. B. (2014). **Incorporating mindfulness meditation into the treatment of provoked vestibulodynia.** *Current Sexual Health Reports.* [link]

Bazzano, A., Wolfe, C., Zylowska, L.,... Lehrer, D. (2014). **Mindfulness based stress reduction (MBSR) for parents and caregivers of individuals with developmental disabilities: A community-based approach.** *Journal of Child and Family Studies.* [link]

Byrne, J., Hauck, Y., Fisher, C.,... Schutze, R. (2014). **Effectiveness of a mindfulness-based childbirth education pilot study on maternal self-efficacy and fear of childbirth.** *Journal of Midwifery & Women's Health.* [link]

Evans-Chase, M. (2013). **Internet-based mindfulness meditation and self-regulation: A randomized trial with juvenile justice involved youth.** *Journal of Juvenile Justice,* 3(1), 63-79. [link]

Foulk, M. A., Ingersoll-Dayton, B., Kavanagh, J.,... Kales, H. C. (2014). **Mindfulness-Based cognitive therapy with older adults: An exploratory study.** *Journal of Gerontological Social Work.* [link]

Hou, R. J., Wong, S. Y., Yip, B. H.,... Ma, S. H. (2014). **The effects of mindfulness-based stress reduction program on the mental health of family caregivers: A randomized controlled trial.** *Psychotherapy and Psychosomatics,* 83(1), 45-53. [link]

Howells, F. M., Rauch, H. G. L., Ives-Deliperi, V. L.,... Stein, D. J. (2014). **Mindfulness based cognitive therapy may improve emotional processing in bipolar disorder: Pilot ERP and HRV study.** *Metabolic Brain Disease.* [link]

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Manotas, M., Segura, C., Eraso, M.,... McGovern, K. (2014). **Association of brief mindfulness training with reductions in perceived stress and distress in Colombian health care professionals.** *International Journal of Stress Management.* [link]

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Mitchell, J. T., McIntyre, E. M., English, J. S.,... Kollins, S. H. (2014). **A pilot trial of mindfulness meditation training for ADHD in adulthood: Impact on core symptoms, executive functioning, and emotion dysregulation.** *Journal of Attention Disorders.* [link]

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Williams, J. M., Crane, C., Barnhofer, T.,... Russell, I. T. (2014). **Mindfulness-based cognitive therapy for preventing relapse in recurrent depression: A randomized dismantling trial.** *Journal of Consulting and Clinical Psychology.* [link]

Wongtongkam, N., Ward, P. R., Day, A., & Winefield, A. H. (2014). **A trial of mindfulness meditation to reduce anger and violence in Thai youth.** *International Journal of Mental Health and Addiction.* [link]

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Beitel, M., Bogus, S., Hutz, A., Green, D.,... Barry, D. T. (2014). **Stillness and motion: An empirical investigation of mindfulness and self-actualization.** *Person-Centered & Experiential Psychotherapies.* [link]

Dimidjian, S. & Goodman, S. H. (2014). **Preferences and attitudes toward approaches to depression relapse/recurrence prevention among pregnant women.** *Behaviour Research and Therapy.* [link]

Evans, D. R., Eisenlohr-Moul, T. A., Button, D. F.,... Segerstrom, S. C. (2014). **Self-regulatory deficits associated with unpracticed mindfulness strategies for coping with acute pain.** *Journal of Applied Social Psychology.* [link]

Hafenbrack, A. C. Kinias, Z., & Barsade, S. G. (2014). **Debiasing the mind through meditation mindfulness and the sunk-cost bias.** *Psychological Science.* [link]

Keye, M. D. & Pidgeon, A. M. (2013). **Investigation of the relationship between resilience, mindfulness, and academic self-efficacy.** *Open Journal of Social Sciences, 1*(6), 1-4. [link]

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Masuda, A., Mandavia, A., & Tully, E. C. (2014). **The role of psychological inflexibility and mindfulness in somatization, depression, and anxiety among Asian Americans in the**

United States. *Asian American Journal of Psychology.* [link]

Moore, B. A. (2013). **Propensity for experiencing flow: The roles of cognitive flexibility and mindfulness.** *The Humanistic Psychologist, 41*(4), 319-332. [link]

Rajesh, S. K., Ilavarasu, J. V., & Srinivasan, T. M. (2013). **Dispositional mindfulness and its relation to impulsivity in college students.** *International Journal of Yoga, 1*(1), 49. [link]

Walker, S. P. (2013). **Mindfulness and burnout among competitive adolescent tennis players.** *South African Journal of Sports Medicine, 25*(4), 105-108. [link]

METHODS

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Chittaro, L. & Vianello, A. (2014). **Computer-supported mindfulness: Evaluation of a mobile thought distancing application on naive meditators.** *International Journal of Human-Computer Studies.* [link]

Cox, C. E., Porter, L. S., Buck, P. J.,... Greeson, J. M. (2014). **Development and preliminary evaluation of a telephone-based mindfulness training intervention for survivors of critical illness.** *Annals of the American Thoracic Society.* [link]

Garland, E. L. (2014). **Mindfulness research in social work: Conceptual and methodological recommendations.** *Social Work Research.* [link]

McCann, W. J., Marion, G. S., Davis, S. W.,... Hildebrandt, C. A. (2013). **Applied relaxation & applied mindfulness (ARAM): A practical and engaging approach for mind-body regulation training in medical education.** *Annals of Behavioral Science and Medical Education, 19*(2), 10-15. [link]

Melloni, M., Sedeño, L., Couto, B.,... Ibanez, A. (2013). **Preliminary evidence about the effects of meditation on interoceptive**

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sensitivity and social cognition. *Behavioral and Brain Functions*, 9(47). [link]

Morrison, A. B., Goolsarran, M., Rogers, S. L., & Jha, A. P. (2014). **Taming a wandering attention: Short-form mindfulness training in student cohorts.** *Frontiers in Human Neuroscience*. [link]

Pagnini, F., Di Credico, C., Gatto, R.,... Tagliaferri, A. (2013). **Meditation training for people with amyotrophic lateral sclerosis and their caregivers.** *The Journal of Alternative and Complementary Medicine*. [link]

Schoenberg, P. L., Hepark, S., Kan, C. C.,... Speckens, A. E. (2013). **Effects of mindfulness-based cognitive therapy on neurophysiological correlates of performance monitoring in adult attention-deficit/hyperactivity disorder.** *Clinical Neurophysiology*. [link]

Schoultz, M., Atherton, I. M., Hubbard, G., & Watson, A. J. (2013). **The use of mindfulness-based cognitive therapy for improving quality of life for inflammatory bowel disease patients: Study protocol for a pilot randomised controlled trial with embedded process evaluation.** *Trials*, 14, 431. [link]

REVIEWS

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

Ergas, O. (2013). **Mindfulness in education at the intersection of science, religion, and healing.** *Critical Studies in Education*, 55(1), 58-72. [link]

Harris, W. (2013). **Mindfulness-Based existential therapy: Connecting mindfulness and existential therapy.** *Journal of Creativity in Mental Health*, 8(4), 349-362. [link]

Jennings, J. L., Apsche, J. A., Blossom, P., & Bayles, C. (2013). **Using mindfulness in the treatment of adolescent sexual abusers: Contributing common factor or a primary**

modality? *International Journal of Behavioral Consultation and Therapy*, 8(3-4). [link]

Napoli, M., & Bonifas, R. (2013). **Becoming culturally competent: Mindful engagement with American Indian clients.** *Journal of Ethnic and Cultural Diversity in Social Work*, 22(3-4), 198-212. [link]

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2013). **Meditation as medication: Are attitudes changing?** *British Journal of General Practice*, 63(617), 654-654. [link]

Solar, E. (2013). **An alternative approach to behavior interventions: Mindfulness-Based stress reduction.** *Beyond Behavior*, 22(2), 44-48. [link]

Thomas, C. (2013). **Role of mindfulness in reducing challenging behaviour.** *Learning Disability Practice*, 16(10), 33-37. [link]

Virgili, M. (2014). **Mindfulness-based interventions reduce psychological distress in working adults: A meta-analysis of intervention studies.** *Mindfulness*. [link]

Wyatt, C., Harper, B., & Weatherhead, S. (2014). **The experience of group mindfulness-based interventions for individuals with mental health difficulties: A meta-synthesis.** *Psychotherapy Research*. [link]

TRIALS

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

Charite University, Berlin, Germany (C. M. Witt, PI). **Effectiveness of app-based relaxation for patients with chronic low back pain.** Trial# NCT02019498. [link]

Seoul National University Hospital. (J. S. Kwon, PI). **Effect of mindfulness based treatment for obsessive-compulsive disorder.** Trial# NCT02006199. [link]

University of Southern California (J. Briere, PI). **Reducing PTSD in hospitalized burn patients.** Trial# NCT02026037. [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-Based Cognitive Therapy (MBCT) is a well-established prophylactic treatment against relapse in major depressive disorder (MDD), but issues persist over which depressive patients benefit most, whether it is also beneficial in other mental disorders such as bipolar disorder, and which of its active ingredients are most effective.

Previous research suggests that MBCT may only prevent depressive relapse in a vulnerable subgroup of people with MDD. This group includes people with the most frequent episodes, earliest onsets, greatest levels of childhood adversity, and most persistent residual symptoms. In addition, prior research has not dismantled MBCT to discover whether its mindfulness training component is absolutely necessary for its effectiveness. **Williams et al. [J Consult Clin Psychol.]** addressed these issues by comparing MBCT with Cognitive Psychological Education (CPE), an 8-week group treatment which included MBCT's cognitive educational component while excluding mindfulness training embedded in meditation practice.

The authors randomly assigned 274 currently remitted patients with a history of three or more episodes of MDD to either MBCT, CPE, or treatment-as-usual (TAU). At 12-month follow-up, roughly half of each group had suffered a relapse (as defined by meeting the full diagnostic criteria for MDD for at least a two week time period), and there were no significant differences in the relapse rates between the two treatment groups. Participants with higher residual symptoms at baseline and/or stronger histories of childhood trauma were significantly more likely to relapse. When the study compared participants with higher levels of childhood trauma to those with lower levels, the participants with higher levels benefited significantly more from MBCT than from TAU, with relapse rates of 41% (MBCT), 54% (CPE) and 65% (TAU) respectively. No significant differences between treatment groups emerged for participants with low levels of childhood

trauma. These results further clarify those who benefit most from MBCT, and support the value of mindfulness training in the MBCT treatment package.

Patients with bipolar disorder display irregularities in their emotional processing even when they appear overtly asymptomatic. **Howells et al. [Metab Brain Dis.]** explored the impact of MBCT on biological markers of emotional processing irregularities in a cohort of stably remitted bipolar patients. Prior to receiving MBCT, 12 bipolar patients in remission were compared with 9 healthy controls. Both groups underwent a monitoring process of electrical activity of the brain (electroencephalography; EEG) and heart (electrocardiography; ECG) while completing tasks involving matching

inanimate objects, matching facial expressions, and labeling emotions. The bipolar patients showed exaggerated negative event-related potentials (ERPs) on their EEGs at approximately 170 milliseconds after stimulus exposure (ERP N170) and higher heart rate variability high frequency (HRV-HF) peaks on their ECGs. Both differences were especially significant during the facial expression matching task, which may reflect impaired communication between the cerebral cortex and the amygdala during emotional processing. This functional impairment may limit the ability of bipolar patients to control their affective reactivity, rendering them vulnerable to relapse.

The bipolar patients were then retested after completing an 8-week MBCT program, and they showed significant reduction in their exaggerated ERP N170 responses and their elevated HRV-HF peaks compared to their initial baseline measures. There was no change in bipolar symptoms observed after MBCT, probably reflecting the fact that participants were in stable remission. While these results are supportive of MBCT's promise in treating the emotional processing deficits of bipolar patients, caution is needed in interpreting results due to limitations in this pilot study, including its small sample size, lack of repeated measures for the control group, and the unknown effects of patient medication on the physiological measures assessed.



ANNOUNCEMENTS

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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 www.cvent.com/d/1cqbt1
Session 2: May 7-10, 2014 - www.cvent.com/d/tcqbgb
INFO: Call the URM Center for Experiential Learning at 585-275-4392.

Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.
INFO: www.huntingtonmeditation.com

Mindful Practice Workshop

A 4-day, retreat-like workshop designed to improve the quality of care clinicians provide while improving their own resilience and well-being. Hosted by the Center for Experiential Learning of the University of Rochester Medical Center, the workshop offers an environment where participants involved in medical practice and education focus on developing the capacity for Mindful Practice- attentiveness, situational- and self-awareness, teamwork, and self-monitoring – even in stressful and demanding situations.
INFO: Date: May 7-10, 2014
Register at www.cvent.com/d/tcqbgb

Mindfulness and Neuroscience Conference

Centre for Mindfulness Research and Practice, University of Bangor, Wales, UK
11 - 15 April 2014 Including "State of the Field and Recommendations for Future

Research" 14 & 15 April Call for research abstract submissions now open. Deadline 15 January 2014. Presentations covering a wide range of topics with Professor Alfred Kasniak, Dr Philippe Goldin, Dr Peter Malinowski & Dr Dusana Dorjee. An opportunity for: researchers to communicate their latest research findings
Mindfulness practitioners interested in understanding more about how the practice shapes the brain See conference website for full info on presentations, call for papers, fees and programme.
INFO: www.cmrpconference.com

Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. There will be keynote lecturers such as Ronald Siegel from Harvard University and Ronald Epstein from the University of Rochester, USA. Round table discussions on neurobiology, neuroimaging, the usefulness of new technologies and the role of Mindfulness in companies, education and in the treatment of somatic and psychiatric disorders. There will be workshops on ACT, positive psychology, relationship with Buddhism. The Latin American Network on Mindfulness will be presented. Date: 11-14 June 2014 Place: Zaragoza, Spain.
INFO: www.webmindfulness.com
Email: mindfulness@unizar.es

Research & Education

Free Online Prison Volunteer Training

Free Online PRISON VOLUNTEER TRAINING PROGRAM – a mindfulness-based, research-driven emotional literacy intervention. Facilitated by Robin Casarjian, author of acclaimed prison curriculum, Houses of Healing. Date: Ongoing 20 CEU's offered.
INFO: www.lionheart.org/volunteertraining/

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
www.communitypsychiatry.com

PhD Position Mindfulness Research

Prof. Jochen Reb, Singapore Management University, is looking for one or more full-time PhD students passionate to conduct research on mindfulness at the workplace. Application deadline is coming up soon on 31 January 2014!
INFO: For more info, visit <http://business.smu.edu.sg/programmes/>

Social/Behavioral Psychology Postdoctoral Fellow

Richard Davidson and the Center for Investigating Healthy Minds (CIHM) at the Waisman Center, University of Wisconsin-Madison, seek a Postdoc to lead innovative research initiatives to measure the impact of programs/ interventions aimed at improving wellbeing via two collaborations: the Wisconsin School of Business (worksite interventions), and a non-profit organization (transformative learning methodology). Role will develop/validate web-based assessment measures, conduct experience sampling, analyze/ publish results, manage research team. Expected duration 3y, renewal based on funding and performance. Ph.D. in Developmental, Social, Organizational or Behavioral Psychology or related field required.
INFO: Questions/ application cover letter and CV to: Megan Aley, maley@wisc.edu, (608) 263-6321

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INTERVENTIONS

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Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). **Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention.** *Mindfulness*. [link]

Brotto, L. A., Basson, R., Smith, K. B.,... Sadownik, L. (2014). **Mindfulness-based group therapy for women with provoked vestibulodynia.** *Mindfulness*. [link]

Day, M. A., Thorn, B. E., & Rubin, N. J. (2014). **Mindfulness-based cognitive therapy for the treatment of headache pain: A mixed-methods analysis comparing treatment responders and treatment non-responders.** *Complementary Therapies in Medicine*. [link]

Eisendrath, S. J., Gillung, E., Delucchi, K.,... Wolkowitz, O. M. (2014). **A preliminary study: Efficacy of mindfulness-based cognitive therapy versus sertraline as first-line treatments for major depressive disorder.** *Mindfulness*. [link]

Gambrel, L. E., & Piercy, F. P. (2014). **Mindfulness-based relationship education for couples expecting their first child part 1: A randomized mixed-methods program evaluation.** *Journal of Marital and Family Therapy*. [link]

Gambrel, L. E., & Piercy, F. P. (2014). **Mindfulness-based relationship education for couples expecting their first child part 2: Phenomenological findings.** *Journal of Marital and Family Therapy*. [link]

Garland, S. N., Carlson, L. E., Stephens, A. J.,... Campbell, T. S. (2014). **Mindfulness-based stress reduction compared with cognitive behavioral therapy for the treatment of insomnia comorbid with cancer: A randomized, partially blinded, noninferiority trial.** *Journal of Clinical Oncology*. [link]

Goodman, J. H., Guarino, A., Chenausky, K.,... Freeman, M. (2014). **CALM pregnancy: Results of a pilot study of mindfulness-based cognitive therapy for perinatal anxiety.** *Archives of Women's Mental Health*. [link]

Ly, K. H., Trüschel, A., Jarl, L.,... Andersson, G. (2014). **Behavioral activation versus mindfulness-based guided self-help treatment administered through a smartphone application: A randomised controlled trial.** *BMJ Open*. [link]

Meeten, F., Whiting, S., & Williams, C. M. (2014). **An exploratory study of group mindfulness-based cognitive therapy for older people with depression.** *Mindfulness*. [link]

Murphy, C. M., & MacKillop, J. (2014). **Mindfulness as a strategy for coping with cue-elicited cravings for alcohol: An experimental examination.** *Alcoholism: Clinical and Experimental Research*. [link]

Nehra, D. K., Sharma, N., Kumar, P., & Nehra, S. (2014). **Efficacy of MBSR programme in reducing perceived stress and health complaints in patients with coronary heart disease.** *Dysphrenia*, 5(1), 19-25. [link]

O'Doherty, V., Carr, A., McGrann, A.,... Maher, V. (2014). **A controlled evaluation of mindfulness-based cognitive therapy for patients with coronary heart disease and depression.** *Mindfulness*. [link]

Singh, N. N., Lancioni, G. E., Karazsia, B. T.,... Wahler, R. G. (2014). **Shenpa and compassionate abiding: Mindfulness-based practices for anger and aggression by individuals with schizophrenia.** *International Journal of Mental Health and Addiction*. [link]

Singh, N. N., Lancioni, G. E., Myers, R. E.,... Singh, J. (2014). **A randomized controlled trial of a mindfulness-based smoking cessation program for individuals with mild intellectual disability.** *International Journal of Mental Health and Addiction*. [link]

Smith, E. L., Jones, F. W., Holttum, S., & Griffiths, K. (2014). **The process of engaging in mindfulness-based cognitive therapy as a partnership: A grounded theory study.** *Mindfulness*. [link]

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Caldwell, J. G., & Shaver, P. R. (2013). **Mediators of the link between adult attachment and mindfulness.** *Interpersona*, 7(2), 299-310. [\[link\]](#)

Caldwell, K., Adams, M., Quin, R.,... Greeson, J. (2013). **Pilates, mindfulness and somatic education.** *Journal of Dance & Somatic Practices*, 5(2), 141-153. [\[link\]](#)

Ghorbani, N., Watson, P. J.,... Chen, Z. (2014). **A multi-process model of self-regulation: Influences of mindfulness, integrative self-knowledge and self-control in Iran.** *International Journal of Psychology*. [\[link\]](#)

Lazar, S. (2014). **Change in brainstem gray matter concentration following a mindfulness-based intervention is correlated with improvement in psychological well-being.** *Frontiers in Human Neuroscience*, 8, 33. [\[link\]](#)

de Lisle, S., Dowling, N. A., & Allen, J. S. (2014). **Mechanisms of action in the relationship between mindfulness and problem gambling behaviour.** *International Journal of Mental Health and Addiction*. [\[link\]](#)

Shorey, R. C., Brasfield, H., Anderson, S., & Stuart, G. L. (2014). **The relation between trait mindfulness and early maladaptive schemas in men seeking substance use treatment.** *Mindfulness*. [\[link\]](#)

Shorey, R. C., Larson, E. E., & Cornelius, T. L. (2014). **An initial investigation of the relation between mindfulness and female-perpetrated dating violence.** *Partner Abuse*, 5(1), 3-20. [\[link\]](#)

Thieleman, K., & Cacciatore, J. (2014). **Witness to suffering: Mindfulness and compassion fatigue among traumatic bereavement volunteers and professionals.** *Social Work*. [\[link\]](#)

Vidrine, J. I., Businelle, M. S., Reitzel, L. R.,... Wetter, D. W. (2014). **Coping mediates the association of mindfulness with psychological stress, affect, and depression among smokers preparing to quit.** *Mindfulness*. [\[link\]](#)

Wright, C. J., & Schutte, N. S. (2014). **The relationship between greater mindfulness and less subjective experience of chronic pain: Mediating functions of pain management self-efficacy and emotional intelligence.** *Australian Journal of Psychology*. [\[link\]](#)

METHODS

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

Desbordes, G., Gard, T., Hoge, E. A.,... Vago, D. R. (2014). **Moving beyond mindfulness: Defining equanimity as an outcome measure in meditation and contemplative research.** *Mindfulness*. [\[link\]](#)

Garcia-Campayo, J., Navarro-Gil, M., Andrés, E.,... Demarzo, M. M. (2014). **Validation of the Spanish versions of the long (26 items) and short (12 items) forms of the self-compassion scale (SCS).** *Health and Quality of Life Outcomes*, 12(4). [\[link\]](#)

Schellekens, M. P., van den Hurk, D. G., Prins, J. B.,... Speckens, A. E. (2014). **Study protocol of a randomized controlled trial comparing MBSR with treatment as usual in reducing psychological distress in patients with lung cancer and their partners: The MILON study.** *BMC Cancer*, 14, 3. [\[link\]](#)

Veneziani, C. A., & Voci, A. (2014). **The Italian adaptation of the mindful awareness attention scale and its relation with individual differences and quality of life indexes.** *Mindfulness*. [\[link\]](#)

Woods-Giscombé, C. L., & Gaylord, S. A. (2014). **The cultural relevance of mindfulness meditation as a health intervention for African Americans implications for reducing**

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stress-related health disparities. *Journal of Holistic Nursing.* [\[link\]](#)

REVIEWS

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

Alladin, A. (2014). **Mindfulness-based hypnosis: Blending science, beliefs, and wisdoms to catalyze healing.** *American Journal of Clinical Hypnosis.* [\[link\]](#)

Britton, W. B., Lindahl, J. R., Cahn, B. R.,... Goldman, R. E. (2014). **Awakening is not a metaphor: The effects of Buddhist meditation practices on basic wakefulness.** *Annals of the New York Academy of Sciences.* [\[link\]](#)

Burki, T. K. (2014). **Waking up to the merits of mindfulness.** *The Lancet Oncology.* [\[link\]](#)

Capurso, V., Fabbro, F., & Crescentini, C. (2014). **Mindful creativity: The influence of mindfulness meditation on creative thinking.** *Frontiers in Psychology.* [\[link\]](#)

Cavanagh, K., Strauss, C., Forder, L., & Jones, F. (2014). **Can mindfulness and acceptance be learnt by self-help? A systematic review and meta-analysis of mindfulness and acceptance-based self-help interventions.** *Clinical Psychology Review.* [\[link\]](#)

Gard, T., Hölzel, B. K., & Lazar, S. W. (2014). **The potential effects of meditation on age-related cognitive decline: A systematic review.** *Annals of the New York Academy of Sciences, 1307*(1), 89-103. [\[link\]](#)

Garland, E. L., Froeliger, B., & Howard, M. O. (2014). **Mindfulness training targets neurocognitive mechanisms of addiction at the attention-appraisal-emotion interface.** *Frontiers in Psychiatry.* [\[link\]](#)

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Shonin, E., & Gordon, W. V. (2014). **The consuming mind.** *Mindfulness.* [\[link\]](#)

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Surawy, C., McManus, F., Muse, K., & Williams, J. M. (2014). **MBCT for health anxiety (hypochondriasis): Rationale, implementation and case illustration.** *Mindfulness.* [\[link\]](#)

Zoogman, S., Goldberg, S. B., Hoyt, W. T., & Miller, L. (2014). **Mindfulness interventions with youth: A meta-analysis.** *Mindfulness.* [\[link\]](#)

TRIALS

Research trials on mindfulness newly registered (JAN 2014) at [Clinicaltrials.gov](#)

George Mason University (A. B. Miller, PI). **Parenting mindfully study.** Trial# NCT02038231. [\[link\]](#)

Stanford University (J. J. Gross, PI). **Emotion regulation during RCT of CBT vs. MBSR for social anxiety disorder.** Trial# NCT02036658. [\[link\]](#)

University of Aarhus (A. L. Ottesen, PI). **MBCT for chronic obstructive pulmonary disease.** Trial# NCT02042976. [\[link\]](#)

University of California, San Francisco (I. Sim, PI). **Smartphone-based mindfulness training for chronic pain.** Trial# NCT02037152. [\[link\]](#)

Yale University (J. Brewer, PI). **Mobile mindfulness training for smoking cessation** Trial# NCT02037360. [\[link\]](#)

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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

Between 10-40% of women develop significant anxiety during pregnancy, an unsurprising fact given the associated physiological, hormonal, and lifestyle changes, and concerns about the impending responsibilities of parenthood. Perinatal anxiety is a risk factor for obstetrical complications and postpartum depression, and pharmacologic interventions are often contra-indicated. This underscores the need for effective behavioral treatments. **Goodman et al. [Arch Womens Ment Health.]** designed an MBCT-derived intervention called CALM (Coping with Anxiety through Living Mindfully) Pregnancy to treat perinatal anxiety. A sample of 24 pregnant women with either generalized anxiety disorder (GAD) or significant GAD symptoms (as assessed through structured clinical interview) were enrolled in the program. Attendance and compliance were good, with 23 women (96%) successfully completing the 8-week group-based program.

Participants reported large and significant reductions in anxiety, worry and depression, and large and significant increases in self-compassion and dispositional mindfulness (as measured by the MAAS). Of the 16 participants who met the full diagnostic criteria for GAD at baseline, only 1 met the criteria at program completion. Similarly, the two women who met the diagnostic criteria for major depressive disorder at baseline no longer met the criteria at program completion. In an open-ended interview about what they had found most helpful, participants mentioned skill building, connection, universality, acceptance and self-kindness, decreased reactivity, cognitive changes, and insight. This pilot study demonstrates the feasibility, acceptability, and potential effectiveness of the CALM Pregnancy program, at least for a population of mostly Caucasian, middle class, well-educated women. Future studies using randomly assigned controls will be needed to confirm the early promise of these findings in this and more diverse groups of women.

While pregnancy and parenthood can make mothers-to-be anxious, it can also affect the well-being of their relationships. Up to 90% of couples report a decline in relationship quality after becoming parents.

Gambrel and Piercy [J Marital Fam Ther.] developed a 4-week relationship enhancement intervention called the Mindful Transition to Parenthood Program (MTPP) for couples expecting their first child. MTPP offers skill-based relationship education within an abbreviated MBSR format to develop attunement, presence, perspective taking, and empathic responsiveness in couples. To assess its effectiveness, 33 couples were randomly assigned to either MTPP or a wait-list control. MTPP men reported significant increases in mindfulness (as measured by the FFMQ) and relationship satisfaction, and a significant decrease in negative affect when compared with wait-list controls. Female partners showed no significant differences. Couples in this study reported unusually high baseline marital satisfaction, with the average couple reporting greater baseline satisfaction than even the happiest couples in prior research using the Couples Satisfaction Index. This limited the degree to which satisfaction could increase on the quantitative measures, and limits the ability to generalize the results to couples with lower marital satisfaction.



In an accompanying article, the same authors also performed a qualitative analysis of the themes that emerged in a post-intervention interview held with participants. MTPP women reported appreciating their partner's participation and increased understanding of their pregnancy and connection to their baby. As they felt amply supported by female friends and family, they didn't especially feel the need for MTPP group support. Men felt more connected to their baby, more identified with being fathers, and more understanding of their partners due to being in the program. As they felt little support or recognition from friends and family regarding impending fatherhood, they valued connecting with fathers-to-be in a program that appreciated the male perspective. Both men and women spoke of improvements in presence, acceptance, self-compassion, emotional reactivity, positive emotions, and effectiveness in interactions. Couples felt more deeply connected with their partners, reported improved perspective taking, communication, and conflict management, and thought the program had helped them feel more confident and accepting of the challenges of parenthood.

ANNOUNCEMENTS

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

Events & Conferences

Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.

INFO: www.huntingtonmeditation.com

Mindful Practice Workshop

A 4-day, retreat-like workshop designed to improve the quality of care clinicians provide while improving their own resilience and well-being. Hosted by the Center for Experiential Learning of the University of Rochester Medical Center, the workshop offers an environment where participants involved in medical practice and education focus on developing the capacity for Mindful Practice- attentiveness, situational- and self-awareness, teamwork, and self-monitoring – even in stressful and demanding situations.

INFO: Date: May 7-10, 2014
Register at www.cvent.com/d/tcqbgb

Mindfulness and Neuroscience Conference

Centre for Mindfulness Research and Practice, University of Bangor, Wales, UK 11 - 15 April 2014 Including "State of the Field and Recommendations for Future Research" 14 & 15 April Call for research abstract submissions now open. Deadline 15 January 2014. Presentations covering a wide range of topics with Professor Alfred Kasniak, Dr Philippe Goldin, Dr Peter Malinowski & Dr Dusana Dorjee. An opportunity for: researchers to communicate their latest research findings Mindfulness practitioners interested in understanding more about how the practice shapes the brain See conference website for full info on presentations, call for papers, fees and programme.

INFO: www.cmrpconference.com

Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. There will be keynote lecturers such as Ronald Siegel from Harvard University and Ronald Epstein from the University of Rochester, USA. Round table discussions on neurobiology, neuroimaging, the usefulness of new technologies and the role of Mindfulness in companies, education and in the treatment of somatic and psychiatric disorders. There will be workshops on ACT, positive psychology, relationship with Buddhism. The Latin American Network on Mindfulness will be presented. Date: 11-14 June 2014 Place: Zaragoza, Spain.

INFO: www.webmindfulness.com
Email: mindfulness@unizar.es

Research & Education

Free Online Prison Volunteer Training

Free Online PRISON VOLUNTEER TRAINING PROGRAM – a mindfulness-based, research-driven emotional literacy intervention. Facilitated by Robin Casarjian, author of acclaimed prison curriculum, Houses of Healing. Date: Ongoing 20 CEU's offered.

INFO: www.lionheart.org/volunteertraining/

Books & Media

Achtsamkeit und Humor

Mindfulness and humor are two closely related human capacities that stimulate each other and are worth to be cultivated together. They create the basis for vitality and ease and thus for stable happiness. A tribute to two of the most valuable human qualities ... (written in German language).

INFO: Available:
<http://www.amazon.de/dp/3794529367>

Employment

INFO: No posts

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INTERVENTIONS

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

Berrill, J. W., Sadlier, M., Hood, K., Green, J. T. (2014). **Mindfulness-based therapy for inflammatory bowel disease patients with functional abdominal symptoms or high perceived stress levels.** *Journal of Crohn's & Colitis.* [link]

Dorian, M., Killebrew, J. E. (2014). **A study of mindfulness and self-care: A path to self-compassion for female therapists in training.** *Women & Therapy.* [link]

Feicht, T., Wittmann, M., Jose, G.,...Esch, T. (2013). **Evaluation of a 7-week web-based happiness training to improve psychological well-being, reduce stress, and enhance mindfulness and flourishing: A randomized controlled occupational health study.** *ECAM.* [link]

Garland, E. L., Manusov, E. G., Froeliger, B.,...Howard, M. O. (2014). **Mindfulness-oriented recovery enhancement for chronic pain and prescription opioid misuse: Results from an early-stage randomized controlled trial.** *Journal of Consulting and Clinical Psychology.* [link]

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Horner, J. K., Piercy, B. S., Eure, L., Woodard, E. K. (2014). **A pilot study to evaluate mindfulness as a strategy to improve inpatient nurse and patient experiences.** *Applied Nursing Research.* [link]

Jedel, S., Hoffman, A., Merriman, P.,...Keshavarzian, A. (2014). **A randomized controlled trial of MBSR to prevent flare-up in patients**

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Lenze, E. J., Hickman, S., Hershey, T.,...Wetherell, J. L. (2014). **MBSR for older adults with worry symptoms and co-occurring cognitive dysfunction.** *Int J Geriatr Psychiatry.* [link]

Sibinga, E., Perry-Parrish, C., Thorpe, K.,...Ellen, J. M. (2014). **A small mixed-method RCT of mindfulness instruction for urban youth.** *EXPLORE.* [link]

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Youngwanichsetha, S., Phumdoung, S., & Ingkathawornwong, T. (2014). **The effects of mindfulness eating and yoga exercise on blood sugar levels of pregnant women with gestational diabetes mellitus.** *Applied Nursing Research.* [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

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acceptance and catastrophizing in chronic pain. *PLoS ONE*, 9(1), e87445. [link]

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Jain, F. A., Nazarian, N., Lavretsky, H. (2014). **Feasibility of central meditation and imagery therapy for dementia caregivers.** *Int J Geriatr Psychiatry*. [link]

Lacaille, J., Ly, J., Zacchia, N.,...Knäuper, B. (2014). **The effects of three mindfulness skills on chocolate cravings.** *Appetite*. [link]

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Evaluation of vipassana meditation course effects on subjective stress, well-being, self-kindness and mindfulness in a community sample: Post-course and 6-month outcomes. *Stress and Health*. [link]

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Yildiran, H., Holt, R. R. (2014). **Thematic analysis of the effectiveness of an inpatient mindfulness group for adults with intellectual disabilities.** *British Journal of Learning Disabilities*. [link]

METHODS

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

Creswell, J. D., Pacilio, L. E., Lindsay, E. K., Brown, K. W. (2014). **Brief mindfulness meditation training alters psychological and neuroendocrine responses to social evaluative stress.** *Psychoneuroendocrinology*. [link]

Edwards, R. T., Bryning, L., Crane, R. (2014). **Design of economic evaluations of mindfulness-based interventions: Ten methodological questions of which to be mindful.** *Mindfulness*. [link]

Grossman, S., Deupi, J., Leitao, K. (2014). **Seeing the forest and the trees: Increasing nurse practitioner students' observational and mindfulness skills.** *Creative Nursing*. [link]

Hubbling, A., Reilly-Spong, M., Kreitzer, M. J., Gross, C. R. (2014). **How mindfulness changed my sleep: Focus groups with chronic insomnia patients.** *BMC Complementary and Alternative Medicine*, 14(1), 50. [link]

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Vidyarthi, J., Riecke, B. E. (2014). **Interactively mediating experiences of mindfulness meditation.** *Int J Hum Comput Stud.* [link]

Williams, M. J., Dagleish, T., Karl, A., Kuyken, W. (2014). **Examining the factor structures of the five-facet mindfulness questionnaire and the self-compassion scale.** *Psychological Assessment.* [link]

REVIEWS

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

Baldini, L. L., Parker, S. C., Nelson, B. W., Siegel, D. J. (2014). **The clinician as neuroarchitect: The importance of mindfulness and presence in clinical practice.** *Clinical Social Work Journal.* [link]

Barker, K. (2014). **Mindfulness meditation: Do-it-yourself medicalization of every moment.** *Social Science & Medicine.* [link]

Chiesa, A., Anselmi, R., Serretti, A. (2014). **Psychological mechanisms of mindfulness-based interventions: What do we know?** *Holistic Nursing Practice*, 28(2), 124-48. [link]

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emotional eating, and weight loss: A systematic review. *Eating Behaviors.* [link]
McCracken, L. M., Vowles, K. E. (2014). **Acceptance and commitment therapy and mindfulness for chronic pain: Model, process, and progress.** *American Psychologist*, 69(2), 178-87. [link]

Rajguru, P., Kolber, M. J.,...Hanney, W. J. (2014). **Use of mindfulness meditation in the management of chronic pain: A systematic review of randomized controlled trials.** *American Journal of Lifestyle Medicine.* [link]

Riley, K. E., Kalichman, S. (2014). **MBSR for people living with HIV/AIDS: Preliminary review of intervention trial methodologies and findings.** *Health Psychology Review.* [link]

Van Gordon, W., Shonin, E.,...Griffiths, M. D. (2014). **Work-related mental health and job performance: Can mindfulness help?** *Int J Ment Health Addict.* [link]

Zack, S., Saekow, J., Kelly, M., Radke, A. (2014). **Mindfulness-based interventions for youth.** *Journal of Rational-Emotive & Cognitive-Behavior Therapy.* [link]

TRIALS

Research trials on mindfulness newly registered (FEB 2014) at Clinicaltrials.gov

Chinese University of Hong Kong (V. Tang, PI). **Mindfulness-based psychotherapy for drug-resistant epilepsy.** Trial# NCT02060422 [link]
Karolinska Institutet (R. Branstrom, PI). **Internet-based stress reduction training for students.** Trial# NCT02062762 [link]

Mayo Clinic (D.L. Stan, PI). **Mindfulness-based intervention in breast cancer patients undergoing chemotherapy.** Trial# NCT02067351 [link]

University of Southern California (D.S. Black & J. Figueiredo, PIs). **Mindfulness-based program for Hispanic/Latino patients with colorectal cancer.** Trial# NCT02057991 [link]

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HIGHLIGHTS

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

Inflammatory Bowel Diseases (IBD) are a group of chronic autoimmune disorders that include ulcerative colitis and Crohn's Disease. Despite the best medical management, IBD patients often experience episodic inflammatory flare-ups with a return of clinical symptoms including abdominal pain, cramps, vomiting, diarrhea, and rectal bleeding. Flare-ups may sometimes be triggered by stress-induced inflammation, and there is a great deal of interest in stress-reduction interventions for IBD that might improve quality of life and reduce flare-ups.

While IBD is distinct from Irritable Bowel Syndrome (IBS), a functional bowel disorder without inflammatory pathology, IBD patients often complain of IBS symptoms (for example, abdominal pain and bloating) even when in remission. **Berrill et al. [Crohns Colitis]** explored whether a mindfulness-based intervention could impact IBS symptoms in IBD patients. They randomly assigned 66 clinically remitted IBD patients with either IBS symptoms or high perceived stress to either Multiconvergent Therapy (MCT) or a wait-list control. MCT consists of six forty-minute sessions that include training in mindfulness meditation along with cognitive behavioral techniques for stress, coping style, and relapse prevention. Participants were assessed at baseline, 4, 8, and 12 months on a variety of measures including measures of inflammation (calprotectin), perceived stress, and IBD quality of life.

Of the 33 patients assigned to MCT, 8 never attended and 6 dropped out. Quality of life for those who completed MCT improved significantly, both statistically and clinically (a 20 point improvement on an IBD quality of life measure), while that of the control group did not. This improvement was especially evident for patients with IBS symptoms, reflecting both a reduction in their IBS symptoms as well as their emotional reactivity to those symptoms. While quality of life in the MCT group remained higher than the control group at 8 and 12 months, the difference was no longer statistically significant. Quality of life changes were unaccompanied by a reduction in IBD flare-ups. The high MCT dropout

rate suggests that MCT may not be a feasible intervention for some patients. The study is limited by low statistical power due to its high dropout rate, its reliance on a single therapist, and its use of a wait-list control rather than a placebo as IBS is known to be highly placebo-responsive. While MCT improved quality of life for IBD patients, it didn't significantly impact IBD relapse, whether measured by clinical signs or by calprotectin levels.



Jedel et al. [Digestion] studied MBSR's effectiveness in preventing ulcerative colitis flare-ups in a randomized, double-blind study. Fifty-five moderately severe ulcerative colitis patients in remission were assigned to either MBSR or a placebo (lectures and videos on mind/body medicine). Moderate severity of disease status was defined by a Mayo Ulcerative Colitis Disease Activity Index of 6-12. Measures taken at baseline, post-treatment, and 6 and 12-month follow-up included inflammation markers (calprotectin, C-reactive protein, and cytokines), stress markers (ACTH, cortisol), measures of perceived stress and IBD quality of life, and measures of mood and mindfulness (MAAS).

There was no difference in the number or severity of flare-ups or the length of the inflammation-free interval prior to flare-ups between groups, but MBSR participants who flared had significantly better quality of life and lower perceived stress than control participants who flared (quality of life was also higher for MBSR participants regardless of whether or not they flared). There were no group differences on measures of mood or mindfulness, possibly due to a ceiling effect in this mentally healthy cohort. MBSR participants with the highest number of gastrointestinal symptoms at baseline benefited the most. MBSR participants with the highest perceived stress and/or cortisol levels at baseline had significantly fewer flare-ups than controls with the highest perceived stress and/or cortisol levels. MBSR positively impacted ACTH and cytokine levels, but not enough to prevent flare-ups. This study shows that MBSR improves the quality of life of ulcerative colitis patients generally and may also prevent flare-ups in patients experiencing high levels of perceived stress.

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Events & Conferences

Clinical Meditation & Imagery

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INFO: www.huntingtonmeditation.com

Mindful Practice Workshop

A 4-day, retreat-like workshop designed to improve the quality of care clinicians provide while improving their own resilience and well-being. Hosted by the Center for Experiential Learning of the University of Rochester Medical Center, the workshop offers an environment where participants involved in medical practice and education focus on developing the capacity for Mindful Practice- attentiveness, situational- and self-awareness, teamwork, and self-monitoring – even in stressful and demanding situations.

INFO: Date: May 7-10, 2014
Register at www.cvent.com/d/tcqbgb

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. Session 2: May 7-10, 2014-
<http://www.cvent.com/d/tcqbgb>

INFO: Call the URMC Center for Experiential Learning at 585-275-4392

Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. Keynote lecturers such as Ronald Siegel from Harvard University and Ronald Epstein from the University of Rochester, USA. Round table discussions on neurobiology, neuroimaging, the usefulness of new technologies and the role of Mindfulness in companies, education and in the treatment of somatic and psychiatric disorders. There will be workshops on ACT, positive psychology, relationship with Buddhism. The Latin American Network on Mindfulness will be presented. Date: 11-14 June 2014 Place: Zaragoza, Spain.

INFO: www.webmindfulness.com
Email: mindfulness@unizar.es

Deepening Our Practice

A 5-day silent retreat for MBSR/ MBCT teachers, clinicians, and educators. Sunday, July 13 through Friday, July 18, 2014. Pendle Hill Retreat Center, near Philadelphia, Pennsylvania. Facilitated by Diane Reibel, PhD, and Don McCown, PhD, 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

INFO: Register at www.mindfulnessandmore.com

Mindful Approach to Nursing Care

Sacred Art of Nursing Retreat: A Mindful Approach to Care will be held at Commonweal Retreat Center in Bolinas, California, May 2 – 4, 2014. Nurses will learn clinical applications of mindfulness practice that can benefit both patient and nurse.

INFO: www.sacredartofnursing.com

Mindfulness/Awareness Retreat Holidays

We offer mindfulness/ awareness training and retreats in beautiful locations. This year, in Italy, Greece and Morocco join Brian Hilliard, a mindfulness practitioner and teacher with over 35 years of experience. Genuine and authentic teachings and practice instructions while enjoying the local culture.

INFO: www.mindfulnessjourneys.com

Mindfulness, Education & Transformation - Australia

DATE: 5-7 SEPTEMBER 2014
ORGANISERS Nan Tien Institute Postgraduate Department of Buddhist Studies in co-operation with Faculty of Education, University of Ljubljana CALL FOR PAPERS Deadline 30th April 2014
Email: t.ditrich@gmail.com

INFO: Register at www.ntconference2014.net
www.nantien.edu.au

Research & Education

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Free Online PRISON VOLUNTEER TRAINING PROGRAM – a mindfulness-based, research-driven emotional literacy intervention. Facilitated by Robin

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Casarjian, author of acclaimed prison curriculum, Houses of Healing. Date: Ongoing 20 CEU's offered.

INFO:

www.lionheart.org/volunteertraining/

Call for Papers: MBIs & Pain

Submissions are being solicited for a special issue of the Journal of Pain Management devoted to mindfulness-based interventions (MBIs) for the treatment of pain that address the following topics: Trials of MBIs for the treatment of pain • Studies of the physiologic effects of MBIs in patients with pain • Studies addressing the historical and/or philosophical basis for using MBIs for pain • Narrative studies • Review articles. This special issue will also be published as a book. Submission deadline is Aug. 1, 2014.

INFO: Send submissions and questions to jbs7f@virginia.edu

MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population, including reaching clients remotely through telemedicine.

INFO: <http://www.neuronovacentre.com>

Books & Media

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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

INFO:

<http://www.contemplativeeducation.ca>

Mindfulness Ethics and Beyond

The Ethical Space of Mindfulness in Clinical Practice: An Exploratory Essay. 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:

<http://www.jkp.com/catalogue/book/9781849058506>

Buddha in Dairyland

Coming in 2014: Buddha in Dairyland. This is the untold story of the early years of Tibetan Buddhism in America. A multimedia ebook format reveals the story of a friendship between a psychologist and a monk, and of the convergence of Buddhism and psychology.

INFO: Coming 2014

Employment

Postdoctoral Fellow: Neuroscience with ASD

Dr. Richard Davidson and the Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison, seek a Postdoc to play a key role in ongoing neuroimaging research on ASD and its treatment using various behavioral strategies. Expected duration 2y, renewal based on funding and performance. Required: Ph.D. in Neuroscience, Developmental, or Clinical Psychology; Experience in neuroimaging research with individuals with ASD; Experience with multi-modal imaging including functional, resting state, DTI and structural; Statistical acumen in analyzing neuroimaging data.

INFO: For full job posting, visit:

<http://www.investigatinghealthyminds.org/cihmEmployment.html> To apply send cover letter and CV to: admin@bi.wisc.edu, call (608)890-0143

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INTERVENTIONS

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

Amaro, H., Spear, S., Vallejo, Z.,...Black, D. S. (2014). **Feasibility, acceptability, and preliminary outcomes of a MBRP intervention for culturally-diverse, low-income women in substance use disorder treatment.** *Subst Use Misuse*, 49(5), 547. [\[link\]](#)

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Caldwell, J. G., & Shaver, P. R. (2014). **Promoting attachment-related mindfulness and compassion: A wait-list-controlled study of women who were mistreated during childhood.** *Mindfulness*. [\[link\]](#)

Campanella, F., Crescentini, C., Urgesi, C., & Fabbro, F. (2014). **Mindfulness-oriented meditation improves self-related character scales in healthy individuals.** *Compr Psychiatry*. [\[link\]](#)

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compassion, and psychological symptoms. *J Special Group Work*. [\[link\]](#)

Garland, E. L., Froeliger, B., & Howard, M. O. (2014). **Effects of mindfulness-oriented recovery enhancement on reward responsiveness and opioid cue-reactivity.** *Psychopharmacology*. [\[link\]](#)

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Kiep, M., Spek, A., & Hoeben, L. (2014). **Mindfulness-based therapy in adults with an autism spectrum disorder: Do treatment effects last?** *Mindfulness*. [\[link\]](#)

McConachie, D. A., McKenzie, K., Morris, P. G., & Walley, R. M. (2014). **Acceptance and mindfulness-based stress management for support staff caring for individuals with intellectual disabilities.** *Res Dev Disabil*, 35(6), 1216. [\[link\]](#)

Meadows, G. N., Shawyer, F., Enticott, J. C.,...Segal, Z. (2014). **MBCT for recurrent depression: A translational research study with 2-year follow-up.** *Aust N Z J Psychiatry*. [\[link\]](#)

Tan, L., & Martin, G. (2014). **Taming the adolescent mind: A randomised controlled trial examining clinical efficacy of an adolescent mindfulness-based group programme.** *Child and Adolesc Ment Health*. [\[link\]](#)

Tarrasch, R. (2014). **Mindfulness meditation training for graduate students in educational**

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counseling and special education: A qualitative analysis. *J Child Fam Stud.* [\[link\]](#)

Witkiewitz, K., Warner, K., Sully, B.,...Luoma, J. B. (2014). **Randomized trial comparing MBRP with relapse prevention for women offenders at a residential addiction treatment center.** *Subst Use Misuse.,* 49(5), 536. [\[link\]](#)

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Articles examining the correlation and mechanism between mindfulness and other variables

Ali, M. K., Mwendwa, D. T., Sims, R. C., & Whitfield, K. E. (2014). **The association between mindfulness, depressive symptoms and neuroticism in older African Americans.** *J Depress Anxiety.* [\[link\]](#)

Bonamo, K. K., Legerski, J. P., & Thomas, K. B. (2014). **The influence of a brief mindfulness exercise on encoding of novel words in female college students.** *Mindfulness.* [\[link\]](#)

Chambers, R., Gullone, E., Hassed, C.,...Allen, N. (2014). **Mindful emotion regulation predicts recovery in depressed youth.** *Mindfulness.* [\[link\]](#)

Cleirigh, D. O., & Greaney, J. (2014). **Mindfulness and group performance: An exploratory investigation into the effects of brief mindfulness intervention on group task performance.** *Mindfulness.* [\[link\]](#)

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Prins, B., Decuyper, A., & Van Damme, S. (2014). **Effects of mindfulness and distraction on pain depend upon individual differences in pain catastrophizing: An experimental study.** *Eur J Pain.* [\[link\]](#)

Schuman-Olivier, Z., Hoepfner, B. B., Evins, A. E., & Brewer, J. A. (2014). **Finding the right match: Mindfulness training may potentiate the therapeutic effect of nonjudgment of inner experience on smoking cessation.** *Subst Use Misuse.,* 49(5), 586. [\[link\]](#)

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and obsessive-compulsive symptoms among nonclinical students. *Mindfulness*. [link]

Tarantino, N., Lamis, D. A., Ballard, E. D.,...Dvorak, R. D. (2014). **Parent-child conflict and drug use in college women: A moderated mediation model of self-control and mindfulness.** *J Couns Psychol*. [link]

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Vindholmen, S., Høigaard, R., Espnes, G. A., & Seiler, S. (2014). **Return to work after vocational rehabilitation: Does mindfulness matter?** *Psychol Res Behav Manag*. [link]

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

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protection scale-14 (BPS-14) and its correlation with the Freiburg mindfulness inventory (FMI). *J Educ Dev Psychol*, 4(1), 155. [link]

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Chong, Y. W., Kee, Y. H., & Chaturvedi, I. (2014). **Effects of brief mindfulness induction on weakening habits: Evidence from a computer mouse control task.** *Mindfulness*. [link]

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Evans, A., Crane, R., Cooper, L.,...Kuyken, W. (2014). **A framework for supervision for mindfulness-based teachers: A space for embodied mutual inquiry.** *Mindfulness*. [link]

Mantzios, M., & Giannou, K. (2014). **Group vs. single mindfulness meditation: Exploring avoidance, impulsivity, and weight management in two separate mindfulness meditation settings.** *Appl Psychol Health Well Being*. [link]

Silpakit, O., & Silpakit, C. (2014). **A Thai version of mindfulness questionnaire: Srithanya sati scale.** *East Asian Arch Psychiatry*, 24(1), 23. [link]

REVIEWS

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

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Amaro, H. (2014). **Implementing mindfulness-based relapse prevention in diverse populations: Challenges and future directions.** *Subst Use Misuse.,* 49(5), 612. [\[link\]](#)

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Dobkin, P. L., & Laliberté, V. (2014). **Being a mindful clinical teacher: Can mindfulness enhance education in a clinical setting?** *Med Teacher.* [\[link\]](#)

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Smith, S. A. (2014). **Mindfulness-Based stress reduction: An intervention to enhance the effectiveness of nurses' coping with work-related stress.** *Int J Nurs Knowl.* [\[link\]](#)

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TRIALS

Research trials on mindfulness newly registered (MAR 2014) at Clinicaltrials.gov

University of Cincinnati (M. DelBello, PI). **MBCT for youth with anxiety at risk for bipolar disorder.** Trial# NCT02090595. [\[link\]](#)

Stanford University (K. Chang, PI). **Brain connectivity and mindfulness training in youth with bipolar disorder-not otherwise specified.** Trial# NCT02095483. [\[link\]](#)

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HIGHLIGHTS

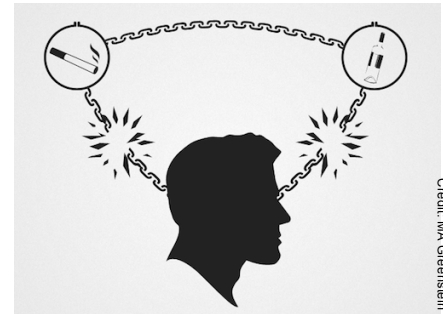
A summary of select studies from the issue, providing a snapshot of some of the latest research findings

An estimated 40% to 60% of substance abusers relapse following treatment, emphasizing the need for the development of more effective relapse prevention approaches.

Bowen et al. [JAMA Psychiatry.] evaluated the effectiveness of three substance abuse relapse prevention programs among 286 participants who had just completed either an inpatient or intensive outpatient substance abuse program. Participants, who were predominantly male (70%) and ethnically diverse, were randomly assigned to either 1) treatment as usual (TAU) based on a 12-Step model, 2) an 8-week cognitive-behavioral relapse prevention program (RP) emphasizing motivation, coping skills, and avoiding triggers for relapse, and 3) an 8-week Mindfulness-Based Relapse Prevention (MBRP) program emphasizing the use of mindfulness skills. Primary outcome measures were the number of days until a first relapse in drug use or heavy drinking (defined as ≥ 4 drinks for women and ≥ 5 drinks for men) and the number of days during which drug use or heavy drinking occurred. The outcomes were assessed by self-report, but 70% of the participants received court-mandated drug and alcohol screens that largely agreed with their self-reports.

Over the 12 months they were followed, MBRP and RP participants showed a 54% decreased risk of relapse for drug use and a 59% decreased risk for heavy drinking compared with TAU. While the MBRP group showed a 21% higher relapse risk for drug use than the RP group, the two groups did not differ in relapse rates for heavy drinking. An analysis of the number of days during which those who lapsed engaged in drug use or heavy drinking showed that at 6 months RP and MBRP relapsers had 31% fewer heavy drinking days than TAU relapsers. There was no difference between the RP and MBRP groups in the number of heavy drinking days. At 12 months, however, MBRP relapsers had 31% fewer drug use days and a significantly higher probability of not engaging in heavy drinking compared to RP relapsers. While both RP and MBRP proved superior to TAU at 6 months, with RP having an edge over MBRP in the length of time until first relapse, by 12

months MBRP had an edge over RP in reducing the number of days of drug use and heavy drinking after first relapse.



Amaro et al. [Subst Use Misuse.] studied the feasibility and benefits of incorporating “Moment-by-Moment in Women’s Recovery: A Mindfulness-Based Approach to Relapse Prevention” (MBRP-W) into existing substance use programs serving low-income women with trauma exposure histories. The 9-week program used a modified MBSR format designed to increase its relevance to women with issues of addiction, relapse, mental illness, low literacy levels, and trauma. Women (N=318) attending publicly-funded substance use programs were enrolled in the MBRP-W program. The cohort was mostly Hispanic (45%) and Black (35%), and 46% of the cohort had been court-mandated to treatment. Due to logistical demands of residential treatment, 44% of the women attended no sessions, 20% attended 1-4 sessions, and 36% attended 5-9 sessions. Scheduling conflicts with courts, medical providers, child protective services, and participant dropout from primary clinics all contributed to attrition and attendance problems.

Average satisfaction ratings from those who attended the final MBRP-W session were “very good to excellent” on program usefulness, quality, and importance. Participants who attended 5 or more sessions showed significantly greater rates of self-reported decline in alcohol addiction severity over 12 months, and greater declines in drug addiction severity at 6 and 12 months, than those who never attended. While perceived stress declined for the entire cohort, the rate and extent of decline was greater for those who attended 5 or more sessions. This was a preliminary feasibility study that lacked a control group, but it is one of the first large-scale studies in this vulnerable population, and it points to both potential benefits and obstacles in using mindfulness-based approaches with underserved women receiving care from publicly-funded substance use facilities.

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Events & Conferences

Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.

INFO: www.huntingtonmeditation.com

Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. Keynote lecturers such as Ronald Siegel from Harvard University and Ronald Epstein from the University of Rochester, USA. Round table discussions on neurobiology, neuro-imaging, the usefulness of new technologies and the role of mindfulness in companies, education and in the treatment of somatic and psychiatric disorders. There will be workshops on ACT, positive psychology, relationship with Buddhism. The Latin American Network on Mindfulness will be presented. Date: 11-14 June 2014
Place: Zaragoza, Spain.

INFO: www.webmindfulness.com
Email: mindfulness@unizar.es

Mindfulness, Education & Transformation - Australia

DATE: 5-7 SEPTEMBER 2014
ORGANISERS Nan Tien Institute Postgraduate Department of Buddhist Studies in co-operation with Faculty of Education, University of Ljubljana
CALL FOR PAPERS Deadline 30th April 2014 Email: t.ditrich@gmail.com

INFO: Register at
www.ntconference2014.net
www.nantien.edu.au

Mindful Living Program in Italy

June 10 – 15, 2014. Continuing education and personal renewal in the magical province of Umbria, Italy! Created for health professionals and MBSR graduates, this 5-day program provides 24 hours CME and CEU and will help you embody the benefits and essential elements of Mindfulness Based Stress Reduction in your personal and professional life.

INFO: For program details go to:
http://www.mindfullivingprograms.com/italy2014_retreat.php

Mindfulness Training at Duke

Become more engaged, aware, and present in your day to day professional life and receive materials and guidelines for leading others in a mindfulness experience. Date: May 14-17, 2014

INFO: Contact:
dukeimprograms@duke.edu
<http://www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals>

South Africa Mindfulness Conference/Retreat

Stellenbosch, South Africa is hosting a conference, pre-conference workshops and a five-day mindfulness retreat. "Mindfulness Matters: Science and Application in an Emerging Society" keynoted by Cliff Saron Ph.D. (UC Davis), Al Kaszniak Ph.D. (U. Arizona), Gaëlle Desbordes Ph.D. (Harvard Medical School), Michael Krasner, MD (University of Rochester NY) and Trish Bartley (University of Bangor) a mere 30 miles from picturesque Cape Town. 4-12 September, 2014.

INFO: +27 (0) 21-712 0571
mindfulness2014@eventmanagementsolutions.co.za
www.mindfulness.org.za

Traditional Medicine and Contemplative Practices

The 4th International Symposium on Traditional Medicine and Contemplative Practices will be held on May 16th and 17th, 2014. This event, organized by Universidade Federal de São Paulo and Palas Athena Association, will congregate renowned scientists, researchers, and specialists in traditional medicine, from Brazil and abroad. The main themes covered will be: Tibetan Medicine and chronic illness; Brazilian popular Medicine – Intriguing health and spirituality topics; Contemplative Practices and Society; and Research on Traditional Medicine and Contemplative Practices.

INFO: Registration and information at:
http://www.palasathena.org.br/evento_detalle.php?evento_id=90

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Research & Education

Yoga Training at UCI

American Viniyoga Institute 200-hour Wellness Instructor Program with Juris Zinbergs, ERYT-500. Understand Yoga deeply—Teach effectively—Inspire wellness. Become Yoga Alliance certified RYT-200. 8 weekends June 6 through October 5, 2014, at University of California, Irvine. \$3500 or \$3200 before May 6. Payment plan available.

INFO: Contact Stephani Sutherland
Email: Sutherland@nasw.org
Phone: 360-666-7676

MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population, including reaching clients remotely through telemedicine.

INFO: <http://www.neuronovacentre.com>

Mindfulness and OCD Research Recruitment

This anonymous on-line study is investigating the relationship between Obsessive and Compulsive thoughts and behaviours; and Mindfulness. Anyone 18 years or over, and not currently receiving treatment for a mental health disorder and/or alcohol and drug dependence, is eligible to participate in this e-survey.

INFO: For information/participation:
<https://moodle.essex.ac.uk/mod/feedback/view.php?id=182822>

Books & Media

New Book: The Mindfulness Toolbox

The Mindfulness Toolbox: 50 Practical Tips, Tools and Handouts for Anxiety, Depression, Stress and Pain -- by Donald Altman, LPC, author One Minute Mindfulness and The Mindfulness Code. * Features dozens of reproducible handouts and guided client scripts. "This is a must-have book for every therapist using mindfulness approaches with clients." - Jean Kristeller, PhD, developer Mindfulness-Based Eating Awareness (MB-EAT) "The Mindfulness Toolbox will be a tremendous aid and benefit to all people who practice and teach mindfulness. --Jeffrey Schwartz, MD, author Brain Lock.

INFO: Available Now at Amazon.com
<http://www.amazon.com/dp/1936128861/>

Buddha in Dairyland

Coming in 2014: Buddha in Dairyland. This is the untold story of the early years of Tibetan Buddhism in America. A multimedia ebook format reveals the story of a friendship between a psychologist and a monk, and of the convergence of Buddhism and psychology.

INFO:
<https://www.youtube.com/watch?v=5ckpscF0z6s>

Employment

Contemplative Sciences Center is Hiring!

UVA's Contemplative Sciences Center is hiring for an Associate Director of Contemplative Learning. The center is also hiring for a Director of Development.

INFO: To apply visit
<http://www.uvacontemplation.org/employment>

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INTERVENTIONS

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

Baker, J., Costa, D., Guarino, J. M., & Nygaard, I. (2014). **Comparison of mindfulness-based stress reduction versus yoga on urinary urge incontinence: A randomized pilot study with 6-month and 1-year follow-up visits.** *Female Pelvic Medicine & Reconstructive Surgery*, 20(3), 141-6. [\[link\]](#)

Brotto, L. A., & Basson, R. (2014). **Group mindfulness-based therapy significantly improves sexual desire in women.** *Behaviour Research and Therapy*. [\[link\]](#)

DeUrquiza, E. F. (2014). **Mindfulness, body scan, narrative, and mentalization in the New York City schools.** *Children & Schools*. [\[link\]](#)

Doran, N. J. (2014). **Experiencing wellness within illness exploring a mindfulness-based approach to chronic back pain.** *Qualitative Health Research*. [\[link\]](#)

Fordham, B., Griffiths, C. E. M., & Bundy, C. (2014). **A pilot study examining mindfulness-based cognitive therapy in psoriasis.** *Psychology, Health & Medicine*. [\[link\]](#)

Garland, E. L., Thomas, E., & Howard, M. O. (2014). **Mindfulness-oriented recovery enhancement ameliorates the impact of pain on self-reported psychological and physical function among opioid-using chronic pain patients.** *Journal of Pain and Symptom Management*. [\[link\]](#)

Haase, L., Thom, N. J., Shukla, A.,...Johnson, D. C. (2014). **Mindfulness-based training attenuates insula response to an aversive interoceptive challenge.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

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Lewis, A. B., & Ebbeck, V. (2014). **Mindful and self-compassionate leadership development: Preliminary discussions with wildland fire managers.** *Journal of Forestry*, 112(2), 230-236. [\[link\]](#)

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REVIEWS

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

Fox, K. C., Nijeboer, S., Dixon, M. L.,...Christoff, K. (2014). **Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners.** *Neuroscience and Biobehavioral Reviews*. [\[link\]](#)

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Research trials on mindfulness newly registered (APR 2014) at Clinicaltrials.gov

British School of Osteopathy (H. Abbey, PI). **Osteopathy, mindfulness and acceptance-**

based programme for patients with persistent pain. Trial# NCT02121587. [\[link\]](#)

Chulalongkorn University (D. Suksom, PI). **Effect of walking meditation on glycemic control and vascular function in patients with type 2 diabetes.** Trial# NCT02123901. [\[link\]](#)

Karolinska Institutet (R. Branstrom, PI). **Effects of mindfulness meditation and stress management training on perceived stress, psychological well-being, and sleep quality among patients diagnosed with breast cancer.** Trial# NCT02119481. [\[link\]](#)

Mount Sinai School of Medicine (A. Jenkins, PI). **Mindfulness meditation for spine surgery pain.** Trial# NCT02104349. [\[link\]](#)

Oregon Research Institute (J. Dalen, PI). **Family-based mindful eating intervention for overweight adolescents.** Trial# NCT02114190. [\[link\]](#)

Ottawa Hospital Research Institute (H. Nathan, PI). **Effect of MBSR in patients with painful diabetic peripheral neuropathy.** Trial# NCT02127762. [\[link\]](#)

Ottawa Hospital Research Institute (P. Poulin, PI). **Effect of an inter-disciplinary program, including MBSR, in breast cancer survivors with chronic neuropathic pain.** Trial# NCT02125006. [\[link\]](#)

St. Vincent's University Hospital, Ireland (P. D'Alton, PI). **Comparing MBCT and Mindfulness Based Self-compassion Therapy in a psoriasis sample.** Trial# NCT02122978. [\[link\]](#)

University of Cincinnati (M. DelBello, PI). **Mindfulness in mood dysregulated youth.** Trial# NCT02120937. [\[link\]](#)

University of California, Los Angeles (F. Jain, PI). **Meditation for dementia caregivers: Major depressive disorder in family dementia caregivers.** Trial# NCT02122068. [\[link\]](#)

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HIGHLIGHTS

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

Bakker et al. [Transl Psychiatry.] randomly assigned 126 participants with a past history of major depressive disorder but continuing residual symptoms to either an 8 week MBCT program or treatment-as-usual (TAU). Positive affect — the momentary experience of emotions such as happiness, cheerfulness, and satisfaction — was assessed prior to and after treatment by having participants rate their positive affect every time a special wristwatch beeped at unpredictable intervals over a six-day period. Participants also submitted DNA samples which were assessed for single nucleotide polymorphisms — small variations in the DNA coding of genes that influence positive affect by modulating the brain's dopamine, acetylcholine, and opioid receptor systems as well as the secretion of brain-derived neurogenic factor (BDNF), a protein that supports the growth and survival of neurons. The authors had previously reported that MBCT significantly increased positive affect more than TAU in this cohort, but the purpose of this paper was to explore how genetics affected the participants' ability to benefit from MBCT.



The researchers discovered that several genotypic variants had a significant impact on how much MBCT increased the participants' positive affect. Three of the genetic variants regulating opioid receptors and one variant regulating acetylcholine receptors significantly increased the degree to which MBCT increased positive affect. On the other hand, there were variants of the genes controlling the dopamine receptors and the secretion of BDNF that decreased positive affect in the control group over time while leaving the MBCT group unaffected. Dopamine and opioid receptors play crucial roles in the brain's

reward circuitry, whereas acetylcholine receptors and BDNF have been implicated in disorders of deficient positive affect such as depression and alcoholism. This study represents a significant step towards understanding who may benefit the most from clinical mindfulness interventions by identifying genetic influences that are associated with psychological changes.

Prior research using the Five Facet Mindfulness Questionnaire (FFMQ) showed that observing present-moment experience is counterintuitively correlated with increased anxiety and inconsistently correlated with depression. Consequently, under what circumstances does the observation of experience improve or exacerbate symptoms of depression and anxiety? **Desrosiers et al. [J Affect Disorders.]** hypothesized that observation must be coupled with non-reactivity in order to optimize its benefits. Observation alone can trigger rumination and worry, resulting in elevated distress, but when coupled with non-reactivity, it provides a space for subsequent higher-level cognitive reappraisal.

The authors tested whether non-reactivity moderates the after-effects of observing depressive and anxiety symptoms, that is, whether it decreases subsequent rumination and worry and facilitates cognitive reappraisal. They administered the FFMQ along with self-report measures of mood, worry, rumination, and cognitive reappraisal to 189 adults with depressive and anxiety disorders, and conducted an analysis of the intercorrelations between those measures. Findings were largely supportive of a crucial role for non-reactivity. Observing present-moment experience significantly increased depressive symptoms in participants with the lowest levels of non-reactivity, while higher levels of non-reactivity were correlated with significantly decreased observation-induced rumination and worry, and increased observation-related cognitive reappraisal.

For participants with low levels of non-reactivity, high levels of observation led to increased worry and rumination, whereas greater observation was related to less rumination among participants with high levels of non-reactivity. Similarly, the greater their non-reactivity, the greater the odds that participants would make use of cognitive reappraisal. This study underscores the importance of defining mindfulness in a way that includes not only the moment-to-moment observation of experience, but also non-reactivity to that experience. Therefore, it might be helpful to emphasize training modules in non-reactivity when teaching mindfulness to highly reactive individuals.

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Events & Conferences

Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.

INFO: www.huntingtonmeditation.com

Zaragoza (Spain) Mindfulness Conference 2014

1st International Meeting on Mindfulness will be held in Zaragoza (Spain) on 11-14 June 2014. Keynote lecturers such as Ronald Siegel from Harvard University and Ronald Epstein from the University of Rochester, USA. Round table discussions on neurobiology, neuro-imaging, the usefulness of new technologies and the role of mindfulness in companies, education and in the treatment of somatic and psychiatric disorders. There will be workshops on ACT, positive psychology, relationship with Buddhism. The Latin American Network on Mindfulness will be presented. Date: 11-14 June 2014 Place: Zaragoza, Spain.

INFO: www.webmindfulness.com
Email: mindfulness@unizar.es

Centre for Mindfulness Studies

This 5-day training intensive supports facilitation skills for clinicians with a meditative practice. The focus is on strengthening the skills of mindful

inquiry and the development of an embodied mindful presence. We will examine the theme, rationale, intention and practice skills for each of the MBSR/MBCT sessions. Facilitators: Susan Woods LICSW and Char Wilkins LCSW Date: June 1-6, 2014 Location: Ecology Retreat Centre, Orangeville, Ontario

INFO: To register:
info@mindfulnessstudies.com or
www.mindfulnessstudies.com

Mindfulness Training at Duke

Become more engaged, aware, and present in your day to day professional life and receive materials and guidelines for leading others in a mindfulness experience. Date: May 14-17, 2014

INFO: Contact:
dukeimprogrms@duke.edu
www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals

International Conference: Mindfulness, Education, Transformation

DATE: September 05-07, 2014 The key theme of this conference is the benefits, outcomes and implications of the application of mindfulness in education. This conference will provide a platform for academic researchers, educators, students and practitioners to engage and collaborate in ongoing discussions in this field.

INFO: <http://bit.ly/NTIConference>

Mindfulness Meditation for Professional Women

Free 15 minute mindfulness meditation calls every Monday in May - July for professional women. Dial-in to practice meditation and be guided by women leaders including Sharon Salzberg, Kristin Neff, Sudha Lundeen, Angela Savitri, + others. Date: Mondays in May - July Time: 12:15 - 12:30 PM EST.

INFO: Register at
www.mindfulnessforwomen.eventbrite.com

Breathworks Mindfulness Retreat, UK

This 7-day 'The Heart of the Breath' retreat is aimed at mindfulness teachers and graduates of 8-week mindfulness courses. With the growing popularity of mindfulness, many are getting a taste of meditation and wish to practice more intensively; this is the perfect opportunity to do so in an area of outstanding beauty. Led by two of the founders of Breathworks: Vidyamala Burch and Gary Hennessey. Date: June 7-13 2014 Venue: Adhithana Retreat Centre, Herefordshire, UK

INFO: Contact
info@breathworks.co.uk or
www.breathworks-mindfulness.org.uk

Research & Education

Yoga Training at UCI

American Viniyoga Institute 200-hour Wellness Instructor Program

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

with Juris Zinbergs, ERYT-500. Understand Yoga deeply—Teach effectively—Inspire wellness. Become Yoga Alliance certified RYT-200. 8 weekends June 6 through October 5, 2014, at University of California, Irvine. \$3500 or \$3200 before May 6. Payment plan available.

INFO: Contact Stephani Sutherland
Email: Sutherland@nasw.org
Phone: 360-666-7676

MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population, including reaching clients remotely through telemedicine.

INFO: www.neuronovacentre.com

Scholarships at Nan Tien Institute

To support students to develop a cross-cultural and holistic knowledge and experience into Buddhism, or to promote health and wellness in their own lives and in the lives of others, scholarships are currently being offered to study the Applied Buddhist Studies & Health and Social Wellbeing Programs for domestic Australian students. International students can apply for an Applied Buddhist Studies Scholarship.

INFO: Domestic:
<http://bit.ly/PostGradSchol> International:
<http://bit.ly/ScholarshipsInternational>

Mindfulness - Theory and Practice (Australia)

Taught at the Nan Tien Institute, this short subject explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation, and looks at the variety of applications of mindfulness in new contexts and environments. Or for an accredited course built for teachers, 'Mindfulness: Theory and Practice for Schools' is also offered for continuing professional development.

INFO: Visit <http://bit.ly/NTIMindfulness>
<http://bit.ly/NTIProDev>

Books & Media

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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else.

INFO: Non-members can search the site at www.contemplativeeducation.ca

A New Buddhist Psychology textbook

"Effortless Mindfulness: Genuine mental health through awakened presence" features a uniquely modern Buddhist psychological understanding of mental health disorders. It combines a scholarly, yet clinically useful presentation of Theravada, Mahāyāna and Vajrayāna Buddhist teachings with contemporary psycho-neuro-bio-social research. Included are instructions for psychotherapists in authentic Buddhist mindfulness/ heartfulness practices, Buddhist psychological inquiry skills, and interviews with an esteemed collection of Buddhist teachers, scholars, meditation researchers and Buddhist-inspired clinicians.

INFO: Visit www.awakenedpresence.com

Employment

None posted

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INTERVENTIONS

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

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Powietrzynska, M., Tobin, K., & Alexakos, K. (2014). **Facing the grand challenges through heuristics and mindfulness.** *Cultural Studies of Science Education.* [[link](#)]

Purser, R. E., & Milillo, J. (2014). **Mindfulness revisited: A Buddhist-based conceptualization.** *Journal of Management Inquiry.* [[link](#)]

Shonin, E., Van Gordon, W., & Griffiths, M. D. (2014). **The emerging role of Buddhism in clinical psychology: Towards effective integration.** *Psychology of Religion and Spirituality, 6*(2), 123-137. [[link](#)]

Song, Y., Lu, H., Chen, H., Geng, G., & Wang, J. (2014). **Mindfulness intervention in the management of chronic pain and psychological comorbidity: A meta-analysis.** *International Journal of Nursing Sciences.* [[link](#)]

TRIALS

Research studies newly funded by the National Institutes of Health (Apr/May 2014)

Innovation Research and Training, Inc. (A. Parker, PI). **Mindfulness-based coping program for adolescents.** NIH/NICHHD project #1R43HD068093-01A1. [[link](#)]

Oregon Health & Science University (L. Carim, PI). **Impact of yoga practice on self-control in abstinent nicotine dependent smokers.** NIH/NIDA project #1R21DA035877-01A1. [[link](#)]

University of Massachusetts (J. Brewer, PI). **Mobile mindfulness for smoking cessation.** NIH/NCI project #1R21CA184254-01. [[link](#)]

University of Pennsylvania (J. Greeson, PI). **Mechanisms of mindfulness: effects on sleep quality, stress physiology and CVD risk.** NIH/NCCAM project #7R00AT004945-06. [[link](#)]

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AMERICAN MINDFULNESS
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HIGHLIGHTS

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

Despite advances in the treatment of severe, prolonged psychotic illnesses such as schizophrenia, many if not most patients continue to suffer from residual symptoms, episodic relapses, and deficits in psychosocial functioning. While mindfulness-based interventions (MBIs) have been of some proven value in the treatment of mental disorders, clinicians are often reluctant to employ MBIs for patients with psychotic disorders due to fear that focusing awareness in the context of hallucinations and delusions might exacerbate symptoms of the illness.

Chien and Thompson [Br J Psychiatry.] conducted a randomized, controlled multisite trial of an MBI with 107 Chinese schizophrenic outpatients in Hong Kong. Patients were assigned to either a Mindfulness-Based Psychoeducation Program (MBPP), a conventional psychoeducation program (CPP), or treatment as usual (TAU) that consisted of monthly psychiatric outpatient clinic visits and access to a variety of clinical support services. While MBPP and CPP both included illness-specific psychoeducation including symptom management and relapse prevention strategies, MBPP also included focused, guided practice in awareness of bodily sensations, thoughts, and feelings with an emphasis on fostering acceptance and a decentered attitude. MBPP and CPP were administered in twelve 2-hour group sessions over the course of six months, and participants were re-evaluated at 1 week, 12 months, and 24 months post-intervention.

Over the course of two-years, MBPP participants showed significantly fewer psychiatric symptoms, higher levels of psychosocial functioning, higher levels of awareness into the nature of their illness, and shorter duration of hospital stays than did CPP and TAU participants. Effect sizes were all medium-to-large. At two-year follow-up, MBPP participants had average Brief Psychiatric Rating Scale scores of 17 (higher numbers = greater symptomatology), while CPP participants averaged 28, and TAU averaged 36. MBPP participants were hospitalized an average of 11 days, CPP patients 16 days, and TAU patients 21 days. The study suggests that MBPP may offer benefit to participants over and above current standard treatments, and that fears that MBIs might

cause unintended harms in psychotic populations may be unfounded, especially when interventions are modified to take the specific needs of psychotic patients into account.

Typically, a high level of experiential avoidance, that is, deliberate inattention towards unwanted thoughts and feelings, is associated with higher levels of distress, while high levels of non-judgmental acceptance are associated with lower levels of distress. **Morris et al. [Aust N Z J Psychiatry.]** explored whether this commonly observed pattern also applies to the avoidance or acceptance of auditory hallucinations. Fifty patients who were experiencing persistent and distressing auditory hallucinations completed a battery of self-report measures including the Kentucky Inventory of Mindfulness Skills. The authors were interested in whether dispositional mindfulness and acceptance affected how voices were appraised (e.g., were they experienced as malevolent, benevolent, or omnipotent), and the degree to which the patients experienced distress and disability, were engaged with the voices or resisted them, and relied on thought-control strategies such as distraction, self-punishment or cognitive reappraisal.



“Psychological flexibility” (present-moment awareness coupled with a sustained ability to act in accord with one’s values) and nonjudgmental acceptance partially behaved as predicted. Both had significant negative correlations with measures of depression, anxiety, maladaptive efforts at thought-control through self-punishment, appraisals of the voices as being “omnipotent” and actions and emotions centered on resisting the voices. On the other hand, neither psychological flexibility nor nonjudgmental acceptance were correlated with distress and disruption caused by the voices or the patients’ emotional and behavioral engagement with them. This may be due in part to the lack of variance on both the distress/disruption and behavioral engagement measures. This study underscores the importance of mindfulness and nonjudgmental acceptance as factors influencing the way in which individuals who hear voices interpret and respond to their hallucinations, and suggests a pathway through which MBIs might successfully influence clinical outcomes.

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Events & Conferences

Clinical Meditation & Imagery

The Clinical Application of Meditation and Imagery. Approved Provider 45 CEU training. In our 30th year with hundreds of graduates across all of the health professions.

INFO: www.huntingtonmeditation.com

Mindfulness Meditation for Professional Women

Free 15-minute mindfulness meditation calls every Monday in May - July for professional women. Dial-in to practice meditation and be guided by women leaders including Sharon Salzberg, Kristin Neff, Sudha Lundeen, Angela Savitri, + others. Date: Mondays in May - July Time: 12:15 - 12:30 PM EST.

INFO: Register at www.mindfulnessforwomen.eventbrite.com

Mindfulness-Oriented Recovery Enhancement Workshop

During this intensive two-day training, July 18 and 19 in Salt Lake City, participants will learn how to use mindfulness to treat substance abuse, psychological distress, and chronic pain conditions. Eric Garland, PhD, LCSW, developer of Mindfulness-Oriented Recovery Enhancement (MORE), will explain the techniques, science, and research behind this innovative, evidence-based treatment approach. Participants will learn mindfulness training and other related therapeutic techniques, with real-time supervision in state-of-the-

art clinical training facilities. Participants must be master's-level mental health or health care professionals.

INFO: Register: www.tiny.utah.edu/more2014

Summer Mindfulness Retreats for Teens

Inward Bound Mindfulness Education provides a proven retreat experience for personal growth, supportive relationships, and the skills to know and be oneself. This summer iBme is offering mindfulness retreats for teens in Virginia, Colorado, California, and Washington—plus two mindful wilderness retreats, one for ages 18+ through UCLA.

INFO: <http://ibme.info/retreats/calendar/>

Research & Education

MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population,

including reaching clients remotely through telemedicine.

INFO: www.neuronovacentre.com

Mind-Body Medicine Study

If you are a primary care provider who practice or refer patients to Mind-Body Medicine (MBM) services, please take this 10-minute survey to help us understand the integration of MBM into primary care and your chance to win \$50 from Amazon: https://www.surveymonkey.com/s/MBM_in_PC

INFO: Questions? Or to be interviewed, email: Chelsea.mcguire@gmail.com

Books & Media

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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

INFO: www.contemplativeeducation.ca

Employment & Volunteer

None posted

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AMERICAN MINDFULNESS
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INTERVENTIONS

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

Atkinson, M. J., & Wade, T. D. (2014). **Does mindfulness have potential in eating disorders prevention? A preliminary controlled trial with young adult women.** *Early Intervention in Psychiatry.* [\[link\]](#)

Bowden, D. E., McLennan, D., & Gruzelier, J. (2014). **A randomised controlled trial of the effects of brain wave vibration training on mood and well-being.** *Journal of Complementary & Integrative Medicine.* [\[link\]](#)

Gee, B. A., Antony, M. M., Kuo, J. R., & Cassin, S. E. (2014). **The impact of cognitive restructuring and mindfulness strategies on postevent processing and affect in social anxiety disorder.** *Journal of Anxiety Disorders.* [\[link\]](#)

Hansen, N. V., Brændgaard, P., Hjørnholm, C., & la Cour, S. (2014). **Qualitative research building real-life interventions: User-involving development of a mindfulness-based lifestyle change support program for overweight citizens.** *European Journal of Clinical Nutrition.* [\[link\]](#)

Lengacher, C. A., Reich, R. R., Paterson, C. L.,...Moscoso, M. S. (2014). **The effects of MBSR on objective and subjective sleep parameters in women with breast cancer: A randomized controlled trial.** *Psycho-Oncology.* [\[link\]](#)

MacCoon, D. G., MacLean, K. A., Davidson, R. J.,...Lutz, A. (2014). **No sustained attention differences in a longitudinal randomized trial comparing MBSR versus active control.** *PLoS ONE, 9(6),* e97551. [\[link\]](#)

Michel, A., Bosch, C., & Rexroth, M. (2014). **Mindfulness as a cognitive--emotional segmentation strategy: An intervention promoting work--life balance.** *Journal of Occupational and Organizational Psychology.* [\[link\]](#)

Park, J., Lyles, R. H., & Bauer-Wu, S. (2014). **Mindfulness meditation lowers muscle sympathetic nerve activity and blood pressure in African-American males with chronic kidney disease.** *Regulatory, Integrative and Comparative Physiology.* [\[link\]](#)

Shipherd, J. C., & Fordiani, J. M. (2014). **The application of mindfulness in coping with intrusive thoughts.** *Cognitive and Behavioral Practice.* [\[link\]](#)

Thornton, L. M., Cheavens, J. S., Heitzmann, C. A.,...Andersen, B. L. (2014). **Test of mindfulness and hope components in a psychological intervention for women with cancer recurrence.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Tovote, K. A., Fleeer, J., Snippe, E.,...Schroevens, M. J. (2014). **Individual MBCT and CBT for treating depressive symptoms in patients with diabetes: Results of a randomized controlled trial.** *Diabetes Care.* [\[link\]](#)

Turner, K. (2014). **Mindfulness skills training: A pilot study of changes in mindfulness, emotion regulation, and self-perception of aging in older participants.** *Activities, Adaptation & Aging, 38(2),* 156-167. [\[link\]](#)

van den Heuvel, M. I., Donkers, F. C., Winkler, I.,...Van den Bergh, B. R. (2014). **Maternal mindfulness and anxiety during pregnancy affect infants neural responses to sounds.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

Vinci, C., Peltier, M. R., Shah, S.,...Copeland, A. L. (2014). **Effects of a brief mindfulness intervention on negative affect and urge to drink among college student drinkers.** *Behaviour Research and Therapy.* [\[link\]](#)

Warde, C. M., Vermillion, M., & Uijtdehaage, S. (2014). **A medical student leadership course led to teamwork, advocacy, and mindfulness.** *Family Medicine, 46(6),* 459-462. [\[link\]](#)

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, C. E., Chen, M., Guo, L.,...Wetter, D. W. (2014). **Mindfulness predicts lower affective volatility among African Americans during smoking cessation.** *Psychology of Addictive Behaviors, 28*(2), 580-5. [\[link\]](#)

Baas, M., Nevicka, B., & Ten Velden, F. S. (2014). **Specific mindfulness skills differentially predict creative performance.** *Personality and Social Psychology Bulletin. [link]*

Cole, N. N., Nonterah, C. W., Utsey, S. O.,...Fischer, N. L. (2014). **Predictor and moderator effects of ego resilience and mindfulness on the relationship between academic stress and psychological well-being in a sample of Ghanaian college students.** *Journal of Black Psychology. [link]*

Daubenmier, J., Hayden, D., Chang, V., & Epel, E. (2014). **It's not what you think: Dispositional mindfulness moderates the relationship between psychological distress and the cortisol awakening response.** *Psychoneuroendocrinology. [link]*

Day, M. A., Smitherman, A., Ward, L. C., & Thorn, B. E. (2014). **An investigation of the associations between measures of mindfulness and pain catastrophizing.** *The Clinical Journal of Pain. [link]*

Dick, A. M., Niles, B. L., Street, A. E.,...Mitchell, K. S. (2014). **Examining mechanisms of change in a yoga intervention for women: The influence of mindfulness, psychological flexibility, and emotion regulation on PTSD symptoms.** *Journal of Clinical Psychology. [link]*

de Frias, C. M., & Whyne, E. (2014). **Stress on health-related quality of life in older adults: The protective nature of mindfulness.** *Aging & Mental Health. [link]*

Jennings, P. A. (2014). **Early childhood teachers' well-being, mindfulness, and self-compassion in relation to classroom quality and attitudes towards challenging students.** *Mindfulness. [link]*

Kirk, U., Gu, X., Harvey, A. H.,...Montague, P. R. (2014). **Mindfulness training modulates value signals in ventromedial prefrontal cortex through input from insular cortex.** *NeuroImage. [link]*

Opialla, S., Lutz, J., Scherpiet, S.,...Brühl, A. B. (2014). **Neural circuits of emotion regulation: A comparison of mindfulness-based and cognitive reappraisal strategies.** *European Archives of Psychiatry and Clinical Neuroscience. [link]*

Parent, J., Clifton, J., Forehand, R.,...Pichler, E. R. (2014). **Parental mindfulness and dyadic relationship quality in low-income cohabiting black stepfamilies: Associations with parenting experienced by adolescents.** *Couple and Family Psychology: Research and Practice, 3*(2), 67-82. [\[link\]](#)

Roche, M., Haar, J. M., & Luthans, F. (2014). **The role of mindfulness and psychological capital on the well-being of leaders.** *Journal of Occupational Health Psychology. [link]*

Tomfohr, L. M., Pung, M. A., Mills, P. J., & Edwards, K. (2014). **Trait mindfulness is associated with blood pressure and interleukin-6: Exploring interactions among subscales of the five-facet mindfulness questionnaire to better understand relationships between mindfulness and health.** *Journal of Behavioral Medicine. [link]*

Vinchurkar, S. A., Singh, D., & Visweswaraiah, N. K. (2014). **Self-reported measures of mindfulness in meditators and non-meditators: A cross-sectional study.** *International Journal of Yoga, 7*(2), 142-46. [\[link\]](#)

METHODS

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

Cherkin, D. C., Sherman, K. J., Balderson, B. H.,...Hawkes, R. J. (2014). **Comparison of complementary and alternative medicine with**

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conventional mind-body therapies for chronic back pain: Protocol for the mind-body approaches to pain (MAP) randomized controlled trial. *Trials*, 15(1), 211. [link]

Dowsey, M. M., Castle, D. J., Knowles, S. R.,...Choong, P. F. (2014). **The effect of mindfulness training prior to total joint arthroplasty on post-operative pain and physical function: Study protocol for a RCT.** *Trials*, 15(1), 208. [link]

Goldberg, S. B., Manley, A. R., Smith, S. S.,...Davis, J. M. (2014). **Hair cortisol as a biomarker of stress in mindfulness training for smokers.** *Journal of Alternative and Complementary Medicine*. [link]

Kar, P. C., Ling, K. S., & Chong, C. K. (2014). **Mindful-STOP: Mindfulness made easy for stress reduction in medical students.** *Education in Medicine Journal*, 6(2). [link]

Kuyken, W., Byford, S., Byng, R.,...Kessler, D. (2014). **Update to the study protocol for a randomized controlled trial comparing MBCT with maintenance anti-depressant treatment depressive relapse/recurrence: The PREVENT trial.** *Trials*, 15(1), 217. [link]

Seema, R., Quaglia, J. T., Brown, K. W.,...Baltin, A. (2014). **The estonian mindful attention awareness scale: Assessing mindfulness without a distinct linguistic present tense.** *Mindfulness*. [link]

REVIEWS

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

Gill, M., Waltz, J., Suhrbier, P., & Robert, L. (2014). **Non-duality and the integration of mindfulness into psychotherapy: Qualitative research with meditating therapists.** *Mindfulness*. [link]

Henke, M., & Chur-Hansen, A. (2014). **The effectiveness of mindfulness-based programs on physical symptoms and psychological distress in patients with fibromyalgia: A systematic review.** *International Journal of Wellbeing*, 4(1). [link]

Larouche, E., Hudon, C., & Goulet, S. (2014). **Potential benefits of mindfulness-based interventions in**

mild cognitive impairment and Alzheimer's disease: An interdisciplinary perspective. *Behavioural Brain Research*. [link]

Lea, J., Cadman, L., & Philo, C. (2014). **Changing the habits of a lifetime? Mindfulness meditation and habitual geographies.** *Cultural Geographies*. [link]

Morgan, P., Simpson, J., & Smith, A. (2014). **Health care workers' experiences of mindfulness training: A qualitative review.** *Mindfulness*. [link]

Prakash, R. S., De Leon, A., Patterson, B.,...Janssen, A. (2014). **Mindfulness and the aging brain: A proposed paradigm shift.** *Frontiers in Aging Neuroscience*, 6, 120. [link]

Raab, K. (2014). **Mindfulness, self-compassion, and empathy among health care professionals: A review of the literature.** *Journal of Health Care Chaplaincy*, 20(3), 95-108. [link]

Shonin, E., Van Gordon, W., & Griffiths, M. (2014). **Mindfulness and the social media.** *Journal of Mass Communication and Journalism*, 4(5). [link]

Tops, M., Boksem, M. A., Quirin, M., IJzerman, H., & Koole, S. L. (2014). **Internally directed cognition and mindfulness: An integrative perspective derived from predictive and reactive control systems theory.** *Frontiers in Psychology*, 5, 429. [link]

TRIALS

Research studies newly funded by the National Institutes of Health (JUN 2014)

RLR Veterans Affairs Medical Center (L. Davis, PI). **Effects of mindfulness based cognitive behavioral conjoint therapy on PTSD.** NIH/VA project #5101RX000273-03. [link]

University of North Carolina Chapel Hill (S. S. Girdler, PI). **Intervention for menstrual mood disorders and early life abuse: Biopsych mechanisms.** NIH/NIMH project #5R01MH099076-02. [link]

Yale University (J. E. Pachankis, PI). **Intervention development for social stress, mental health and HIV risk among MSM.** NIH/NIMH project #7R34MH096607-03. [link]

Mindfulness Research Monthly

Providing monthly research updates on mindfulness
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AMERICAN MINDFULNESS
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HIGHLIGHTS

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

Previous studies have shown that expectant mothers' anxiety and stress can adversely affect their children's brain development. Conversely, is it possible that expectant mothers' levels of mindfulness have a positive effect? **van den Heuvel et al. [Soc Cogn Affect Neurosci.]** assessed mindfulness (using the Freiburg Mindfulness Inventory) and anxiety in 78 expectant mothers during the second trimester of pregnancy. Nine months after their infants were born, the research team assessed the infants' auditory processing by measuring their brain's responses to sounds with an electroencephalogram (EEG) recording.

The infants were presented with series of sounds: a frequently presented tone with a base frequency of 500 vibrations per second interspersed with sporadically presented sounds such as a door slam or a dog bark. The researchers analyzed two components of the infants' brain responses to sounds: the "P150" waveform component reflecting selective attention to a particular stimulus together with suppression of attention to other stimuli, and the "N250" component tied to turning one's attention to a novel stimulus.

Mothers' mindfulness during pregnancy was associated with significantly larger infant P150 amplitudes and significantly smaller infant N250 amplitudes. Maternal anxiety during pregnancy was associated with significantly larger infant N250 amplitudes. These differences occurred only when the infants heard the frequently presented tone; there were no such differences in response to the rarely presented sounds. The authors suggest the infants of more mindful, less anxious mothers were better able to habituate to the frequently presented tones — their brains had more efficiently processed the tones and didn't have to keep on responding to them as if they were new. A retesting of a subset of mothers 10 months after delivery showed that post-pregnancy anxiety — unlike anxiety during pregnancy — was unrelated to their infants' brain waveforms.

While maternal mindfulness and anxiety during pregnancy may directly affect fetal development, perhaps through the effects of stress hormones such

as cortisol, the authors couldn't rule out other causes for the observed differences in auditory processing. It could be, for example, that more mindful parents raise their children differently, or that the mindful mothers and infants share a common genetic factor that favors the infants' auditory processing. Only future research can tease these possibilities out. This study raises the possibility, however, that higher levels of mindfulness may not only help expectant mothers with their anxiety, but also benefit their children's auditory processing, thereby facilitating their speech and language development.



Can levels of mindfulness decrease the impact of psychological stress on our bodies? **Daubenmier et al. [Psychoneuroendocrinology]** explored the degree to which the ability to *accept* and *describe* stressful mental events (as measured by the Kentucky Inventory of Mindfulness Skills or KIMS) helped protect 43 overweight/obese premenopausal women from stress-related rises in the steroid hormone cortisol. The women completed standard measures of perceived stress, negative affect, anxiety, and rumination and had their *cortisol awakening response* (CAR) assessed over the course of four sequential mornings. CAR is a measure of how steeply cortisol levels in human saliva rise during the first minutes after awakening in the morning. A high morning rise in CAR is thought to reflect higher levels of stress and worry.

As expected, all four measures of psychological distress were significantly *positively* associated with steeper CARs, while the abilities to mindfully describe and accept negative thoughts and emotions were significantly *negatively* correlated with CAR steepness. Higher KIMS Describe scores significantly limited the degree to which negative affect and anxiety elevated cortisol, while higher KIMS Accept scores significantly limited the effect of rumination. KIMS scores accounted for an additional 13-27% of cortisol-rise variance over and above measures of psychological distress, reinforcing the authors' conclusion that, "it's not what you think, but *how* you relate to it" that matters.

ANNOUNCEMENTS

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

Events & Conferences

Mindfulness-Oriented Recovery Enhancement Workshop

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INFO: Register at www.tiny.utah.edu/more2014

MBCT Training: Preventing Depressive Relapse

This innovative 5-day professional training retreat leads you through the Mindfulness Based Cognitive Therapy (MBCT) program designed to prevent depressive relapse. The MBCT program combines the tools of cognitive therapy with the practice and clinical application of mindfulness meditation. Facilitators: Zindel Segal, PhD, C.Psych and Patricia Rockman, MD, CCFP Date: October 19-24, 2014 Location: Ecology Retreat Centre, Orangeville, Ontario

INFO: Register at info@mindfulnessstudies.com or www.mindfulnessstudies.com

Search Inside Yourself Workshop, Los Angeles

The Search Inside Yourself (SIY) Program, held at the University of Southern California on August 15-16, 2014, is a mindfulness-based emotional intelligence program, rooted in science, developed at Google, that delivers improvements in productivity, collaboration, and engagement. The SIY Program is a two-day course with a focus on the five key domains of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Each session is approximately one-third content and two-thirds skill training in leadership and well-being. Dates: August 15-16, 2014

INFO: Register at www.dornsife.usc.edu/siy

Mindful Eating Stress Management Group

Offering mindful eating and stress management group for individuals who wish to more effectively cope with impulsive eating and struggle to comply with dietary restrictions. Group meets five times in Lawrenceville New Jersey. Participants will learn and practice mindfulness techniques. Dates: September 6th - October 4th

INFO: Contact drjwieliczko@gmail.com or visit www.Mindful4life.com

Mindfulness at Work 2014 UK

The 2014 Mindfulness at Work conference, co-organised by Cranfield University and Mindfulnet. Org, will be held at Cranfield University on 23rd September 2014. 29 international thought-leaders will share their cutting-edge work in Mindfulness practice, business, research, and policy. By combining these distinct perspectives, participants will be able to generate the most comprehensive evidence base for mindfulness at work to date, and apply it to their workplaces. Book by 23rd July to secure Early Bird Discount.

INFO: Contact jutta.tobias@cranfield.ac.uk for more info or visit <http://www.som.cranfield.ac.uk/som/p21271/programmes-and-executive-development/oep-home/programmes/praxis-personal-impact-and-development/mindfulness-at-work-2014-an-international-conference>

Research & Education

MBCPM Facilitator Training

For the third year, a Mindfulness-Based Chronic Pain Management (MBCPM) Practicum with patients, followed by facilitator training on the curriculum, is being offered from August 11th to 21st, 2014, in Toronto, Ontario, Canada. Certification levels are available after the initial training. MBCPM is a course created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain learn mindfulness and meditation and how they relate to suffering less pain. Based on Jon

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Kabat-Zinn's MBSR program, MBCPM specifically addresses the needs of the chronic pain population, including reaching clients remotely through telemedicine.

INFO: www.neuronovacentre.com

Mind-Body Medicine Study

If you are a primary care provider who practice or refer patients to Mind-Body Medicine (MBM) services, please take this 10-minute survey to help us understand the integration of MBM into primary care and your chance to win \$50 from Amazon. Questions, or to be interviewed, email: Chelsea.mcguire@gmail.com
INFO: Complete the survey here https://www.surveymonkey.com/s/MBM_in_PC

Practicing Safety Mothers in Drug Treatment

The Children's Bureau has awarded an Abandoned Infants Assistance funding to "Practicing Safety Mindfulness Project for Mothers in Drug Treatment", Diane J. Abatemarco, PhD, MSW at Nemours Children's Health System. This project provides integrated services to improve parenting in a population of pregnant and parenting women who are in outpatient treatment for opiate addiction. The multifaceted intervention includes a demonstrated quality improvement arm at the pediatric practice "Practicing Safety", a Mindfulness Based Parenting course, and enhanced case management. Study outcomes evaluate child health outcomes; child

development screening; parenting behavior and stress; and parental mindfulness.

INFO: <http://aia.berkeley.edu/aia-projects/directory/psmdt/>

Books & Media

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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

INFO: www.contemplativeeducation.ca

Parenting and Teaching Children with Anxiety

NEW BOOK: The Everything Parents Guide to Overcoming Childhood Anxiety is a newly released resource offering cutting edge research on how to support and decrease anxiety in children, teens, and families utilizing a variety of mindful strategies in addition to more traditional approaches.

INFO: Available at Barnes & Noble, Amazon and independent bookstores. <http://www.amazon.com/Everything-Parents-Overcoming-Childhood-Anxiety/dp/1440577064>

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

INFO: Now available on Amazon at <http://amzn.com/9492004003>

Employment & Volunteer

None posted

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INTERVENTIONS

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

Aikens, K. A., Astin, J., Pelletier, K. R.,...Bodnar, C. M. (2014). **Mindfulness goes to work: Impact of an online workplace intervention.** *Journal of Occupational and Environmental Medicine*, 56(7), 721-731. [\[link\]](#)

Ancona, M. R., & Mendelson, T. (2014). **Feasibility and preliminary outcomes of a yoga and mindfulness intervention for school teachers.** *Advances in School Mental Health Promotion*, 7(3), 156-170. [\[link\]](#)

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of people with autism spectrum disorder: A pilot study. *Mindfulness*. [\[link\]](#)

Schramm, P. J., Zobel, I., Mönch, K.,...Michalak, J. (2014). **Sleep quality changes in chronically depressed patients treated with MBCT or cognitive behavioral analysis system for psychotherapy: A pilot study.** *Sleep Medicine*. [\[link\]](#)

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Shonin, E., Van Gordon, W., & Griffiths, M. D. (2014). **Practical tips for using mindfulness in general practice.** *British Journal of General Practice*, 64(624), 368-369. [\[link\]](#)

Singh, N. N., Lancioni, G. E., Winton, A.W.,...Singh, J. (2014). **Mindfulness-based positive behavior support (MBPBS) for mothers of adolescents with autism spectrum disorder: Effects on adolescents' behavior and parental stress.** *Mindfulness*. [\[link\]](#)

Song, Y., & Lindquist, R. (2014). **Effects of MBSR on depression, anxiety, stress and mindfulness in Korean nursing students.** *Nurse Education Today*. [\[link\]](#)

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Wells, R. E., Burch, R., Paulsen, R. H.,...Loder, E. (2014). **Meditation for migraines: A pilot randomized controlled trial.** *Headache*. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Betts, K. R., & Hinsz, V. B. (2014). **Mindful attention and awareness predict self-reported food safety practices in the food service industry.** *Current Psychology*. [\[link\]](#)

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Gecht, J., Kessel, R., Forkmann, T.,...Mainz, V. (2014). **A mediation model of mindfulness and decentering: Sequential psychological constructs or one and the same?** *BMC Psychology, 2(1), 18.* [link]

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Tejedor, R., Feliu-Soler, A., Pascual, J. C.,...Soler, J. (2014). **Psychometric properties of the Spanish version of the Philadelphia Mindfulness Scale.** *Journal of Psychiatry & Mental Health.* [link]

REVIEWS

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

Day, M. A., Jensen, M. P., Ehde, D. M., & Thorn, B. E. (2014). **Toward a theoretical model for mindfulness-based pain management.** *The Journal of Pain*, 15(7), 691-703. [link]

Dermatis, H., & Egelko, S. (2014). **Buddhist mindfulness as an influence in recent empirical CBT approaches to addiction: Convergence with the alcoholics anonymous model.** *Alcoholism Treatment Quarterly.* [link]

Galante, J., Galante, I., Bekkers, M. J., & Gallacher, J. (2014). **Effect of kindness-based meditation on health and well-being: A systematic review and meta-analysis.** *J Consult Clin Psychol.* [link]

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Zenner, C., Herrnleben-Kurz, S., & Walach, H. (2014). **Mindfulness-based interventions in schools- A systematic review and meta-analysis.** *Frontiers in Psychology*, 5, 603. [link]

TRIALS

Research studies newly funded by the National Institutes of Health (JUL 2014)

Massachusetts General Hospital (S. Lazar, PI). **Preliminary study of a yoga program to catalyze health behavior change.** NIH/NCCAM project #5R34AT007197-02. [link]

University of Kentucky (M. Bardo, PI). **Center for drug abuse research translation.** NIH/NIDA project #3P50DA005312-24S1. [link]

University of Massachusetts (C. Fulwiler, PI). **Mind and health: Developing a neural marker for mindfulness.** NIH/NCCAM project #3R34AT006963-02S1. [link]

University of Massachusetts (L. Pbert, PI). **Developing a smartphone app with mindfulness training for teen smoking cessation.** NIH/NIDA project # 1R34DA037886-01. [link]

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HIGHLIGHTS

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

Occupational stress is not only harmful to employees, but is also costly to employers in terms of increased health-care expenses and decreased employee attendance, morale, and performance. Mindfulness-based interventions (MBIs) may have an important role to play in combatting occupational stress, but MBSR programs are time-intensive and often challenging to implement in the workplace, especially on a scale expansive enough to benefit large corporations.

Aikins et al. [Journal of Occupational and Environmental Medicine] developed an abbreviated MBI modeled after MBSR that was delivered on a web-based virtual classroom platform. The intervention makes use of a live instructor, webinar-and-email technology, and a printed workbook/practice guide to deliver 7, 1 hour-long, virtual classes and support 10.8 hours of home-based practice. The durations of the body scan, meditation, and yoga sessions were shortened to accommodate the hour-long format, there was no daylong retreat, and workplace-relevant material was included in the syllabus.

Eighty-nine Dow Chemical Company employees were randomly assigned to either the MBI or a wait-list control. Only 66 participants completed the study, due in part to the 6 MBI and 10 wait-list control subjects who never attended a class after being initially assigned to their groups. MBI participants significantly improved their mindfulness (as measured by the Five-Facet Mindfulness Questionnaire), resilience, and physical, emotional, and cognitive vigor, and decreased their perceived stress compared with wait-list controls.

Treatment gains were maintained or continued to improve at six-month follow-up, with the exception of a small, non-significant rise in perceived stress. MBI participants reported significant decreases in high-stress days, burnout, and fast-food consumption, as well as increases in fruit and vegetable consumption. Eighty-seven percent of the participants rated the program as "satisfactory," and the dropout rate was only 5%. Improvements occurred despite stressful work circumstances,

including a large round of lay-offs and a local plant closing. A cost-benefit analysis projected possible cost savings of up to \$22,580 per year per employee due to decreased employee burnout.



Food service industry workers (e.g., cooks, waiters, and busboys) are expected to keep their productivity high and their customers happy under trying circumstances. Maintaining awareness of food safety to prevent the spread of foodborne disease is a central worker role. In day-to-day operations, workers are expected to be aware of and reject previously thawed deliveries, heat foods to their proper temperature, and maintain hygiene through proper hand washing and food handling. Food service workers do not always follow safety protocols, however, and sometimes get distracted or misjudge priorities.

Betts & Hinsz [Current Psychology] explored the degree to which dispositional mindfulness (as measured by the Mindful Attention Awareness Scale) might contribute to employees' attention to safety. Study measures included dispositional mindfulness, food safety knowledge, and self-reported safety practices of 428 university students who worked at least part-time in the food service industry.

Results from the study showed that knowledge of food safety protocols alone accounted for only 3% of the actual variance in employees' food safety practices. When dispositional mindfulness and its differential relationship with differing levels of food safety knowledge were taken into consideration, however, about 15% of the variance in food safety was explained. Mindfulness was positively correlated ($r = 0.35$) with food service safety practice.

Especially important was that the less workers actually knew about food safety, the more mindfulness contributed to safety practice. The study suggests that level of dispositional mindfulness is an important variable in determining the extent to which food service workers safely carry out their work responsibilities, but the study is limited by its reliance on self-report measures and its failure to rule out the impact of social desirability and conscientiousness as competing explanations.

ANNOUNCEMENTS

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Events & Conferences

MBCT Training: Preventing Depressive Relapse

This innovative 5-day professional training retreat leads you through the Mindfulness Based Cognitive Therapy (MBCT) program designed to prevent depressive relapse. The MBCT program combines the tools of cognitive therapy with the practice and clinical application of mindfulness meditation. Facilitators: Zindel Segal, PhD, C.Psych and Patricia Rockman, MD, CCFP Date: October 19-24, 2014 Location: Ecology Retreat Centre, Orangeville, Ontario

INFO: Register at info@mindfulnessstudies.com or www.mindfulnessstudies.com

Search Inside Yourself Workshop, Los Angeles

The Search Inside Yourself (SIY) Program, held at the University of Southern California on August 15-16, 2014, is a mindfulness-based emotional intelligence program, rooted in science, developed at Google, that delivers improvements in productivity, collaboration, and engagement. The SIY Program is a two-day course with a focus on the five key domains of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Each session is approximately one-third content and two-thirds skill training in leadership and well-being.

INFO: Dates: August 15-16, 2014 Register at www.dornsife.usc.edu/siy

Mindfulness at Work 2014 UK

The 2014 Mindfulness at Work conference, co-organised by Cranfield University and Mindfulnet. Org, will be held at Cranfield University on 23rd September 2014. 29 international thought-leaders will share their cutting-edge work in Mindfulness practice, business, research, and policy. By combining these distinct perspectives, participants will be able to generate the most comprehensive evidence base for mindfulness at work to date, and apply it to their workplaces. Book by 23rd July to secure Early Bird Discount.

INFO: Contact jutta.tobias@cranfield.ac.uk For more info or visit <http://www.som.cranfield.ac.uk/som/p21271/programmes-and-executive-development/oeep-home/programmes/praxis-personal-impact-and-development/mindfulness-at-work-2014-an-international-conference>

Through the Lens of Mindfulness Conference

One-day mindfulness conference being held at the University of York, UK, on Friday 26 September exploring the use of mindfulness.

INFO: Visit www.ystc.co.uk

Research & Education

Mind-Body Medicine Study

If you are a primary care provider who practice or refer patients to Mind-Body Medicine (MBM) services, please take this 10-minute survey to help us understand the integration of MBM into primary care and your chance to win \$50 from Amazon. Questions, or to be interviewed, email: Chelsea.mcguire@gmail.com

INFO: Complete the survey here https://www.surveymonkey.com/s/MBM_in_PC

Practicing Safety Mothers in Drug Treatment

The Children's Bureau has awarded an Abandoned Infants Assistance funding to "Practicing Safety Mindfulness Project for Mothers in Drug Treatment", Diane J. Abatemarco, PhD, MSW at Nemours Children's Health System. This project provides integrated services to improve parenting in a population of pregnant and parenting women who are in outpatient treatment for opiate addiction. The multifaceted intervention includes a demonstrated quality improvement arm at the pediatric practice "Practicing Safety", a Mindfulness Based Parenting course, and enhanced case management. Study outcomes evaluate child health outcomes; child development screening; parenting behavior and stress; and parental mindfulness.

INFO: <http://aia.berkeley.edu/aia-projects/directory/psmdt/>

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

Books & Media

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

INFO: Available on Amazon at <http://amzn.com/9492004003>

Positive Psychology at the Movies

For educators, researchers, and anyone striving for personal growth and a fulfilling life! The new edition of this popular book provides a unique way to learn and appreciate what is right and best about human beings. With discussions of nearly 1,500 movies, dozens of evocative movie images, and much more! This book uses movies as a medium for learning about the latest research and concepts, such as mindfulness, resilience, meaning, achievement, well-being, as well as the 24 character strengths laid out by the VIA Institute of Character.

INFO: Available on Amazon: <http://www.amazon.com/Positive-Psychology-Movies-Character-Well-Being/dp/0889374430>

Mindfulness and Character Strengths

Looking for the latest research and practices on character strengths and mindfulness? Curious about how character strengths can supercharge your mindfulness practice? Or how mindfulness can help you deploy your best qualities? Look no further – the answers are in this book! At the core of this hands-on resource for psychologists and other practitioners is Mindfulness-Based Strengths Practice, the first structured program to combine mindfulness with the character strengths laid out in the VIA Institute's classification. This program systematically boosts awareness and application of character strengths.

INFO: Available on Amazon: <http://www.amazon.com/Mindfulness-Character-Strengths-Practical-Flourishing/dp/0889373760>

Employment & Volunteer

None posted

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INTERVENTIONS

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Broderick, P. C., Frank, J. L. (2014). **Learning to BREATHE: An intervention to foster mindfulness in adolescence.** *New Directions for Youth Development, 2014(142)*, 31-44. [\[link\]](#)

Byron, G., Ziedonis, D. M., McGrath, C.,...Fulwiler, C. (2014). **Implementation of mindfulness training for mental health staff: Organizational context and stakeholder perspectives.** *Mindfulness.* [\[link\]](#)

Coatsworth, J. D., Duncan, L. G., Berrena, E.,...Nix, R. L. (2014). **The mindfulness-enhanced strengthening families program: Integrating brief mindfulness activities and parent training within an evidence-based prevention program.** *New Dir Youth Dev., 2014(142)*, 45-58. [\[link\]](#)

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Articles examining the correlation and mechanism between mindfulness and other variables

Amihai, I., Kozhevnikov, M. (2014). **Arousal vs. relaxation: A comparison of the neuro-physiological and cognitive correlates of**

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David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

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METHODS

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

Gkika, S., Wells, A. (2014). **How to deal with negative thoughts? A preliminary comparison of detached mindfulness and thought evaluation in socially anxious individuals.** *Cognitive Therapy and Research.* [link]

Gould, L. F., Mendelson, T., Dariotis, J. K.,...Greenberg, M. T. (2014). **Assessing fidelity of core components in a mindfulness and yoga intervention for urban youth: Applying the CORE process.** *New Dir Youth Dev., 2014(142), 59-81.* [link]

Hindman, R. K., Glass, C. R., Arnkoff, D. B., Maron, D. D. (2014). **A comparison of formal and informal mindfulness programs for stress reduction in university students.** *Mindfulness.* [link]

REVIEWS

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

Bayless, C. (2014). **Using mindfulness in a harm reduction approach to substance abuse treatment: A literature review.** *Int J Behav Consul Ther., 9(2), 22-25.* [link]

Brewer, J. (2014). **Mindfulness in the military.** *American Journal of Psychiatry, 171(8), 803-806.* [link]

Chafos, V. H., Economou, P. (2014). **Beyond borderline personality disorder: The mindful brain.** *Social Work.* [link]

Karyadi, K. A., VanderVeen, J. D., Cyders, M. A. (2014). **A meta-analysis of the relationship between trait mindfulness and substance**

use behaviors. *Drug and Alcohol Dependence.* [link]

Larouche, M., Côté, G., Bélisle, D., Lorrain, D. (2014). **Kind attention and non-judgment in mindfulness-based cognitive therapy applied to the treatment of insomnia: State of knowledge.** *Pathologie Biologie.* [link]

Lawlor, M. S. (2014). **Mindfulness in practice: Considerations for implementation of mindfulness-based programming for adolescents in school contexts.** *New Dir Youth Dev., 2014(142), 83-95.* [link]

Purser, R. (2014). **The myth of the present moment.** *Mindfulness.* [link]

Roeser, R. W., Pinela, C. (2014). **Mindfulness and compassion training in adolescence: A developmental contemplative science perspective.** *New Dir Youth Dev., 2014(142), 9-30.* [link]

TRIALS

Research studies newly funded by the National Institutes of Health (AUG 2014)

Kennedy Krieger Institute (S. Mostofsky, PI). **Movement-based training for children with ADHD: A feasibility study.** NIH/NIMH project #1R21MH104651-01. [link]

University of Massachusetts Medical School (J. Brewer, PI). **Augmenting mindfulness training through experience-driven neurofeedback devices.** NIH/NCCAM project #5R01AT007922-03. [link]

VA Puget Sound Healthcare Center (D. Kearney, PI). **A trial of loving-kindness meditation and cognitive processing therapy for PTSD.** Veterans Affairs project #1101CX000857-01A2. [link]

Yale University (H. Kober, PI). **Regulation of craving: Brief neurocognitive training and neural mechanisms.** NIH/NIDA project #2P50DA009241-21. [link]

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HIGHLIGHTS

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

The Default Mode Network (DMN) is a functional network of interconnected anatomical brain structures. DMN interconnected structures are typically activated during mind-wandering and deactivated during periods of mindful awareness. Prior research has shown that meditators often have increased DMN gray matter density and decreased DMN connectivity compared to non-meditators. "Connectivity" is the degree to which the different DMN regions work together in concert.

Wang et al. [Neuroscience] explored the relationship between DMN connectivity while undergoing functional Magnetic Resonance Imaging (fMRI) and trait mindfulness as measured by the Mindful Attention Awareness Scale in 245 Beijing college students. Participants were asked to relax with eyes closed and remain still while undergoing the fMRI scan, which is a mundane procedure that usually evokes mind-wandering and DMN activity.

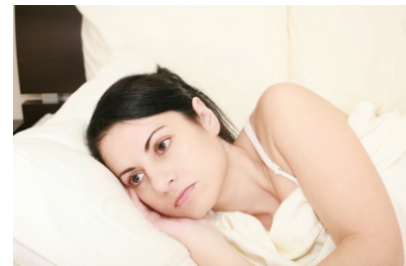
The researchers found that greater connectivity between the thalamus and the posterior cingulate cortex — two important DMN-connected anatomical structures — was associated with lower mindfulness. The thalamus appeared to be the key structure driving this relationship. This makes sense, as the thalamus is a crucial structure in both the DMN and the ascending reticular activating system (ARAS) — a competing brain network that plays an important role in wakefulness, attention, and vigilance.

The authors suggest that one can think of the thalamus as a switch that shifts the brain back and forth between mindfulness and mind-wandering. The greater the interconnectivity between the thalamus and the other DMN structures, however, the harder it may be to achieve mindful focus on the present moment. The thalamus is itself a complex structure containing multiple nuclei, and future research is needed to specify which regions are most involved.

Insomnia affects up to 20% of the U.S. population, and sufferers present with difficulties in both falling asleep and staying asleep. Drugs used to treat insomnia often have undesirable side effects including substance dependency and memory impairment. Cognitive-behavioral therapy (CBT) can

help, but less than half of all insomnia sufferers treated with CBT achieve full remission.

Ong et al. [Sleep] tailored a mindfulness-based therapy for insomnia (MBTI) modeled on MBSR. The program targets psychophysiological hyperarousal and includes behavioral strategies often used in CBT when applied to insomnia. Fifty-four patients meeting diagnostic criteria for chronic insomnia and reporting elevated pre-sleep arousal were randomly assigned to one of two mindfulness-based interventions (MBSR or MBTI) or an 8-week self-monitoring (SM) control. All participants kept a sleep diary and rated the severity of their insomnia and pre-sleep arousal. Objective measures of sleep quality were also obtained through polysomnography (laboratory monitoring of brain rhythm, eye movement, and muscle tone) and wrist actigraphy (a measure of nighttime movement using a watch-like device worn on the wrist).



Both the MBSR and MBTI groups showed significant reductions in total self-reported awake time when compared with the control group. The combined meditation groups reduced self-reported time awake by 44 minutes per night, while the control group reported a reduction of only 1 minute per night. The combined groups also showed significantly greater reductions in self-rated pre-sleep arousal and significantly greater improvement in self-rated insomnia severity than the controls. Effect sizes were moderate to large. Treatment response rates — as defined by at least a 7-point decline in self-rated insomnia severity — were 60% (MBTI), 39% (MBSR) and 0% (SM), respectively. MBTI response rates continued to improve up to six-month follow-up, whereas MBSR treatment response remained constant over time. Study groups did not differ from each other on the objective measures.

This study is in line with prior research showing a greater effect of mindfulness practice on self-report measures than on objective measures of sleep. While the discrepancy between self-report and objective measurement of sleep needs further examination, it is the subjective perception of insomnia that drives patients to seek treatment, and thus self-report is an important measure of clinical improvement.

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

Events & Conferences

Mindfulness at Work 2014 UK

The 2014 Mindfulness at Work conference, co-organised by Cranfield University and Mindfulnet. Org, will be held at Cranfield University on 23rd September 2014. 29 international thought-leaders will share their cutting-edge work in Mindfulness practice, business, research, and policy. By combining these distinct perspectives, participants will be able to generate the most comprehensive evidence base for mindfulness at work to date, and apply it to their workplaces. Book by 23rd July to secure Early Bird Discount.

INFO: Contact jutta.tobias@cranfield.ac.uk
For more info or visit
<http://www.som.cranfield.ac.uk/som/p21271/programmes-and-executive-development/oep-home/programmes/praxis-personal-impact-and-development/mindfulness-at-work-2014-an-international-conference>

Buddhism and Science Conference

Pathways to a Healthy Mind is the topic for the fourth annual Buddhism and Science Conference, October 7-9, 2014. Researchers will present on the impact of meditation practices on behavior and the mind/brain. Meditation master Geshe Tenzin Wangyal Rinpoche, will lead group meditations.

INFO: More info at:
serenityridge.ligmincha.org

MBSR Class in Los Angeles

Announcing MBSR classes starting September 2014 in West Los Angeles and Manhattan Beach.

INFO: Call [323-447-8372](tel:323-447-8372) for more information.

Compassion Week 2014 - San Francisco

Hosted by Stanford University's Center for Compassion & Altruism Research and Education, the Tenzin Gyatso Institute, and The Charter for Compassion, with lead sponsorship from Dignity Health. Compassion Week events integrate the science and practice of compassion, including conferences on the Science of Compassion; Compassion & Healthcare; and Empathy & Compassion in Society. The week concludes with the Charter for Compassion Day and Living Compassionately Retreat. November 10-16, 2014.

INFO: Visit:
<http://compassionweeksanfrancisco2014.org/>

Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned

Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org
www.mcc2015.org

Research & Education

Practicing Safety Mothers in Drug Treatment

The Children's Bureau has awarded an Abandoned Infants Assistance funding to "Practicing Safety Mindfulness Project for Mothers in Drug Treatment", Diane J. Abatamarco, PhD, MSW at Nemours Children's Health System. This project provides integrated services to improve parenting in a population of pregnant and parenting women who are in outpatient treatment for opiate addiction. The multifaceted intervention includes a demonstrated quality improvement arm at the pediatric practice "Practicing Safety", a Mindfulness Based Parenting course, and enhanced case management. Study outcomes evaluate child health outcomes; child development screening; parenting behavior and stress; and parental mindfulness.

INFO: <http://aia.berkeley.edu/aia-projects/directory/psmdt/>

FocusBand Assists with Mindfulness Validation

By validating your brain wave frequencies with the FocusBand, you are able to quickly and effectively focus on the moment. Using

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affordable EEG technology that is continuous and real-time, the FocusBand is a tool to improve cognitive skills.

INFO: Visit:
<http://www.ifocusband.com>

Books & Media

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

INFO: Available on Amazon at
<http://amzn.com/9492004003>

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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

INFO: Go to:
<http://www.contemplativeeducation.ca>

Employment & Volunteer

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INTERVENTIONS

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

Asadollahi, F., Mehrabi, H. A., Neshatdoost, H. T.,... Daghighzadeh, H. (2014). **Can MBCT reduce the symptoms of irritable bowel syndrome in women?** *International Journal of Body, Mind and Culture*. [link]

Eyles, C., Leydon, G. M., Hoffman, C. J.,... Lewith, G. (2014). **Mindfulness for the self-management of fatigue, anxiety, and depression in women with metastatic breast cancer: A mixed methods feasibility study.** *Integrative Cancer Therapies*. [link]

Felver, J. C., Tipsord, J. M., Morris, M. J.,... Dishion, T. J. (2014). **The effects of mindfulness-based intervention on childrens attention regulation.** *Journal of Attention Disorders*. [link]

Fergus, T. A., Wheless, N. E., Wright, L. C. (2014). **The attention training technique, self-focused attention, and anxiety: A laboratory-based component study.** *Behaviour Research and Therapy*. [link]

Galla, B. M., O'Reilly, G. A., Kitil, M. J.,... Black, D. S. (2014). **Community-based mindfulness program for disease prevention and health promotion: Targeting stress reduction.** *American Journal of Health Promotion*. [link]

Kumar, S., Adiga, K. R., George, A. (2014). **Effectiveness of MBSR on stress and anxiety among elderly residing in residential homes.** *International Journal of Nursing Care*. [link]

Nijjar, P. S., Puppala, V. K., Dickinson, O.,... Benditt, D. G. (2014). **Modulation of the autonomic nervous system assessed through heart rate variability by a MBSR program.** *International Journal of Cardiology*. [link]

Paller, K. A., Creery, J. D., Florczak, S. M.,... Morhardt, D. (2014). **Benefits of mindfulness**

training for patients with progressive cognitive decline and their caregivers. *American Journal of Alzheimer's Disease and Other Dementias*. [link]

Pigeon, W., Allen, C., Possemato, K.,... Treatman, S. (2014). **Feasibility and acceptability of a brief mindfulness program for veterans in primary care with posttraumatic stress disorder.** *Mindfulness*. [link]

Shonin, E., Gordon, W. V., Dunn, T. J.,... Griffiths, M. D. (2014). **Meditation awareness training (MAT) for work-related wellbeing and job performance: A randomised controlled trial.** *International Journal of Mental Health and Addiction*. [link]

Taylor, B. L., Strauss, C., Cavanagh, K., Jones, F. (2014). **The effectiveness of self-help MBCT in a student sample: A randomised controlled trial.** *Behaviour Research and Therapy*. [link]

Visser, A., de Witte, T., Speckens, A. E.,... van Laarhoven, H. W. (2014). **A qualitative analysis of experiences of patients with metastatic breast cancer participating in a mindfulness-based intervention.** *Palliative Medicine*. [link]

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Akin, U., Akin, A. (2014). **Examining the predictive role of self-compassion on sense of community in Turkish adolescents.** *Social Indicators Research*. [link]

Allan, B. A., Bott, E. M., Suh, H. (2014). **Connecting mindfulness and meaning in life: Exploring the role of authenticity.** *Mindfulness*. [link]

Hamill, T. S., Pickett, S. M., Amsbaugh, H. M., Aho, K. M. (2014). **Mindfulness and acceptance in relation to behavioral inhibition system sensitivity and psychological distress.** *Personality and Individual Differences*. [link]

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Providing monthly research updates on mindfulness
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Hülshager, U. R., Lang, J. W., Depenbrock, F.,... Alberts, H. J. (2014). **The power of presence: The role of mindfulness at work for daily levels and change trajectories of psychological detachment and sleep quality.** *Journal of Applied Psychology.* [\[link\]](#)

Kiken, L. G., Shook, N. J. (2014). **Does mindfulness attenuate thoughts emphasizing negativity, but not positivity?** *Journal of Research in Personality.* [\[link\]](#)

Murphy, H., Lahtinen, M. (2014). **To me, it's like a little box of tricks: Breaking the depressive interlock as a programme participant in MBCT.** *Psychology and Psychotherapy: Theory, Research and Practice.* [\[link\]](#)

Ögel, K., Sarp, N., Gürol, D. T., Ermagan, E. (2014). **Investigation of mindfulness and affecting factors of mindfulness among substance users and non-users.** *Anatolian Journal of Psychiatry.* [\[link\]](#)

Reese, E. D., Zielinski, M. J., Veilleux, J. C. (2014). **Facets of mindfulness mediate behavioral inhibition systems and emotion dysregulation.** *Personality and Individual Differences.* [\[link\]](#)

Schoenberg, P. L., Speckens, A. E. (2014). **Multi-dimensional modulations of α and γ cortical dynamics following MBCT in major depressive disorder.** *Cognitive Neurodynamics.* [\[link\]](#)

Schultz, P. P., Ryan, R. M., Niemiec, C. P.,... Williams, G. C. (2014). **Mindfulness, work climate, and psychological need satisfaction in employee well-being.** *Mindfulness.* [\[link\]](#)

Shorey, R. C., Anderson, S., Stuart, G. L. (2014). **The relation between trait mindfulness and aggression in men seeking residential substance use treatment.** *Journal of Interpersonal Violence.* [\[link\]](#)

Snowden, A., Stenhouse, R., Young, J.,... Brown, N. (2014). **The relationship between emotional intelligence, previous caring experience and mindfulness in student nurses and midwives: A**

cross sectional analysis. *Nurse Education Today.* [\[link\]](#)

Tanaka, G. K., Peressutti, C., Teixeira, S.,... Velasques, B. (2014). **Lower trait frontal theta activity in mindfulness meditators.** *Arquivos De Neuro-Psiquiatria.* [\[link\]](#)

van Son, J., Nyklíček, I., Nefs, G.,... Pouwer, F. (2014). **The association between mindfulness and emotional distress in adults with diabetes: Could mindfulness serve as a buffer? Results from diabetes MILES: The Netherlands.** *Journal of Behavioral Medicine.* [\[link\]](#)

METHODS

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

Crane, C., Crane, R. S., Eames, C.,... Barnhofer, T. (2014). **The effects of amount of home meditation practice in MBCT on hazard of relapse to depression in the staying well after depression trial.** *Behaviour Research and Therapy.* [\[link\]](#)

Dimidjian, S., Beck, A., Felder, J. N.,... Segal, Z. V. (2014). **Web-based MBCT for reducing residual depressive symptoms: An open trial and quasi-experimental comparison to propensity score matched controls.** *Behaviour Research and Therapy.* [\[link\]](#)

Lahera, G., Bayón, C., Bravo-Ortiz, M. F.,... de Dios, C. (2014). **MBCT versus psychoeducational intervention in bipolar outpatients with sub-threshold depressive symptoms: A randomized controlled trial.** *BMC Psychiatry.* [\[link\]](#)

Levinson, D. B., Stoll, E. L., Kindy, S. D.,... Davidson, R. J. (2014). **A mind you can count on: Validating breath counting as a behavioral measure of mindfulness.** *Frontiers in Psychology.* [\[link\]](#)

Siegling, A. B., Petrides, K. V. (2014). **Measures of trait mindfulness: Convergent validity, shared**

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dimensionality, and linkages to the five-factor model. *Frontiers in Psychology*. [link]

Van Diest, I., Verstappen, K., Aubert, A. E.,...
Vlemincx, E. (2014). **Inhalation/exhalation ratio modulates the effect of slow breathing on heart rate variability and relaxation.** *Applied Psychophysiology and Biofeedback*. [link]

REVIEWS

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

Aucoin, M., Lalonde-Parsi, M. J., Cooley, K. (2014). **Mindfulness-based therapies in the treatment of functional gastrointestinal disorders: A meta-analysis.** *Evidence-Based Complementary and Alternative Medicine*. [link]

Cohen, V. (2014). **Common ground: The relational dimensions of mindfulness and psychotherapy.** *The Humanistic Psychologist*. [link]

Immink, M. A. (2014). **Fatigue in neurological disorders: A review of self-regulation and mindfulness-based interventions.** *Fatigue: Biomedicine, Health & Behavior*. [link]

Kudesia, R. S., Nyima, V. T. (2014). **Mindfulness contextualized: An integration of Buddhist and neuropsychological approaches to cognition.** *Mindfulness*. [link]

Le, T. N., Shim, P. (2014). **Mindfulness and the Aloha response.** *Journal of Indigenous Social Development*. [link]

Leung, N. T., Lo, M. M., Lee, T. M. (2014). **Potential therapeutic effects of meditation for treating affective dysregulation.** *Evidence-based Complementary and Alternative Medicine*. [link]

Metcalf, C. A., Dimidjian, S. (2014). **Extensions and mechanisms of MBCT: A review of the evidence.** *Australian Psychologist*. [link]

Shonin, E., Van Gordon, W. (2014). **Practical recommendations for teaching mindfulness effectively.** *Mindfulness*. [link]

Shonin, E., Gordon, W. V., Griffiths, M. D. (2014). **Are there risks associated with using mindfulness in the treatment of psychopathology?** *Clinical Practice*. [link]

Trousselard, M., Steiler, D., Claverie, D., Canini, F. (2014). **The history of mindfulness put to the test of current scientific data: Unresolved questions.** *L'Encephale*. [link]

TRIALS

Research studies newly funded by the National Institutes of Health (SEP 2014)

Innovation Research and Training, Inc. (A.E. Parker, PI). **Elementary school mindfulness-based substance use prevention program.** NIH/NIAAA project #2R44AA021342-02A1. [link]

University of Alabama, Tuscaloosa (C. Boxmeyer, PI). **Mindfulness enhanced coping power: Adaptation and feasibility testing.** NIH/NIDA project #1R34DA035946-01A1. [link]

University of California, San Francisco (V. Valcour, PI). **Interventions for symptom management in older patients with HAND.** NIH/NINR project #1R01NR015223-01A1. [link]

University of Maryland, Baltimore (K.W. Chen, PI). **Changing impulsivity with mindful breathing therapy to reduce problem drinking.** NIH/NIAAA project #1R34AA022213-01A1. [link]

University of Massachusetts, Worcester (L. Pbert, PI). **Asthma symptom management through mindfulness training.** NIH/NCCAM project#1R01AT008393-01. [link]

University of Toronto (Z. Segal, PI). **Reducing residual depressive symptoms with web-based mindful mood balance.** NIH/NIMH project #1R01MH102229-01A1. [link]

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HIGHLIGHTS

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

Attentional regulation is the ability to focus on relevant information in the face of distraction. Although good attentional regulation can help inoculate school-age children against the negative impacts of stress, poor parenting, and deleterious peer group influences, there have been relatively few attempts to enhance it through intervention. **Felver et al. [Journal of Attention Disorders]** studied the impact of Mindful Family Stress Reduction (MFSR) on children's attentional regulation using an 8-week long family-centered intervention adapted from the Mindfulness-Based Stress Reduction (MBSR) program.

Forty-seven child-parent pairs (average child age = 11 years) were randomly assigned to either the MFSR program or a wait-list control. While the parents engaged in traditional MBSR practices, the children engaged in more age-appropriate attentional activities that fostered present-moment awareness. For example, the "sound scavenger hunt" challenged the children to discover how many different sounds they could hear in a five-minute period while sitting quietly with eyes closed. The children were pre- and post-tested on an Attention Network Task (ANT), in which they viewed a series of computer-presented arrows, and depending on the arrows' right-left spatial orientation, responded with either their right or left index fingers. In the process of doing this, the children had to both ignore on-screen visual distractions and utilize helpful visual cues, so that the task required both sustained and selective attention.

Using the various ANT challenges, the researchers assessed three different aspects of attention: alerting (being prepared to receive a stimulus), orienting (directing attention toward a stimulus), and conflict monitoring (selectively attending to a relevant stimulus). Children in the MFSR group showed significantly greater improvement in their conflict monitoring than did waitlist controls. This effect was of moderate size. They also showed a non-significant trend toward greater improvement in orienting reaction times, although not in alerting reaction times. Findings support the potential of mindfulness training for improving children's attentional

regulation skills -- a crucial underlying factor in both cognitive development and emotional resilience.



Home meditation practice has long been a cornerstone of mindfulness-based interventions, but questions as to how much home practice is needed remain unanswered. **Crane et al. [Behavior Research and Therapy]** studied the home practice of 99 Mindfulness-Based Cognitive Therapy (MBCT) participants to address this question. All of the mostly Caucasian, female, middle-aged participants had three or more prior episodes of major depression, but were asymptomatic at the start of the study.

Their formal and informal home practice was assessed using weekly self-report diaries. "Formal home practice" meant engaging in daily forty-minute guided meditations using MBCT-provided compact discs. "Informal home practice" included less structured practices such as mindfulness of routine activities or attending to the breath when stressed. Participants indicated whether they had engaged in home practice on any given day by ticking off diary checkboxes. The duration of formal home practice was quantified (an average of 21 minutes daily for the sample), but informal home practice was measured only by whether practice had occurred on any given day or not.

The researchers found that major depression relapse rates were negatively associated with the amount of formal home practice. By the end of one year, 58% of the participants who practiced less than 3 times a week had major depressive relapses, while only 39% of those who practiced 3 or more times a week relapsed. Consistent formal home mindfulness practice reduced the risk of relapse by nearly 50%. While the amount of formal and informal home practice was highly correlated ($r=0.82$, $p<0.001$), the amount of informal practice was not significantly related to relapse risk, perhaps owing to the inability to quantify its actual duration. The findings support a crucial role for formal home mindfulness practice in a structured mindfulness-based intervention, and suggest that the more one practices- at least up to a point yet undetermined - the better one's mental health outcome.

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Events & Conferences

Compassion Week 2014 - San Francisco

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Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org
www.mcc2015.org

Contemplation for 21st Century Education

A groundbreaking event: SUNY Buffalo showcases Contemplative Pedagogy for the first time and brings Dr. Daniel Barbezat, Director of the Center for Contemplative Mind in Society, to campus. Designed for educators at every level of service, this symposium will describe how contemplative practices are used to create educational environments that meet the expanded learning goals of 21st century life.

INFO: Date: October 17th, 2014
Register at:
<http://ubtlc.buffalo.edu/specialevents/gen-teels2014/contemplation.html> More info
contact: lisanapora@hotmail.com

Research & Education

Practicing Safety Mothers in Drug Treatment

The Children's Bureau has awarded an Abandoned Infants Assistance funding to "Practicing Safety Mindfulness Project for Mothers in Drug Treatment", Diane J. Abatemarco, PhD, MSW at Nemours Children's Health System. This project provides integrated services to improve parenting in a population of pregnant and parenting women who are in outpatient treatment for opiate addiction. The multifaceted intervention includes a demonstrated quality improvement arm at the pediatric practice "Practicing Safety", a Mindfulness Based Parenting course, and enhanced case management. Study outcomes evaluate child health outcomes; child

development screening; parenting behavior and stress; and parental mindfulness.

INFO: <http://aia.berkeley.edu/aia-projects/directory/psmdt/>

SUNY Contemplative Network

This new website on the SUNY Learning Commons provides a vehicle for collaborating and connecting across SUNY campuses and with other higher education and community professionals. This is a public site! If you have an interest in exploring applications of mindfulness, contemplative education, and social-emotional learning in higher education, we invite you to join the SUNY Contemplative Network.

INFO: Go to <http://commons.suny.edu/>
Contact: Terry Murray
murrayt@newpaltz.edu or Lisa
Napora lnapora@buffalo.edu

Books & Media

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

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INFO: Available on Amazon at
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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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

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INTERVENTIONS

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

Bach, J. M., Guse, T. (2014). **The effect of contemplation and meditation on great compassion on the psychological well-being of adolescents.** *The Journal of Positive Psychology.* [\[link\]](#)

Crescentini, C., Urgesi, C., Campanella, F.,...Fabbro, F. (2014). **Effects of an 8-week meditation program on the implicit and explicit attitudes toward religious/spiritual self-representations.** *Consciousness and Cognition.* [\[link\]](#)

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International Journal of Mental Health Promotion. [\[link\]](#)

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Seli, P., Carriere, J. S., Smilek, D. (2014). **Not all mind wandering is created equal: Dissociating deliberate from spontaneous mind wandering.** *Psychological Research.* [\[link\]](#)

Sheldon, K. M., Prentice, M., Halusic, M. (2014). **The experiential incompatibility of mindfulness and flow absorption.** *Social Psychological and Personality Science.* [\[link\]](#)

METHODS

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

Kemper, K. J., Yun, J. (2014). **Group online mindfulness training proof of concept.** *Journal of Evidence-based Complementary & Alternative Medicine.* [\[link\]](#)

Sauer, S., Lemke, J., Zinn, W.,...Kohls, N. (2014). **Mindful in a random forest: Assessing the validity of mindfulness items using random forests methods.** *Personality and Individual Differences.* [\[link\]](#)

Snippe, E., Bos, E. H., van der Ploeg, K. M.,...Schroevens, M. J. (2014). **Time-series analysis of daily changes in mindfulness, repetitive thinking, and depressive symptoms during mindfulness-based treatment.** *Mindfulness.* [\[link\]](#)

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REVIEWS

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

Baltzell, A., Mccarthy, J., Greenbaum, T. (2014). **Mindfulness strategies: Consulting with coaches and athletes: Background and presentation of the 2013 AASP annual convention workshop.** *Journal of Sport Psychology in Action.* [\[link\]](#)

Fernando, A., Consedine, N., Hill, A. G. (2014). **Mindfulness for surgeons.** *ANZ Journal of Surgery.* [\[link\]](#)

Gardner, F. L., Moore, Z. E., Marks, D. R. (2014). **Rectifying misconceptions: A comprehensive response to "some concerns about the psychological implications of mindfulness: A critical analysis".** *Journal of Rational-Emotive & Cognitive-Behavior Therapy.* [\[link\]](#)

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Posner, M., Tang, Y., Lynch, G. (2014). **Mechanisms of white matter change induced by meditation training.** *Frontiers in Psychology.* [\[link\]](#)

TRIALS

Research studies newly funded by the National Institutes of Health (OCT 2014)

Edward Hines Jr VA Hospital (C. , Kostovich, PI). **Efficacy of an internet mantram program on RN-delivered patient centered care.** Veterans Affairs project #11K3HX001426-01A1. [\[link\]](#)

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HIGHLIGHTS

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

Since stress often contributes to medical illness, it is possible that mindfulness-based interventions (MBIs) that contain a stress reduction component might reduce the need for subsequent medical services. Few studies actually measure post-MBI medical utilization however, probably due to the difficulty in gathering data from an often fragmented healthcare delivery system. Integrated healthcare systems offer better opportunities for such research. At Kaiser Permanente Colorado, **McCubbin et al. [The Permanente Journal]** studied the impact of Mindfulness Based Stress Reduction (MBSR) on self-reported physical and mental health, work productivity, and objectively measured healthcare utilization using an uncontrolled pre-post design.

The 38 participants were mostly female (79%) and Hispanic (68%) with an average age of 53 years. Participants being treated for chronic pain, chronic illness, or stress-related disorders were referred to the study by their primary care physicians. Participants were evaluated at baseline, on the final day of the 8-week program, and one year following their last class. Health care utilization by the study participants was assessed using Kaiser Permanente Colorado electronic administrative and claims data for a six-month period prior to starting the program, and for a 6-month period following the 1-year anniversary of completing the program.

Participants showed significant reductions from baseline in their self-rated pain, depression, anxiety, and somatization at the end of the 8-week program. All of these improvements were maintained at one-year follow-up, with some symptoms (pain, depression, anxiety) showing continued significant improvement beyond the initial gains. Compared to the six-month period prior to the program, in the six-month period following the one year anniversary of program completion, participants made significantly fewer primary care visits (1.8 vs. 0.9), specialty care visits (7.8 vs. 4.8), ER visits (0.2 vs. 0.1), and had fewer hospitalizations (0.1 vs. 0.02).

Although the implications of these findings are limited by the small sample size and lack of a control group, this study provides preliminary support for the ability of MBIs to reduce healthcare utilization in

an ethnically diverse sample, thereby increasing their potential value to managed care.

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The American Heart Association has identified several factors that protect against cardiovascular disease (CVD). Some of these CVD factors (smoking, diet, exercise) are behaviorally modifiable, but change requires a heightened degree of self-monitoring and self-control. In an effort to discover whether mindfulness may support better cardiovascular health by its potential to enhance self-monitoring and self-control, **Loucks et al. [International Journal of Behavioral Medicine]** investigated whether CVD protective factors, as measured by blood tests (glucose and cholesterol), blood pressure cuff, and self-report measures, were associated with levels of dispositional mindfulness (as measured by the Mindful Attention Awareness Scale, MAAS).



Data were collected from 382 participants (66% Caucasian, 57% female, average age = 47 years) in the New England Family Study, a large longitudinal study of the causes of neuropsychiatric and cardiovascular disease. The researchers examined the associations between mindfulness and "good" and "bad" cardiovascular health ("good" defined as 4 or more protective factors against cardiovascular disease; "bad" as fewer than 4). Highly mindful participants were almost twice as likely (prevalence ratio=1.86) to have "good" cardiovascular health profiles as compared to less mindful participants. Highly mindful participants were significantly more likely to be nonsmokers, have untreated fasting blood glucose below 100 mg/dL, have BMIs under the cutoff for "normal," be physically active, have stronger feelings of personal mastery, and have fewer depressive symptoms. The relationship between mindfulness and cardiovascular health was mediated, to a large degree, through its association with fewer depressive symptoms and a higher sense of mastery.

Although the implications of these findings are limited by data collected from one point in time, this study suggests that people with high levels of mindfulness in daily life display certain behavioral and psychological characteristics that are protective against cardiovascular disease.

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Events & Conferences

Compassion Week 2014 - San Francisco

Hosted by Stanford University's Center for Compassion & Altruism Research and Education, the Tenzin Gyatso Institute, and The Charter for Compassion, with lead sponsorship from Dignity Health. Compassion Week events integrate the science and practice of compassion, including conferences on the Science of Compassion; Compassion & Healthcare; and Empathy & Compassion in Society. The week concludes with the Charter for Compassion Day and Living Compassionately Retreat. November 10-16, 2014.

INFO: Visit:

<http://compassionweeksanfrancisco2014.org/>

Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org

www.mcc2015.org

American Mindfulness Research Association (AMRA) at www.goAMRA.org

Mindfulness Research Meeting in Seattle

April 17-18, 2015 Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being. Join researchers and practitioners promoting children's well-being through mindfulness.

Advance the science of mindfulness in work with children, parents, educators, practitioners. Keynotes: Adele Diamond, Robert Roeser. Symposia: Cultivating mindfulness in youth, parenting, communities experiencing trauma. Poster session.

INFO: <http://bit.ly/CCFW-2015-Conference>

Research call - 2015 CMRP conference

Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 "A chance to refresh yourself, learn from others and share experiences."

INFO: For details on submission process, conference programme and registration:

<http://www.bangor.ac.uk/mindfulness/Conference2015.php>

Research & Education

Online MBCT Training for Therapists

Support your clients with depression and other clinical problems using the principles of Mindfulness-Based Cognitive Therapy. Developed by Dr.

Zindel Segal and Dr. Sona Dimidjian, Mindful Mood Balance and 3 Minute Breathing Space will help you incorporate MBCT into your practice and daily life.

INFO: Both courses are available at

<http://www.mindfulnoggin.com>

Books & Media

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

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INTERVENTIONS

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

Beaulac, J., Bailly, M. (2014). **MBSR: Pilot study of a treatment group for patients with chronic pain in a primary care setting.** *Primary Health Care Research & Development.* [\[link\]](#)

Bergen-Cico, D., Possemato, K., Pigeon, W. (2014). **Reductions in cortisol associated with primary care brief mindfulness program for veterans with PTSD.** *Medical Care.* [\[link\]](#)

de Bruin, E. I., Blom, R., Smit, F. M.,...Bögels, S. M. (2014). **MYmind: Mindfulness training for youngsters with autism spectrum disorders and their parents.** *Autism.* [\[link\]](#)

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preference and psychological traits as moderators of the effects of mindfulness-based cancer recovery and supportive-expressive therapy in distressed breast cancer survivors. *JNCI Monographs.* [\[link\]](#)

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Flook, L., Goldberg, S. B., Pinger, L., Davidson, R. J. (2014). **Promoting prosocial behavior and self-regulatory skills in preschool children through a mindfulness-based kindness curriculum.** *Developmental Psychology.* [\[link\]](#)

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la Cour, P., Petersen, M. (2014). **Effects of mindfulness meditation on chronic pain: A randomized controlled trial.** *Pain Medicine.* [\[link\]](#)

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Ramsey, A. T., Jones, E. E. (2015). **Minding the interpersonal gap: Mindfulness-based interventions in the prevention of ostracism.** *Consciousness and Cognition.* [\[link\]](#)

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METHODS

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

Hanley, A. W., Warner, A. R., Dehili, V. M.,...Garland, E. L. (2014). **Washing dishes to wash the dishes: Brief instruction in an informal mindfulness practice.** *Mindfulness.* [\[link\]](#)

Hou, W. K., Ng, S. M., Wan, J. H. (2014). **Changes in positive affect and mindfulness predict changes in cortisol response and psychiatric symptoms: A latent change score modeling approach.** *Psychology & Health.* [\[link\]](#)

Howells, A., Ivtzan, I., Eiroa-Orosa, F. J. (2014). **Putting the "app" in happiness: A randomised controlled trial of a smartphone-based mindfulness intervention to enhance wellbeing.** *Journal of Happiness Studies.* [\[link\]](#)

Külz, A. K., Landmann, S., Cludius, B.,...Moritz, S. (2014). **MBCT in obsessive-compulsive**

disorder: Protocol of a randomized controlled trial. *BMC Psychiatry.* [\[link\]](#)

Lai, C., MacNeil, B., Frewen, P. (2014). **A comparison of the attentional effects of single-session mindfulness meditation and fp-heg neurofeedback in novices.** *Mindfulness.* [\[link\]](#)

REVIEWS

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

Ball, M. S., Vernon, B. (2014). **A review on how meditation could be used to comfort the terminally ill.** *Palliative and Supportive Care.* [\[link\]](#)

Didonna, F., Bhattacharjee, S. (2014). **Mindfulness-based training in residential settings: Rationale, advantages and obstacles.** *Advances in Psychiatric Treatment.* [\[link\]](#)

Jones, S. M., Hansen, W. (2014). **The impact of mindfulness on supportive communication skills: Three exploratory studies.** *Mindfulness.* [\[link\]](#)

Lim, C. E., Cheng, N. C., Lengacher, C. A. (2014). **Effect of mindfulness based stress reduction in stage 0-III breast cancer survivors.** *Focus on Alternative and Complementary Therapies.* [\[link\]](#)

Wood, A. W., Gonzalez, J., Barden, S. M. (2014). **Mindful caring: Using MBCT with caregivers of cancer survivors.** *Journal of Psychosocial Oncology.* [\[link\]](#)

TRIALS

Research studies newly funded by the National Institutes of Health (NOV 2014)

University of Maryland, Baltimore (D. Seminowicz). **MRI outcomes of mindfulness meditation for migraine.** NIH/NCCAM project #3R01AT007176-02S1. [\[link\]](#)

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HIGHLIGHTS

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

Young children's capacity to self-regulate attention and emotion contributes to their scholastic success and predicts their academic attainment. There is a need for programs that enhance children's self-regulation skills, and mindfulness-based interventions that promote sustained attention, self-monitoring, and cognitive flexibility may be good candidates. **Flook et al. [Developmental Psychology]** developed a mindfulness-based Kindness Curriculum (KC) for preschool-aged children and tested its ability to improve their executive functioning, self-regulation, and academic and social development.

Sixty-eight ethnically-diverse children in 6 urban Midwestern preschools were randomly assigned to either KC or a wait-list control condition. KC was administered in two 20-30 minute weekly sessions over 12 weeks, and emphasized mindfulness, empathy, gratitude and sharing through multiple modalities including music, children's literature, and movement. The children were tested immediately before and after the program on behavioral tasks of willingness to share and willingness to delay gratification, and computerized tasks of cognitive flexibility and freedom from distraction. Their teachers rated their social competence before and after the intervention and assigned routine report card grades three months after program completion.

The KC children showed significantly greater improvement in their teacher-rated prosocial behavior (Cohen's $d = 0.29$) and emotional regulation ($d = 0.25$), than did the control children. The KC children also showed significantly greater report card improvement on Approaches to Learning ($d = 0.54$), Health and Physical Development ($d = 0.56$), and Social and Emotional Development ($d = 0.97$). On the willingness-to-share task (a task involving the children dividing up ten stickers between themselves and their peers), control children displayed significantly more selfish behavior over time, reserving more of the stickers for themselves, while the KC children did not display more selfish behavior. The KC children with poorer baseline levels of executive functioning and social competence improved the most in social competence over time relative to the controls.

While the study is supportive of using mindfulness to enhance preschool-aged children's self-regulation skills, especially for children with lower levels of baseline functioning, the study is limited by its short duration of follow-up and the teachers' awareness of the children's assigned interventions.



Are mindfulness-based interventions (MBIs) as effective as cognitive behavioral therapy (CBT) in treating chronic pain? **Davis et al. [Journal of Consulting and Clinical Psychology]** analyzed data from a 2008 study of the relative effectiveness of CBT, a mindful acceptance intervention (MBI), and rheumatoid arthritis education (AE) on pain, fatigue, and stress in 144 rheumatoid arthritis patients.

The predominantly female (68%), White (85%), middle-aged (mean = 54 years) participants were randomly assigned to one of the three treatments. Patients rated their pain in daily diaries 30 days before and 30 days after the intervention. All the intervention conditions were delivered in once-weekly 2-hour groups over an 8-week period and were co-led by clinical psychologist/graduate student teams trained in CBT and MBI approaches to pain. The CBT intervention emphasized reappraising maladaptive thoughts, relaxation training, and activity pacing. The MBI focused on nonjudgmental moment-to-moment awareness and savoring pleasant experiences. The AE served as an education control, presenting medical information about rheumatoid arthritis.

MBI patients showed greater reductions in their pain-related catastrophizing, morning stiffness, fatigue and anxiety than did CBT and AE patients. MBI and CBT patients both catastrophized less compared with AE patients, but only MBI patients reduced their catastrophizing when confronted with severe pain. CBT patients, on the other hand, experienced greater increases in their sense of perceived pain control.

Mindful acceptance and cognitive reappraisal strategies each appear to have specific benefits and limitations. Arthritis patients with histories of recurrent depression, for example, benefited more from the MBI than CBT. Mindful acceptance seems to be more effective when pain is severe and cognitive resources are taxed. Cognitive reappraisal has the advantage of giving patients the perception of enhanced control when pain is less severe.

ANNOUNCEMENTS

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

Events & Conferences

Mindfulness Research Meeting in Seattle

April 17-18, 2015 Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being. Join researchers and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators, practitioners. Keynotes: Adele Diamond, Robert Roeser. Symposia: Cultivating mindfulness in youth, parenting, communities experiencing trauma. Poster session.

INFO: <http://bit.ly/CCFW-2015-Conference>

Research call - 2015 CMRP conference

Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 "A chance to refresh yourself, learn from others and share experiences."

INFO: For details and registration: <http://www.bangor.ac.uk/mindfulness/Conference2015.php>

Mindfulness and Compassion Conference

Mindfulness and Compassion Conference 2015 in San Francisco. The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the

neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

INFO: Contact: info@mcc2015.org
www.mcc2015.org

Introduction to MBCP Professional Retreat

This 6-day retreat is designed for those who are interested in learning about Mindfulness-Based Childbirth and Parenting (MBCP) or applying mindfulness to other settings. This retreat may be of interest to medical and mental health professionals seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine, and clinical psychology. 18-24 January 2015, Petaluma, CA 26 March - 1 April 2015, Vesseaux, France

INFO: Visit: www.mindfulbirthing.org

Research & Education

Online MBCT Training for Therapists

Support your clients with depression and other clinical problems using the principles of Mindfulness-Based Cognitive Therapy. Developed by Dr. Zindel Segal and Dr. Sona Dimidjian, Mindful Mood Balance and 3 Minute Breathing Space will help you incorporate MBCT into your practice and daily life.

INFO: Both courses are available at <http://www.mindfulnoggin.com>

Advanced teacher training in MYmind

Advanced teacher training for mental health practitioners in MYmind: a Mindfulness training for children with ADHD/Autism and their parents by prof. Dr. Susan Bögels and Dr. Joke Hellemans in Amsterdam. September 7th - 11th 2015.

INFO: Visit: <http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals>
Contact: info@uvamindsyou.nl

Books & Media

Mindful Leadership: the book

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.

INFO: Available on Amazon at <http://amzn.com/9492004003>

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Documentary Film Dr. John Sarno

Did you know Howard Stern, Larry David, John Stossel, Senator Tom Harkin and Golfer Ben Crane suffered from debilitating pain until they met Dr. John Sarno? He's cured thousands of patients, sold thousands of books with his mind body focused approach, but he's virtually unheard of. A new film which chronicles his work, patients and mind body medicine is being made now.

INFO: Find out more: <http://bit.ly/atrkick>

Employment & Volunteer

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