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Editor
David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

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**Interventions**

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


**ASSOCIATIONS**

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


with breast cancer. Journal of Clinical Psychology. [link]


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

The University of Tennessee Knoxville (G. Stuart & R. Shorey, P.I.). Mindfulness and acceptance Group Therapy for Substance Use. Trial # NCT01751542. [link]
Weijer-Bergsma et al. [Mindfulness] studied the effects of a MindfulKids school-based intervention on 199 boys and girls (aged 8-12) from diverse ethnic backgrounds in three Dutch primary schools. The 6-week program, modeled on MBSR, was taught in twice-weekly 30-minute sessions. Classroom teachers reinforced the program with daily 5-minute meditations. Half the children initially completed the program, while those in a wait-list control completed the program afterwards. At program’s end, the children had enhanced their bodily awareness and shared emotions more readily. At 7-week follow-up, the children maintained those gains and also improved their ability to differentiate emotions, increased their sense that life was meaningful and manageable, and decreased rumination and analysis of emotions. In addition, the parents reported decreased anxiety and angry/aggressive behavior at home. All these effects were small, yet significant. Lastly, teachers noted a friendlier, more respectful classroom climate.

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

Tan & Martin [Clinical Child Psychology and Psychiatry] tested a modified MBSR protocol for adolescents. Their 5-week program, "Taming the Adolescent Mind," employed short 10-minute meditations and mindful activities utilizing music, drawing, and sculpture. Nine adolescent (ages 13-17) mental health outpatients with diagnoses of mood, anxiety, and adjustment disorders completed this pilot study, which was intended as a prelude to a large randomized controlled study. Participants reported significant reductions in depression, anxiety and stress, and significant increases in mindfulness, psychological flexibility, and self-esteem by study’s end and on 3-month follow-up. Their parents reported significantly fewer problems at home. The participants rated the program highly, finding it “useful” and “effective.” The only change participants recommended was to include more sessions.

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

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

**Events & Conferences**

**Mindfulness Research Meeting in Seattle**

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

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

**Meditation and Imagery Training**
Our 30th year of training health professionals in the clinical uses of meditation and imagery. INFO: Visit www.huntingtonmeditation.com or write to Richard Schaub, PhD at drrichardschaub@gmail.com

**Mindfulness Weekend for UK Doctors**
For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD INFO: Contact the University of Rochester SMD Center for Experiential Learning, 585-275-4932, www.urmc.rochester.edu/cpe

**Mindful Practice: Serious and Life-Limiting Illness**
4-day residential workshop, May 1-4, 2013, Chapin Mill Retreat Center, Batavia, New York. For medical practitioners and educators who are interested in incorporating mindful practice into their professional lives and wish to develop greater attention and awareness in their teaching and clinical work. We address burnout and well-being, and quality of patient-centered care, as well as program development. Faculty: Ron Epstein, MD (director), Tony Back, MD, Mick Krasner, MD, Tim Quill MD. INFO: The University of Rochester SMD Center for Experiential Learning, 585-275-4932, Web: www.urmc.rochester.edu/cpe Course website: [here]

**Translating Science into Practice**
4th conference in an acclaimed series -- Brain Development & Learning: Making Sense of the Science -- to be held in gorgeous Vancouver, BC. **Hear about mind-changing research in neuroscience & psychology from the famous scientists themselves, presented with clarity and enthusiasm in ways you can understand, see the immediate relevance of, and USE.** **Topics include: interrelations between body, mind, & spirit; indigenous healing practices; neuroplasticity & epigenetics; how psychic trauma affects the body & diverse routes to recovery; plus more.** **Speakers include: John Cacioppo, Michele Chaban, Kiley Hamlin, Linda Lantieri, Gabor Maté, Bruce Perry, Dan Siegel, & Tania Singer; plus 26 more.** This much-loved series has doubled in size each time it’s been offered because people find it so valuable. 99% of those who attended the last meeting rated it as OUTSTANDING! CE credits & scholarships are available. Dates: July 24-28, 2013 INFO: Conference website: www.braindevelopmentandlearning.com

**Research & Education**

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

**Books & Media**

**New blog on Meditation**
Michele Clark, M.Ed., LMHC an experienced psychotherapist (25 years) and inexperienced meditator (4 1/2 years) has started a blog on the website of Goddard College where she teaches. It is called The Mediocre Meditator. To find it go to Goddard College.edu, scroll down the page to blogs, if it's not at the front go to All Blogs then to Goddard College.edu blogs, if it's not at the front go to All Blogs then to Goddard College.edu. New blog on Meditation...
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**Interventions**

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

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


Norouzi, M., Golzari, M., & Sohrabi, F. (2013). **Effectiveness of mindfulness based cognitive therapy on the quality of life, depression and burden of Alzheimer’s women caregivers.** *Zahedan Journal of Research in Medical Sciences.* [link]
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Tomasino, B., Fregona, S., Skrap, M., & Fabbro, F. (2012). Meditation-related activations are modulated by the practices needed to obtain it and by the expertise: An ALE meta-analysis study. Frontiers in Human Neuroscience, 6, 346. [link]


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


METHODS

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


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**REVIEWS**

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


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**TRIALS**

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

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

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

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

University of Wisconsin, Madison (A. Zgierska, PI). *Meditation for low back pain.* Trial# NCT01775995. [link]
Cancer patients struggle not only with the physical consequences of illness and treatment, but also with anxiety, stress, sleeplessness, and fatigue. This month three studies examine MBSR’s effect on the psychological concomitants of cancer, with two of them focusing specifically on problems sleeping.

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

**Nakamura et al. [J Cancer Surviv.]** compared three interventions in 57 cancer survivors with self-reported problems sleeping. Participants were randomly assigned to sleep hygiene education (SHE), mindfulness meditation (MM), or mind-body bridging (MBB). All interventions were delivered in three 2-hour group sessions, with home practice left to the participants’ discretion. MM was a shortened version of MBSR that included sitting and walking meditation, the body scan, and a forgiveness meditation. MBB shares features with MM (sensory awareness, non-judgmental attitude, decontextualization of thought) but doesn’t include formal meditation practice. It trains participants to “rest” their “identify systems” through sensory awareness, identify the irrational demands the system places on reality and on oneself, and disengage from those demands in a friendly manner, thus loosening an identification with a false sense of self, and getting in touch with an undamaged sense of wholeness. All three interventions significantly improved self-reported sleep quality, with both MBB and MM proving superior to SHE. MBB participants also showed significant improvement on secondary measures of self-reported depression, mindfulness, and self-compassion when compared with the SHE control group, while MM participants showed a nonsignificant trend in the same direction of benefit. Future comparison research should consider the full-length intervention protocols.

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

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

**South Burlington WRP Spring Seminar**

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

Date: Mar 22, 2013 and May 3, 2013

Cost: $199 (includes lunch)

**INFO:** Contact: srand@sbschools.net for housing, more information and to register

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

**Mindfulness4Scotland Conference 2013**

2013 Mindfulness4Scotland Conference - Building awareness of the practical applications and benefits of mindfulness in the workplace. Sunday 10th March 2013, Royal College of Surgeons.

Edinburgh Expert Speakers such as Michael Chaskalson author of “The Mindful Workplace”.

**INFO:** Visit www.mindfulness4scotland.moonfruit.com

**Deepening our Practice**

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

**INFO:** Register at www.mindfulnessandmore.com

**11th Annual International Scientific Conference**

The 11th Annual International Scientific Conference will be held in Norwood, Ma April 17 - 21, 2013

Gathering together an international community of renowned scientists, scholars, teachers and students participating in keynote addresses, concurrent breakouts, pre and post conference institutes, workshops, posters presentations and mindfulness practice sessions.

**INFO:** Contact: mindfulness@umassmed.edu

**www.umassmed.edu/cfm/conference**

**Mindfulness in the Outback Retreat**

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

**INFO:** www.Retreat.MindfulAwareness.com.au

**Mindfulness Research Meeting in Seattle**


**INFO:** http://depts.washington.edu/ccfweb/mlconference.html

**Books & Media**

**New Blog on Meditation**

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

**INFO:** www.goddard.edu
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*Articles testing the applied science and implementation of mindfulness-based interventions*


**Associations**

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

facets onto dimensions of anxiety and depression. *Behav Ther.* [link]


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**METHODS**

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

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

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


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


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


**TRIALS**

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

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

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

The Cleveland Clinic (A. Bernstein, PI). *Stress free now for nurses.* Trial# NCT01796054. [link]
In this issue, two studies follow up on anomalous findings, one in the realm of mindfulness and brain function, the other in the realm of mindfulness and immune function.

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

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

In accord with previous studies, greater baseline left alpha power correlated with depressive symptoms, and greater baseline right alpha power correlated with positive mood. More importantly, mindfulness meditation shifted alpha activation toward the right and reduced negative affect, while there was no similar effect for the rumination challenge. The results support the theory that mindfulness shifts frontal asymmetry, promoting approach motivation and thereby facilitating mood regulation. The study was limited by nonrandom assignment to conditions.

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

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

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

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Image: Surface of the human brain.
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Events & Conferences

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

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

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

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INFO: Contact mindfulness@umassmed.edu www.umassmed.edu/cfm/conference

Research & Education

Mindfulness-Based Diabetes Management (MBDM)
April 4 - May 23, 2013. New MBI for people living with diabetes of all types. $495.00 for eight weekly sessions plus Saturday retreat. 20% discount for MBI instructors and researchers. Seeking expert feedback as we refine course, as well as possible research collaborators.
INFO: Contact Steven Alper, L.C.S.W. stevenalperltcsw@gmail.com (619)463-6387

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

Books & Media

Mindfulness Practices For Cancer
BEING WELL (even when you’re sick): Mindfulness Practices for People Living with Cancer and other Serious Illness, by Elana Rosenbaum, senior MBSR teacher, cancer survivor and psychotherapist. Forward by Jon Kabat-Zinn, a Shambhala Publication now available. Jack Kornfield says “Simple, deep, helpful, comforting, and wise.”
INFO: Learn more at www.mindfuliving.com


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


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**ASSOCIATIONS**

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


Jacobs, T. L., Shaver, P. R., Epel, E. S., ... Sahdra, B. K. (2013). *Self-reported mindfulness and cortisol during a Shamatha meditation retreat. Health Psychology*. [link]


**METHODS**

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


**REVIEWS**

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


**TRIALS**

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

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

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

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

Universität Duisburg-Essen (R. Lauche & H. Cramer, PI). Lifestyle modification program for patients with chronic pain conditions (POSITAG). Trial# NCT01805947. [link]
Highlights
A summary of select studies from the issue, providing a snapshot of some of the latest research findings

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

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

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

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

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

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

INFO: Visit www.huntingtonmeditation.com or write to Richard Schaub, PhD at dnmrichardschaub@gmail.com

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

INFO: Please visit: www.sacredartofnursing.com

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

INFO: Date: 7 & 8 August 2013. Visit http://centrumvoormindfullness.nl/workshop-compassion-germer-neff

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

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

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

INFO: Contact: info@istitutomindfulness.com www.istitutomindfulness.com

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

INFO: To learn more, go to www.Contemplative-Studies.org or contact jdecastro@shsu.edu

Books & Media

Read Buddha's Addicts
Download "Buddha's Addicts: Practicing Mindfulness in a Thirsty World" at www.soberbuddha.com store.

INFO: Available at www.soberbuddha.com

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

INFO: Contact Steven Alper, L.C.S.W. stevenalperlcsw@gmail.com (619)463-6387
**Interventions**

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


**Associations**

Articles examining the correlation and mechanism between mindfulness and other variables


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### Editor

David S. Black, PhD, MPH

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### Highlights by

Seth Segall, PhD

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**Horst, K., Newsom, K., & Stith, S. (2013).** Client and therapist initial experience of using mindfulness in therapy. *Psychotherapy Research.* [link]


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

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


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### METHODS

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

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


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MAY 2013


TRIALS
Research trials on mindfulness newly registered at Clinicaltrials.gov

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

Oregon Health and Science University (R. Nardos, PI). Examining bladder control using mindful based approach. Trial# NCT01843543. [link]
A summary of new studies or events, providing a snapshot of some of the latest research findings

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

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

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

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

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

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

Taken together, these studies point to significant changes in brain structure and functional connectivity that occur over time with meditative experience, as well as progress in identifying brain networks that are responsible for different aspects of meditative experience.
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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, and Research & Education

Events & Conferences

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

Mindful Art Experience

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

INFO: info@treefroggallery.com Heather & Janet

Research & Education

Online UCLA Mindfulness Class

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

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

Books & Media

INFO: None posted
**Interventions**

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


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


Roeser, R. W., Schonert-Reichl, K. A., Jha, A.,..., Harrison, J. (2013). *Mindfulness training and reductions in teacher stress and burnout: Results from two randomized, waitlist-
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control field trials. Journal of Educational Psychology. [link]


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


Taren, A. A., Creswell, J. D., & Gianaros, P. J. (2013). Dispositional mindfulness co-varies with smaller amygdala and caudate volumes
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**Methods**

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


**Reviews**

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


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


**Trials**

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

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

University of Copenhagen (U. K. Stigsdotter, PI). Nacadia effect study (NEST). Trial# NCT01849718. [link]
Mindfulness is finding its way into the workplace. Its potential to reduce burnout in high-stress jobs or improve safety in high-risk jobs may seem self-evident, but is it beneficial under all circumstances?

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

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

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

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

The authors hypothesized that trait Presence would be an asset for high complexity jobs, but less of an asset for low complexity jobs. Their reasoning was that mindfulness might consume limited cognitive resources that could interfere with speed and efficiency in low complexity jobs. Presence turned out to be positively correlated with CRO (high complexity) task performance (β = .51, p < .01), CRO safety participation (β = .50, p < .01), and CRO safety compliance (β = .32, p = .051), but negatively correlated (β = -.27, p = .053) with FO (low complexity) task performance, and unrelated to either FO safety compliance or participation. Trait Acceptance was unrelated to any of the work performance or safety measures.

Mindfulness appears to be relevant in diverse workplace settings. Mindful teachers report reduced stress and burnout, and mindfully present power plant operators in high complexity jobs enact safer behaviors. Taken together, these studies suggest that mindfulness might aid in vocational tasks involving the processing of multiple streams of information along with complex decision-making responsibilities. However, mindfulness might be less relevant on routine tasks when speed is of the essence and the cost of error is low.
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INFO: Date: 7 & 8 August 2013. Visit http://centrumvoormindfulness.nl/ workshop-compassion-germer-neff

MBCPM Facilitator Training and Practicum

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

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

Right Life Project Launches

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

INFO: Please visit us at www.rightlifeproject.com

Mindful Practice CME Events

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

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

Mindful Schools Courses in Europe

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

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

Research & Education

Mindfulness Professional Teacher Training


INFO: For details, go to: themindfulnessinstitute.com/teacher-training

Contemplative Education Website

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

INFO: http://www.contemplativeeducation.ca

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

Books & Media

INFO: None posted
**INTERVENTIONS**

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

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determine effectiveness and feasibility. Supportive Care in Cancer. [link]


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


Kögler, M., Brandstätter, M., Borasio, G. D., ... Fegg, M. J. (2013). Mindfulness in informal caregivers of palliative patients. Palliative and Supportive Care. [link]


**ASSOCIATIONS**

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


**METHODS**

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


**Reviews**

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


**Trials**

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

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

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

University of Wisconsin, Madison (R. Davidson, PI). *Games and well-being study (GWB).* Trial# NCT01886911. [link]
HIGHLIGHTS
A summary of select studies from the issue, providing a snapshot of some of the latest research findings

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

Ives-Deliperi et al. [J Affect Disord.] compared 16 bipolar patients before and after MBCT with a wait-list control of 7 bipolar patients and a cohort of 10 untreated healthy controls. Participants were assessed for emotional and cognitive symptoms and underwent fMRIs while performing mindfulness meditation. The patient cohort consisted of bipolar 1 and bipolar 2 patients with only minimal or sub-threshold symptomatology.

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

Krygier at al. [Int J Psychophysiol.] studied the effects of a 10-day Goenka Vipassana retreat on heart rate variability (HRV) in 36 first-time retreat participants. HRV is a measure of parasympathetic activity that is also a biomarker for subjective well-being, cardiovascular health, and reduced all-cause mortality. Retreat participants completed pre-and-post self-report measures of psychological well-being as well as pre-and-post measures of HRV during mindful attention to their breathing and during a resting baseline. HRV measures included absolute, normalized, and log transformed measures of high frequency power, along with a measure of low frequency Traube-Hering-Meyer wave (THM) power. High frequency power reflects vagal tone, whereas low frequency THM power reflects baroreceptor activity.

Participants reported significant improvements in satisfaction with life, mindfulness (as measured by the MAAS), and positive affect, and significantly decreased depression, stress and negative affect from pretest to posttest. Effect sizes were all moderate to large. Participants with greater HRV high frequency power had less negative affect, and those with lower THM power had less negative affect, stress, and depression. Absolute high frequency power was greater during meditation than while at rest, but there was no effect of meditation on either normalized high frequency power or THM power.

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

Together, these studies support the ability of mindfulness to alleviate affective and cognitive symptomatology and improve overall well-being, while helping to illuminate the biological underpinnings for these improvements.
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Categories: Events & Conferences, Research & Education, Books & Media, and Employment

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

9th Annual Oncology Training Conference

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


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INFO: For details, visit: http://www.mindfultechnologies.org/training/european-courses-summer-2013/

Meditation Retreat for Mindfulness Professionals

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

INFO: Registration: www.dharma.org/MBMR

Search Inside Yourself

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

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

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

INFO: www.rotmanexecutive.com/siyli
learning.advisor@rotman.utoronto.ca

Research & Education

Contemplative Education Website

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

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

Books & Media

INFO: None posted

Employment

INFO: None posted
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Articles examining the correlation and mechanism between mindfulness and other variables


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METHODS

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


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

REVIEWS

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


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


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


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


TRIALS

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

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

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

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

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

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

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

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

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

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

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

### Events & Conferences

**Mindful Practice CME Events**


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

**Search Inside Yourself**

For the first time in Canada, Rotman Executive Programs in partnership with the Search Inside Yourself Leadership Institute is proud to present – SEARCH INSIDE YOURSELF. This two-day ground-breaking leadership program developed and refined at Google focuses on the five key domains of emotional intelligence with mindfulness practice, science and leadership applications fully integrated at all levels. Early-bird rate in effect until August 16, 2013.

**INFO:** Register today for the Toronto offering. www.rotmanexecutive.com/siyli. learning.advisor@rotman.utoronto.ca

### Research & Education

**Contemplative Education Website**

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

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

**Online UCLA Mindfulness Class**

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

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

**Seeking Post Grad Mindfulness Course**

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

**INFO:** Please contact: iphillips@mackerelsky.com.au

### On-Line MBSR for Helping Professions


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

**INFO:** www.presentmoment.ca

### Books & Media

**New: An Exploration of Ethics**

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

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

### Employment

**INFO:** None posted
**Interventions**

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

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**FELVER, J. C., FRANK, J. L., & MCEACHERN, A. D.** (2013). *Effectiveness, acceptability, and feasibility of the soles of the feet mindfulness-based intervention with elementary school students.* *Mindfulness.* [link]


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**Associations**

Articles examining the correlation and mechanism between mindfulness and other variables


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**METHODS**

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


Külf, A. K., & Rose, N. (2013). Mindfulness based cognitive therapy (MBCT) in patients...
with obsessive-compulsive disorder—an adaptation of the original program [German]. Psychotherapie, Psychosomatik, Medizinische Psychologie. [link]


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

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

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

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

Laurent *et al. [Psychoneuroendocrinology.]* explored the relationship between dispositional mindfulness (measured by the FFMQ) and salivary cortisol reactivity in male and female members of 100 heterosexual couples who participated in a task designed to elicit acute stress in response to a romantic conflict. The task involved videotaping interactions in which the couples tried to resolve a relationship conflict. Prior to the stress task, men and women showed differing relationships between the five FFMQ facets and mental health variables. Women exhibited significant negative correlations between FFMQ non-reactivity and non-judging and self-ratings of depression and anxiety, and a positive correlation between those same facets and psychological well-being. FFMQ acting with awareness and describing also correlated negatively with women’s depression and positively with women’s well-being. For men, FFMQ non-reacting correlated positively with well-being; FFMQ acting with awareness correlated negatively with depression; and FFMQ non-judging correlated negatively with depression and anxiety.

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

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

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INFO: Website and registration link: www.learning2breathe.org

Research & Education

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This is a wonderful contribution, offered in the spirit of starting a conversation. Given the current context of widening interest in the integration of mindfulness into the mainstream, it is an important and much-needed conversation.” — Rebecca Crane, Director, Centre for Mindfulness Research and Practice, Bangor University, UK.
INFO: Order on Amazon: http://amzn.com/1849058504

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

New Book: Mindfulness Starts Here!
Mindfulness Starts Here is a detailed guide to learning and practicing mindfulness on your own or in a practice group. Drawing on their extensive experiences as clinical psychologists and mindfulness practitioners, Drs. Monteiro and Musten offer teachings that are immediately applicable, portable, and self-paced. The language is compassionate and jargon-free, the concepts of mindfulness are thorough yet simplified, and the practices are shaped to apply easily to everyday life.
INFO: http://www.amazon.com/Mindfulness-Starts-Here-Eight-Week-Skillful/dp/1460209346/ref=tmm_pap_title_0?ie=UTF8&qid=1376495921&sr=8-1
INTERVENTIONS
Articles testing the applied science and implementation of mindfulness-based interventions


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

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


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


TRIALS

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

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

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

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

Oregon Health and Science University (H. Wahbeh, PI). Mindfulness meditation for cognition and mood. Trial# NCT01946893. [link]
In today’s high stress medical environment, 60% of clinicians suffer from symptoms of burnout at some point in their careers, impairing both clinician morale and patient health outcomes. Mindfulness might play an important role in preventing clinician burnout and improving the quality of clinician-patient interactions, thereby improving patient compliance, satisfaction, and well-being.

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

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

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

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

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

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INFO: Order on Amazon: http://amzn.com/1849058504

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

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

INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS

INFO: E-mail: investigaprimaria@gmail.com
Website: www.webmindfulness.com

Employment

INFO: None posted
**Interventions**

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


Zgierska, A., Obasi, C. N.,... Barrett, B. (2013). Randomized controlled trial of mindfulness
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**Editor**
David S. Black, PhD, MPH

**Highlights by**
Seth Segall, PhD

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** ASSOCIATIONS**

Articles examining the correlation and mechanism between mindfulness and other variables


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


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**METHODS**

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


Beng, T. S., Chin, L. E.,... Meng, C. B. (2013). Mindfulness-Based supportive therapy—proposing a palliative psychotherapy from a
conceptual perspective to address suffering in palliative care. *American Journal of Hospice and Palliative Medicine.* [link]


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**REVIEWS**

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


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**TRIALS**

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

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

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

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

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

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

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

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

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

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

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

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

12.01.2013: World AIDS Day
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Mindfulness Teacher Training Online
Professional, Certified Online Mindfulness Teacher Training with Bestselling Author, Shamash Alidina. Next raining starting on 5th January 2014. All sessions are live, interactive and recorded with 100% positive feedback so far. Save time and money on travel and accommodation. Learn from home! Start Date: 5th January.
INFO: Contact: Shamash@learnmindfulness.co.uk http://TeachMindfulnessOnline.com

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

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INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS
INFO: E-mail: investigaprimaria@gmail.com Website: www.webmindfulness.com

Adolescent Mindfulness Intervention Manual Available
Taming the Adolescent Mind (TAM) programme has been found to be clinically efficacious (Tan & Martin, 2012; Tan L, 2013). The manual and workbook have been launched and available for purchase.
INFO: Go to www.tanpsychologist.com.au

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 Web: www.communitypsychiatry.com
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Editor
David S. Black, PhD, MPH

Highlights by
Seth Segal, PhD

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MINDFULNESS RESEARCH MONTHLY

Vol. 4 - Num. 12

DEC 2013

INTERVENTIONS

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


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


Berkovich-Ohana, A., Dor-Ziderman, Y., Glicksohn, J., & Goldstein, A. (2013). Alterations in the sense of time, space and body in the mindfulness-trained brain: A
neurophenomenologically-guided MEG study. *Frontiers in Psychology*, 4, 912. [link]


**Reviews**

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


**Trials**

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

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

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

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

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

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

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

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

Considering the findings from the above review, is mindfulness then more effective in reducing pain and stress than simple relaxation alone? Feuille and Pargament [J of Health Psychol.] conducted a randomized controlled trial comparing standardized mindfulness (STM), spiritualized mindfulness (SPM), and simple relaxation in a cohort of 74 migraine sufferers. Participants underwent a brief, single-session training in STM, SPM, or simple relaxation, in which they received only 5-7 minutes of guided practice and then practiced their assigned technique at home for 20 minutes a day over two weeks. The STM and SPM conditions were identical, except for the inclusion of a spiritually oriented rationale in the SPM condition, which was untied to theism or the beliefs of any specific religion. Both meditation groups employed focused attention to the breath without an open monitoring component.

At the study’s conclusion, participants’ pain tolerance was evaluated by a cold pressor task assessing their ability to maintain their hand in icy cold water for as long as they could tolerate, and their pain, stress, and mindfulness (as measured by the Toronto Mindfulness Scale) were rated during the procedure. Both meditation groups reported significantly lower stress than the simple relaxation group, but none of the groups differed in their pain perception or tolerance. SPM participants had a greater sense of connection to the sacred and experienced higher levels of mindfulness, but the STM and simple relaxation participants failed to differ from each other on those measures.

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

**Mindful Practice CME Events**

Two separate 4-day workshops designed to improve quality of care while improving clinicians’ own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center.

Location: Chapin Mill Retreat Center, Batavia, NY

Session 1: October 9-12, 2013 - [http://www.cvent.com/d/1cqbt1](http://www.cvent.com/d/1cqbt1)

Session 2: May 7-10, 2014 - [http://www.cvent.com/d/tcqbgb](http://www.cvent.com/d/tcqbgb)

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

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**Introduction to MBCP Professional Retreat**

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

**INFO:** [http://www.mindfulbirthing.org](http://www.mindfulbirthing.org)
[http://mbpti.org/mbcp_home.html](http://mbpti.org/mbcp_home.html)

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**New Year’s Teen Retreats**

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

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

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### Professional Training in Mindfulness-Based Relapse Prevention

MBRP is an 8-week program for individuals with addictive behaviors that integrates mindfulness meditation with cognitive-behavioral Relapse Prevention Therapy. This training is for individuals with an established mindfulness meditation practice.

Dates: March 6-9, 2014 Non-residential workshop in Seattle, WA.

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

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### Research & Education

**Research Project: Mindfulness Unexpected Effects**

One of the criticisms about the practice of mindfulness is their possible unexpected effects. The International Group for the Investigation of Mindfulness is carrying out a study to analyze these possible effects. In order to make this study as broad and as explanatory as possible, we require cooperation from individuals who have experience in both the practice and teaching of mindfulness and meditation.

This consists of answering a series of questions on a website in this [link](https://es.surveymonkey.com/s/effectos) (15 minutes).

*English*:
[https://es.surveymonkey.com/s/effects](https://es.surveymonkey.com/s/effects)

*Español*:
[https://es.surveymonkey.com/s/efectos](https://es.surveymonkey.com/s/efectos)

*Português*:
[https://es.surveymonkey.com/s/efeitos](https://es.surveymonkey.com/s/efeitos)

**INTERNATIONAL GROUP FOR THE INVESTIGATION OF MINDFULNESS**

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

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### 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 Web: [www.communitypsychiatry.com](http://www.communitypsychiatry.com)