**INTERVENTIONS**

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


**ASSOCIATIONS**

Articles examining how mindfulness is associated with psychological, social & biological variables


**MECHANISMS**

Articles examining the mechanisms and theory linking mindfulness to behavior, cognition, emotion & health


**METHODS**

Articles developing and testing empirical procedures to advance mindfulness psychometrics & methodology
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**TRIALS**

Research on mindfulness that has been newly registered or recently updated (Feb 2012) at ClinicalTrials.gov

- Karolinska Institute (B. Ljótsson, P.I.). Cognitive behavioral therapy with or without exposure therapy for irritable bowel syndrome. Trial# NCT01529567. [link]
- Linkoeping University (G. Andersson, P.I.). Internet-delivered psychodynamic therapy for depression and anxiety disorders (ATLAS). Trial# NCT01532219. [link]
- University of California, Los Angeles (D.S. Black, P.I.). Effect of mindfulness training on sleep and inflammation among older adults with sleep problems (MAPS). Trial# NCT01534338. [link]
- University of California, Los Angeles (J.D. Creswell, P.I.). Mindfulness meditation in older adults (MIND). Trial# NCT01532596. [link]
- University of Regensburg (B. Langguth, P.I.). Mindfulness-based therapy in chronic tinnitus. Trial# NCT01540357. [link]
Highlights

Summary of select studies from the issue, providing a snapshot of some of the latest work in the field

Yoga takes center stage this month, along with mindfulness techniques, as a viable way to reduce stress. Risks associated with stress continue to pile up, including increased risk of heart disease, diabetes, cancer, mood disorders, fatigue, chronic pain, and increased inflammation. The costs of work-related stress continue to rise—not just for workers but for employers as well. In response, some companies have begun to address the issue right in the workplace. A study from Wollever et al. (J Occup Health Psych), funded in part by Aetna, Inc., randomly assigned the health insurance company’s employees to a twelve-week program in yoga or mindfulness, or to an assessment-only control group. Participants in one condition learned Viniyoga, a therapeutic style of yoga that focuses primarily on the breath and on adapting the asana postures according to the needs and goals of the individual. In weekly one-hour sessions, employees learned a sequence of movements specifically designed for the study by American Viniyoga Institute. Those receiving the “Mindfulness at Work” training participated either in person or online in weekly hour-long sessions and a two-hour practice intensive at week 10. The mindfulness practice was developed for the workplace by eMindful, Inc., a company that also partially funded the study. Both mind-body methods significantly improved self-reported levels of stress, perceived sleep quality, and coherence ratio of heart-rate variability, a physiological indicator of autonomic nervous system balance. The findings suggest that yoga and mindfulness practices tailored to the workplace can provide companies with a way to combat stress and improve employee health in-house, a notion with growing support.

Importantly, many of the harmful effects of stress are mediated through over-activity of the sympathetic nervous system, and specifically of the HPA axis, formed by the hypothalamus, pituitary, and adrenal glands. With ongoing stress, chronic activation of the HPA axis results in sustained physiological stress on the body and brain. Australian researchers (Melville et al. Evid-Based Comp Alt Med) took a closer look at the immediate effects of yoga and mindfulness. The authors measured physiological indicators of stress in people who had received just 15 minutes of yoga, mindfulness meditation, or work as usual. The yoga instruction emphasized deep breathing and used chair-based postures; the guided meditation was delivered in an mp3 audio file. Just after yoga or meditation, participants reported lower perceived stress, and physiological markers indicated they were in a more relaxed state with reduced sympathetic nervous system activity. Notably, the authors hypothesize that the benefits of both practices may arise from reduced breathing rate. Their analysis of the physiological data also supported the idea that a physical yoga practice might help prepare the mind for meditation, perhaps increasing benefits to the nervous system.

School-aged teens can also benefit from yoga training, according to a separate report from Noggle et al. (J Devl Behav Ped). In this study, high school juniors and seniors either took a normal physical education (PE) class or a Kripalu yoga class, another breath-centered yoga practice that also emphasizes self-awareness. The authors determined that the yoga instruction in a high school PE class was feasible and appeared to improve psychosocial measures of wellbeing. Taken together, the three studies reflect a growing awareness of daily stress as a major burden on health, and they illustrate that yoga and mindfulness practices can be used in everyday settings to reduce the effects of stress.
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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media
Still Quiet Place CDs for Youth
These CDs provide children and teens with foundational mindfulness practices. These brief age-adapted practices support young people in discovering the stillness and quietness (aka awareness) between the breaths. From this foundation they are invited to watch what happens in their bodies, minds, and hearts. Playful tracks for young children encourage them to be otters riding the waves of the breath, and blow kisses of loving kindness. The P.E.A.C.E practice for teens offers step-by-step suggestions for responding in difficult circumstances.
INFO: www.stillquietplace.com

Events & Conferences
Investigating and Integrating Mindfulness Conference
Investigating and Integrating Mindfulness in Medicine, Health Care, and Society The 10th Annual International Scientific Conference for Clinicians, Researchers and Educators
Presented by The Center for Mindfulness in Medicine, Health Care, and Society March 28 – April 1, 2012 Sheraton Four Points, Norwood MA
The 2012 Conference will feature more than 75 presentations that include research forums, presentation dialogues, workshops, keynotes, breakfast roundtables, and a full day retreat. Up to 33 AMA PRA Category 1 Credits– please see the conference website
INFO: http://umassmed.edu/cfm/conference

Jobs & Volunteer
None Posted

Research & Education
Submit to Special Theme Journal Issue
Submit your articles to the special issue on Mindfulness and Substance Use: Intervention, Mechanisms, and Future Directions. The journal of Substance Use & Misuse has released a call for papers seeking manuscripts on the use of mindfulness-based interventions to treat substance users/misusers. Deadline for initial submission is Dec. 1, 2012.
INFO: www.mindfulexperience.org/resources/black_2012_call.pdf
CONTACT: dblack@mednet.ucla.edu

American Viniyoga Institute Training
Viniyoga Foundations Program for Teaching & Yoga Therapy 300-hour Viniyoga Studies/500-hour Viniyoga Teacher Training with Gary Kraftsow, MA, E-RYT 500 & Faculty Starts
June 17, 2012 at Yogaville in Buckingham, Virginia Four 12-day sessions: June 2012, Nov-Dec 2012, Mar 2013, Oct 2013
INFO: www.viniyoga.com or studentadvisor@viniyoga.com