**Interventions**

Articles evaluating the applied science and implementation of mindfulness-based interventions and related meditation practices


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Editor
David S. Black, MPH, PhD

Highlights by
Stephani Sutherland, PhD

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cancer patients and their caregivers. Journal of Holistic Nursing. [link]


versus antidepressant medication or placebo for prevention of depressive relapse. Journal of Consulting and Clinical Psychology. [link]

Bramm, S. M., Cohn, A. M., & Hagman, B. T. (2012). Can preoccupation with alcohol override the protective properties of mindful awareness on problematic drinking? Addictive Disorders & Their Treatment. [link]


ASSOCIATIONS

Articles examining associations between mindfulness and other variables and the mechanisms underlying these relationships

Bieling, P. J., Hawley, L. L., Bloch, R. T., Corcoran, K. M., et al. (2012). Treatment-specific changes in decentering following mindfulness-based cognitive therapy


**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


Trials
Research on mindfulness newly registered or recently updated (Mar 2012) at Clinicaltrial.gov

Brigham and Women’s Hospital. (Noggle, J., PI). Evaluation of yoga for sleep disturbances in post traumatic stress disorder (PTSD). Trial# NCT01556074. [link]

Department of Veterans Affairs (Lim, K., PI). Meditation interventions for treatment of PTSD in Veterans (VMP). Trial# NCT01548742. [link]

Michigan State University (Lehto, R. PI). Mindfulness therapy for individuals with lung cancer. Trial # NCT01565980. [link]

University of Utah. (Kinney, A., PI). Body mind training project. Trial # NCT01564394. [link]
Everything we think and feel, remember and experience is said to have ‘neural correlates.’ The physiological activity of our brains’ neurons and glial cells, bloodflow, and bodily interactions all underlie our experience of life. What might be the pure neural correlates of mindful meditation in beginners? Dickenson et al. (Soc Cog Affect Neuro) set out to carefully examine this question. While previous studies have divulged brain areas involved in mindfulness, the current study instructed participants to focus mindfully on their breath while control subjects were instructed to “let your mind take you wherever it goes as your normally would throughout the day.” Functional magnetic resonance imaging (fMRI) revealed that mindful breathing relative to controls specifically recruited an attention network including the anterior cingulate cortex, the insula, and frontal-parietal regions, while the default mode network activity was greater in the mind-wandering condition. Interestingly, trait mindfulness, as measured by self-report with the Mindful Attention Awareness Scale (MAAS), was associated with greater activation of these regions, and mindfulness even in beginners suppressed activity of the default mode network, a network activated often during daydreaming and mind wandering.

Again using fMRI, Hasenkamp and Barsalou (Front Hum Neuro) found that among healthy meditation practitioners who were savvy to breath-focused meditation, activity in the default mode network was associated with mind wandering, and that connectivity between attentional networks increased with lifetime hours of meditation practice. The authors suggest that these plastic changes in network connectivity are lasting and represent the correlates of meditation’s “off-the-mat” benefits to daily life.

Finally, Moore et al. (Front Hum Neuro) shifted to electroencephalographic (EEG) measurements of attention among meditation naïve participants during mindfulness meditation training. The longitudinal randomized controlled study found evidence that mindfulness meditation practice over 16 weeks improved subjects’ efficiency of the use of attention resources in the brain, which might underlie the often observed benefits to self-regulation of attention. Moreover, total meditation time over the course of the intervention was strongly and significantly correlated with self-reported mindfulness level on the Five Facet Mindfulness Questionnaire (FFMQ). Although the exact underpinnings of meditation—and indeed of attention itself—remain incompletely understood, the two processes appear intricately intertwined.
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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media
Insert your announcement here.

Events & Conferences
Harvard Medical School Mindfulness Conference
May 11-12, 2012 at the Boston Park Plaza Hotel in downtown Boston. This conference explores how mindfulness meditation, especially acceptance and compassion, can be integrated into patient care and support the therapist’s own well-being. You will be able to define compassion as a psychological skill; identify conditions to support or hinder compassion in psychotherapy; describe the neurobiological processes of awareness and acceptance; trace the historical roots of compassion mind training; help patients respond compassionately to their own suffering; and implement self-compassion as an antidote to compassion fatigue. In addition, you will be able to describe the use of acceptance and compassion-oriented approaches, such as the applications of dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and internal family systems (IFS) to treating children, adolescents, adults, and couples.

INFO: www.cambridgecme.org

Yoga Service Conference
Join us at the Yoga Service Conference, May 18-20th, 2012 at Omega in Rhinebeck, NY. Learn how yoga heals trauma; how to start and fund a yoga service project; how to work within institutions and about current research in yoga service. Register at www.eomega.org; Use discount code “YSC.”

INFO: www.yogaservicecouncil.org

Jobs & Volunteer
Website Developer Needed
Mindfulness Research Guide is seeking a volunteer to help with website development and design for its services to the mindfulness community. Volunteers should have a minimum of 6 years experience in website development and should be familiar with WordPress hosting. Please send email with resume to mrginform@gmail.com

INFO: www.mindfulexperience.org

Research & Education
Certificate in Mindfulness and Psychotherapy
The Institute for Meditation and Psychotherapy is accepting applications for the fifth year of its comprehensive nine-month program in mindfulness and psychotherapy. Twenty-two faculty, weekly classes, case consultation, two retreats. Enrollment is limited, and there is an option for remote learning.

INFO: www.meditationandpsychotherapy.org

Iyengar Yoga for Cancer Survivors
The Pediatric Pain Program at UCLA is conducting a study on iyengar yoga for young adult survivors of childhood cancer experiencing persistent fatigue. The study involves a free 12-week course of yoga.

INFO: Please call Dr. Subhadra Evans at (310) 475 3191 ext. 221 for more information.

Submit to Journal Issue on Mindfulness
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

American Viniyoga Institute Training

INFO: www.viniyoga.com