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


McKenzie, S. P., Hassed, C. S., & Gear, J. L. (2012). Medical and psychology students’ knowledge of and attitudes towards mindfulness as a clinical intervention. EXPLORE: The Journal of Science and Healing, 8(6), 360-367. [link]


Riley, B. (2012). Experiential avoidance mediates the association between thought suppression and mindfulness with problem gambling. Journal of Gambling Studies. [link]


mindfulness assessment—a cognitive interview study of the Freiburg Mindfulness Inventory. *Mindfulness.* [link]


Wahbeh, H., Lane, J., Goodrich, E.,... Oken, B. (2012). One-on-one mindfulness meditation trainings in a research setting. *Mindfulness.* [link]


**REVIEW**

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


Brewer, J., Davis, J., & Goldstein, J. (2012). *Why is it so hard to pay attention, or is it? Mindfulness, the factors of awakening and reward-based learning.* *Mindfulness.* [link]


Highlights

How does mindfulness enhance cognition, decrease anxiety, or improve medical symptoms? The answers lie in a more complete picture of the underlying neurological and immunological mechanisms involved. This month researchers continue to refine our understanding of the biology of mindfulness.

Allen et al. [J. of Neuroscience] randomly assigned 61 participants to mindfulness training or a reading-and-listening control group. Participants were pre- and post-tested on an error awareness task (EAT) and a Stroop task during fMRI scanning. Mindfulness training decreased reaction times on incongruent Stroop trials and increased left dorsolateral prefrontal cortex (DLPFC) activation during executive processing. Meditators with the most practice showed increased frontoinsular, cingulate, and midbrain activation while processing negative emotion, and greater response inhibition on the EAT. The authors speculate that the effects of mindfulness training are tied to the amount and type of practice. Early training in attentional stability increased DLPFC activation and top-down cognitive control. Later training in open monitoring activated frontoinsular structures and improved bottom-up interoceptive awareness.

Monti et al. [Stress and Health] randomly assigned 18 breast cancer survivors to either Mindfulness-Based Art Therapy (MBAT) or an education-and-support control group. Subjects were assessed for anxiety and underwent pre- and post-fMRI scans under a variety of conditions. MBAT participants showed increased activation of the left insula, right amygdala, right hippocampus, and bilateral caudate nucleus. MBAT participants also showed reduced anxiety that was strongly correlated with increased left caudate activity while at rest. MBAT participants increased left caudate and bilateral sensorimotor cortex activation and decreased left insula, left inferior parietal cortex, right inferior prefrontal cortex, medial prefrontal cortex, and right anterior cingulate activation while performing a body scan. They also showed decreased posterior cingulate activity while performing serial sevens (a stress task). This research reinforces prior findings that mindfulness-based treatments effectively reduce anxiety, and ties that reduction to increased limbic activation.

Rosenkranz et al. [Brain, Behavior, and Immunity] randomly assigned 49 participants to either an MBSR or a Health Enhancement Program (HEP) control emphasizing exercise, nutritional education, and music therapy. Participants were exposed to a psychologically stressful situation (public speaking and performing mental arithmetic) and a capsaicin-induced skin inflammation challenge. Both groups reported similar decreases in psychological and physical complaints. Only the MBSR group, however, showed a reduced skin flare in response to capsaicin (reflecting a decreased neuroinflammatory response) and a steepened diurnal cortisol slope. Steeper cortisol slopes have previously been associated with enhanced cognition and affect regulation, decreased stress and depression, and improved illness survival. MBSR participants who practiced the most showed the greatest declines in cytokine response to capsaicin, while control participants who practiced the most showed increases in cytokine response. The groups did not differ, however, in their cortisol response to acute psychological stress. The study suggests a specific benefit for MBSR in treating neurogenic inflammation in skin disorders such as eczema, psoriasis, and atopic dermatitis.

All three of these studies benefited from the inclusion of active controls, extending our knowledge of cortical and subcortical activity during mindfulness meditation, and the psycho-neuroimmunological mechanisms linking practice with health outcomes.
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**Events & Conferences**

**MBCPM Facilitator Training**
Mindfulness-Based Chronic Pain Management (MBCPM) is a 13-week course, created by Canadian physician Dr. Jackie Gardner-Nix, where patients with chronic pain/disease learn the principles of Mindfulness meditation and how these relate to suffering less pain. Modeled on Kabat-Zinn’s MBSR program, MBCPM was designed to better address the unique needs of the chronic pain/disease population. Since its creation in 2002 almost 6,000 people have gone through the program. A 3-day intensive MBCPM Level 1 Facilitator Training is being offered from February 20 to 22, 2013 at St. Michael’s Hospital in Toronto, Ontario, Canada. To qualify for the course, applicants must have completed a Mindfulness course taught by an accredited teacher of MBSR, MBCT or MBCPM, have a consistent meditation practice, have attended Mindfulness and/or pain conferences, and hold a professional qualification at the Masters level or above, preferably in medicine or another health care field.

**INFO:** More information and to apply visit [http://www.neuronovacentre.com](http://www.neuronovacentre.com)

**Mindfulness4Scotland Conference 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:** For more information, visit [www.mindfulness4scotland.moonfruit.com](http://www.mindfulness4scotland.moonfruit.com)

**Mindfulness Research Meeting in Seattle**

**INFO:** More information at [http://depts.washington.edu/ccfwb/mlconference.html](http://depts.washington.edu/ccfwb/mlconference.html)

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

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

**Research & Education**

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

**INFO:** To participate please visit: [www.ubishops.ca/CAMProviderStudy](http://www.ubishops.ca/CAMProviderStudy)

**MINDFO: Get in the Know**
Mindfo is a database of over 2,400 references on mindfulness research.

**INFO:** For more information, go to [http://www.mindfulexperience.org/mindfo.php](http://www.mindfulexperience.org/mindfo.php)

**Books & Media**

**Cultivating Teacher Renewal: Guarding Against Stress**
Dr. Barbara Larrivee’s new book presents an extensive review of the research on stress and burnout and offers many intentional practices and strategies for building up defenses against stress, including strategies for cultivating mindfulness, such as meditation, breathwork, and setting intentions.

**INFO:** Available through Amazon at [http://www.amazon.com/Cultivating-Teacher-Renewal-Guarding-Against/dp/1475801106/ref=wl_it_dp_o_pdT1_S_nCie=UTF8&colid=11E55XR42ZGA9&coliid=j29YB4EYUPUR5C](http://www.amazon.com/Cultivating-Teacher-Renewal-Guarding-Against/dp/1475801106/ref=wl_it_dp_o_pdT1_S_nCie=UTF8&colid=11E55XR42ZGA9&coliid=j29YB4EYUPUR5C)