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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

Alexander, V., Tatum, B. C., Auth, C.,... Fidaleo, R. (2012). **A study of mindfulness practices and cognitive therapy: Effects on depression and self-efficacy.** *International Journal of Psychology and Counselling*, 4(9), 115-122. [[link](#)]

Dunn, R., Callahan, J. L., Swift, J. K., & Ivanovic, M. (2012). **Effects of pre-session centering for therapists on session presence and effectiveness.** *Psychotherapy Research*. [[link](#)]

Fisher, C., Hauck, Y., Bayes, S., & Byrne, J. (2012). **Participant experiences of mindfulness-based childbirth education: A qualitative study.** *BMC Pregnancy and Childbirth*, 12(1), 126. [[link](#)]

Gardner-Nix, J., Barbati, J., Grummitt, J.,... Raponi Newton, R. (2012). **Exploring the effectiveness of a mindfulness-based chronic pain management course delivered simultaneously to on-site and off-site patients using telemedicine.** *Mindfulness*. [[link](#)]

Gibbons, C., Felteau, M., Cullen, N.,... Bedard, M. (2012). **Training clinicians to deliver a mindfulness intervention.** *Mindfulness*. [[link](#)]

Goldmeier, D. (2012). **Mindfulness: A sexual medicine physician's personal and professional journey.** *Sexual and Relationship Therapy*. [[link](#)]

Hazlett-Stevens, H. (2012). **Mindfulness-Based stress reduction for comorbid anxiety and depression: Case report and clinical considerations.** *The Journal of Nervous and Mental Disease*, 200(11), 999-1003. [[link](#)]

Hertenstein, E., Rose, N., Voderholzer, U.,... Kulz, A. K. (2012). **Mindfulness-based cognitive therapy in obsessive-compulsive disorder--a qualitative study on patients' experiences.** *BMC Psychiatry*, 12(1), 185. [[link](#)]

Hofer, H., Grosse Holtforth, M., Lüthy, F.,... Müri, R. (2012). **The potential of a mindfulness-enhanced, integrative neuro-psychotherapy program for treating fatigue following stroke: A preliminary study.** *Mindfulness*. [[link](#)]

Hong, P., Lishner, D., & Han, K. (2012). **Mindfulness and eating: An experiment examining the effect of mindful raisin eating on the enjoyment of sampled food.** *Mindfulness*. [[link](#)]

Larkin, H., Hardiman, E. R., Weldon, T., & Kim, H. C. (2012). **Program characteristics as factors influencing the implementation of mindfulness meditation in substance abuse treatment agencies.** *Journal of Religion & Spirituality in Social Work: Social Thought*, 31(4), 311-327. [[link](#)]

Neff, K. D. & Germer, C. K. (2012). **A pilot study and randomized controlled trial of the mindful self-compassion program.** *Journal of Clinical Psychology*. [[link](#)]

Rocco, S., Dempsey, S., & Hartman, D. (2012). **Teaching calm abiding meditation to mental health workers: A descriptive account of valuing subjectivity.** *Contemporary Buddhism*, 13(2), 193-211. [[link](#)]

Ussher, M., Spatz, A., Copland, C.,... McCracken, L. M. (2012). **Immediate effects of a brief mindfulness-based body scan on patients with chronic pain.** *Journal of Behavioral Medicine*. [[link](#)]

Whitebird, R. R., Kreitzer, M. J., Crain, A. L.,... Enstad, C. J. (2012). **Mindfulness-Based stress reduction for family caregivers: A randomized controlled trial.** *The Gerontologist*. [[link](#)]

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ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Adams, M., Caldwell, K., Atkins, L., & Quin, R. (2012). **Pilates and mindfulness: A qualitative study.** *Journal of Dance Education*, 12(4), 123-130. [\[link\]](#)

Allen, M., Dietz, M., Blair, K. S.,... Roepstorff, A. (2012). **Cognitive-affective neural plasticity following active-controlled mindfulness intervention.** *The Journal of Neuroscience*, 32(44), 15601-10. [\[link\]](#)

Burton, M., Schmertz, S. K., Price, M.,... Anderson, P. L. (2012). **The relation between mindfulness and fear of negative evaluation over the course of cognitive behavioral therapy for social anxiety disorder.** *Journal of Clinical Psychology*. [\[link\]](#)

Chopko, B. A. & Schwartz, R. C. (2012). **The relation between mindfulness and posttraumatic stress symptoms among police officers.** *Journal of Loss and Trauma*. [\[link\]](#)

Christopher, M., Ramsey, M., & Antick, J. (2012). **The role of dispositional mindfulness in mitigating the impact of stress and impulsivity on alcohol-related problems.** *Addiction Research & Theory*. [\[link\]](#)

Corazon, S. S., Stigsdotter, U. K., Moeller, M. S., & Rasmussen, S. M. (2012). **Nature as therapist: Integrating permaculture with mindfulness- and acceptance-based therapy in the Danish healing forest garden Nacadia.** *European Journal of Psychotherapy & Counselling*, 14(4), 335-47. [\[link\]](#)

Malarkey, W. B. & Klatt, M. (2012). **Workplace based mindfulness practice and inflammation: A randomized trial.** *Brain, Behavior, and Immunity*. [\[link\]](#)

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. [\[link\]](#)

Monti, D. A., Kash, K. M., Kunkel, E. S.,... Newberg, A. B. (2012). **Changes in cerebral blood flow and anxiety associated with an 8-week mindfulness programme in women with breast cancer.** *Stress and Health*, 28(5), 397-407. [\[link\]](#)

Pepping, C. A., Davis, P. J., & O'Donovan, A. (2013). **Individual differences in attachment and dispositional mindfulness: The mediating role of emotion regulation.** *Personality and Individual Differences*, 54(3), 453-436. [\[link\]](#)

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

Rosenkranz, M. A., Davidson, R. J., MacCoon, D. G.,... Lutz, A. (2012). **A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation.** *Brain, Behavior, and Immunity*. [\[link\]](#)

Seear, K. H. & Vella-Brodrick, D. A. (2012). **Efficacy of positive psychology interventions to increase well-being: Examining the role of dispositional mindfulness.** *Social Indicators Research*. [\[link\]](#)

Wong, C. Y. & Mak, W. S. (2012). **Differentiating the role of three self-compassion components in buffering cognitive-personality vulnerability to depression among Chinese in Hong Kong.** *Journal of Counseling Psychology*. [\[link\]](#)

METHODS

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

Belzer, F., Schmidt, S., Lucius-Hoene, G.,... Sauer, S. (2012). **Challenging the construct validity of**

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

de Bruin, E., Zijlstra, B., Geurtzen, N.,... Bogels, S. (2012). **Mindful parenting assessed further: Psychometric properties of the Dutch version of the interpersonal mindfulness in parenting scale (IM-P).** *Mindfulness.* [\[link\]](#)

Hsu, S. H., Collins, S. E., & Marlatt, G. A. (2012). **Examining psychometric properties of distress tolerance and its moderation of mindfulness-based relapse prevention effects on alcohol and other drug use outcomes.** *Addictive Behaviors.* [\[link\]](#)

Tang, Y. Y. & Posner, M. I. (2012). **Tools of the trade: Theory and method in mindfulness neuroscience.** *Social Cognitive and Affective Neuroscience.* [\[link\]](#)

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

Waltman, S. H., Hetrick, H., & Tasker, T. E. (2012). **Designing, implementing, and evaluating a group therapy for underserved populations.** *Residential Treatment for Children & Youth, 29(4), 305-323.* [\[link\]](#)

REVIEWS

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

Birx, E. (2012). **A comparative concept analysis of centering vs. Opening meditation processes in health care.** *Journal of Advanced Nursing.* [\[link\]](#)

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.* [\[link\]](#)

Carlson, L. E. (2012). **Mindfulness-based interventions for physical conditions: A narrative review evaluating levels of evidence.** *ISRN Psychiatry, 2012: Article ID 651583.* [\[link\]](#)

Edenfield, T. M. & Saeed, S. A. (2012). **An update on mindfulness meditation as a self-help treatment for anxiety and depression.** *Psychology Research and Behavior Management, 5, 131-141.* [\[link\]](#)

Fix, R. L. & Fix, S. T. (2012). **The effects of mindfulness-based treatments for aggression: A critical review.** *Aggression and Violent Behavior.* [\[link\]](#)

Hyland, T. (2012). **Mindfulness and the myth of mental illness: Implications for theory and practice.** *Contemporary Buddhism, 13(2), 177-92.* [\[link\]](#)

Marx, R. & Marx, S. (2012). **The eye and the I: The construction and use of the observer in cognitive--analytic psychotherapy and mindfulness-based therapy.** *British Journal of Psychotherapy, 28(4), 496-515.* [\[link\]](#)

Orr, D. (2012). **Thinking outside the academic box: An introduction to mindfulness meditation for education.** *Other Education, 1(1), 79-91.* [\[link\]](#)

Perich, T., Manicavasagar, V., Mitchell, P., & Ball, J. (2012). **Mindfulness-based approaches in the treatment of bipolar disorder: Potential mechanisms and effects.** *Mindfulness.* [\[link\]](#)

TRIALS

Research trials on mindfulness newly registered (Nov 2012) at Clinicaltrials.gov

Federal University of São Paulo (V. F. Bueno, P.I.). **Effects of the mindfulness meditation practices on cognition.** Trial # NCT01738334. [\[link\]](#)

Mindfulness Research Monthly

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HIGHLIGHTS

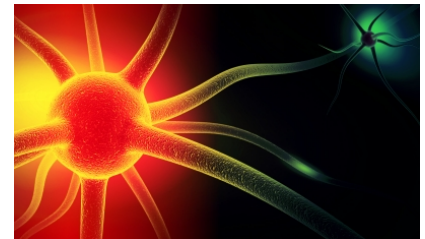
A summary of select studies from the issue, providing a snapshot of some of the latest research in the field

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 frontoinsula, 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 frontoinsula 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 psychoneuroimmunological mechanisms linking practice with health outcomes.

ANNOUNCEMENTS

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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

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>

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

Mindfulness Research Meeting in Seattle

Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being April 16-17th, 2013. Join researchers

and practitioners promoting children's well-being through mindfulness. Advance the science of mindfulness in work with children, parents, educators and practitioners. Keynote speakers: Mark Greenberg, Robert Roeser. Symposia: mindfulness in parenting, education and therapy. Poster session.

INFO: More information at <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.cmrcconference.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
<http://www.mindfulness.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

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>

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=I29YB4EYUPUR5C