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### Editor

David S. Black, MPH, PhD

### Highlights by

Stephani Sutherland, PhD

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## INTERVENTIONS

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

Bethay, J., Wilson, K., Schnetzer, L., Nassar, S., & Bordieri, M. (2012). **A controlled pilot evaluation of acceptance and commitment training for intellectual disability staff.** *Mindfulness*. [link]

Bormann, J. E., Thorp, S. R., Wetherell, J. L., Golshan, S., & Lang, A. J. (2012). **Meditation-based mantram intervention for veterans with posttraumatic stress disorder: A randomized trial.** *Psychological Trauma: Theory, Research, Practice, and Policy*. [link]

Brady, V. P. & Whitman, S. M. (2012). **An acceptance and mindfulness-based approach to social phobia: A case study.** *Journal of College Counseling*, 15(1), 81-96. [link]

Clarke, S., Kingston, J., Wilson, K. G., Bolderston, H., & Remington, B. (2012). **Acceptance and commitment therapy for a heterogeneous group of treatment-resistant clients: A treatment development study.** *Cognitive and Behavioral Practice*. [link]

Dimidjian, S. & Kleiber, B. (2012). **Being mindful about the use of mindfulness in clinical contexts.** *Cognitive and Behavioral Practice*. [link]

Garland, S. N., Tamagawa, R., Todd, S. C., Speca, M., & Carlson, L. E. (2012). **Increased mindfulness is related to improved stress and mood following participation in a mindfulness-based stress reduction program in individuals with cancer.** *Integrative Cancer Therapies*. [link]

Gillespie, S. M., Mitchell, I. J., Fisher, D., & Beech, A. R. (2012). **Treating disturbed emotional regulation in sexual offenders: The potential applications of mindful self-regulation and controlled breathing techniques.** *Aggression and Violent Behavior*. [link]

Kaviani, H., Hatami, N., & Javaheri, F. (2012). **The impact of mindfulness-based cognitive therapy (MBCT) on mental health and quality of life in a sub-clinically depressed population.** *Archives of Psychiatry and Psychotherapy*, 1, 21-28. [link]

Lavretsky, H., Epel, E. S., Siddarth, P., et al. (2012). **A pilot study of yogic meditation for family dementia caregivers with depressive symptoms: Effects on mental health, cognition, and telomerase activity.** *International Journal of Geriatric Psychiatry*. [link]

Ostafin, B. D. & Kassman, K. T. (2012). **Stepping out of history: Mindfulness improves insight problem solving.** *Consciousness and Cognition*. [link]

Perelman, A. M., Miller, S. L., Clements, C. B., et al. (2012). **Meditation in a deep south prison: A longitudinal study of the effects of Vipassana.** *Journal of Offender Rehabilitation*, 51(3), 176-98. [link]

Price, C. J., Wells, E., Donovan, D., & Brooks, M. (2012). **Implementation and acceptability of mindful awareness in body-oriented therapy in women's substance use disorder treatment.** *The Journal of Alternative and Complementary Medicine*. [link]

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Warren, J. (2012). **Applying Buddhist practices to recovery: What I learned from skiing with a little Buddha wisdom.** *Journal of Addictions & Offender Counseling*, 33(1), 34-47. [\[link\]](#)

Witkiewitz, K., Bowen, S., Douglas, H., & Hsu, S. H. (2012). **Mindfulness-Based relapse prevention for substance craving.** *Addictive Behaviors*. [\[link\]](#)

## ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Baer, R. A., Lykins, E. L. B., & Peters, J. R. (2012). **Mindfulness and self-compassion as predictors of psychological wellbeing in long-term meditators and matched nonmeditators.** *The Journal of Positive Psychology*. [\[link\]](#)

Büssing, A., Hedtstück, A., Sauer, S., et al. (2012). **Associations between mindfulness, lightheartedness, and inner correspondence in yoga practitioners.** *Mindfulness*. [\[link\]](#)

Gonzalez, A., Zvolensky, M. J., Grover, K. W., & Parent, J. (2012). **The role of anxiety sensitivity and mindful attention in anxiety and worry about bodily sensations among adults living with HIV/AIDS.** *Behavior Therapy*. [\[link\]](#)

Levenson, R. W., Ekman, P., & Ricard, M. (2012). **Meditation and the startle response: A case study.** *Emotion*. [\[link\]](#)

Libby, D. J., Worhunsky, P. D., Pilver, C. E., & Brewer, J. A. (2012). **Meditation-induced changes in high-frequency heart rate variability predict smoking outcomes.** *Frontiers in Human Neuroscience*, 6(54). [\[link\]](#)

Pagnoni, G. (2012). **Dynamical properties of BOLD activity from the ventral posteromedial cortex associated with meditation and attentional skills.** *The Journal of Neuroscience*, 32(15), 5242-9. [\[link\]](#)

Teper, R. & Inzlicht, M. (2012). **Meditation, mindfulness, and executive control: The importance of emotional acceptance and brain-based performance monitoring.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

## METHODS

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

Bergomi, C., Tschacher, W., & Kupper, Z. (2012). **Measuring mindfulness: First steps towards the development of a comprehensive mindfulness scale.** *Mindfulness*. [\[link\]](#)

Goshvarpour, A. & Goshvarpour, A. (2012). **Classification of electroencephalographic changes in meditation and rest: Using correlation dimension and wavelet coefficients.** *International Journal of Information Technology and Computer Science*, 4(3), 24-30. [\[link\]](#)

Hoch, D. B., Watson, A. J., Linton, D. A., et al. (2012). **The feasibility and impact of delivering a mind-body intervention in a virtual world.** *PLoS ONE*, 7(3), e33843. [\[link\]](#)

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Skorski, I. E. S. (2012). **Measurement of acoustic characteristics in a traditional Korean Buddhist temple complex.** *Journal of the Acoustical Society of America*, 131(4), 3519. [\[link\]](#)

## REVIEWS

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

Davidson, R. J. & McEwen, B. S. (2012). **Social influences on neuroplasticity: Stress and interventions to promote well-being.** *Nature Neuroscience*, 15(5), 689-95. [\[link\]](#)

de Vibe, M., Bjørndal, A., Tipton, E., Hammerstrøm, K. T., & Kowalski, K. (2012). **Mindfulness based stress reduction (MBSR) for improving health, quality of life, and social functioning in adults.** *Campbell Systematic Review*, 3. [\[link\]](#)

Holas, P. & Jankowski, T. (2012). **A cognitive perspective on mindfulness.** *International Journal of Psychology*. [\[link\]](#)

Kanitz, J. L., Camus, M. E. M., & Seifert, G. (2012). **Keeping the balance--an overview of mind-body therapies in pediatric oncology.** *Complementary Therapies in Medicine*. [\[link\]](#)

Lynn, S. J., Malakataris, A., Condon, L., Maxwell, R., & Cleere, C. (2012). **Post-traumatic stress disorder: Cognitive hypnotherapy, mindfulness, and acceptance-based treatment approaches.** *American Journal of Clinical Hypnosis*, 54(4), 311-30. [\[link\]](#)

Roeser, R. W., Skinner, E., Beers, J., & Jennings, P. A. (2012). **Mindfulness training and teachers' professional development: An emerging area of research and practice.** *Child Development Perspectives*. [\[link\]](#)

Zeidan, F., Grant, J. A., Brown, C. A., McHaffie, J. G., & Coghill, R. C. (2012). **Mindfulness meditation-related pain relief: Evidence for unique brain mechanisms in the regulation of pain.** *Neuroscience Letters*. [\[link\]](#)

## TRIALS

Research on mindfulness newly registered (Apr 2012) at [Clinicaltrials.gov](http://Clinicaltrials.gov)

Oregon Health and Science University. (H. Wahbeh, PI). **Mindfulness meditation format pilot study.** Trial # NCT01581983. [\[link\]](#)

Umea University. (P. Carlbring, PI). **An Internet-administered, mindfulness training program for the treatment of anxiety.** Trial # NCT01577290. [\[link\]](#)

University of Michigan. (R. Chan, PI). **Mindfulness mediation intervention in chronic obstructive pulmonary disease (COPD).** Trial # NCT01577329. [\[link\]](#)

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## HIGHLIGHTS

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

Imagine life in a high-security prison in America's Deep South. Danger lurks at every turn, you have little control over your life, and emotional outbursts can have life-or-death consequences. It's difficult to imagine such an environment leading to rehabilitation of prisoners already facing tremendous internal

challenges. But as the incarcerated population approaches two million Americans and prisons become dangerously overcrowded, corrections officials are exploring new innovations to help prisoners improve their mental health. One maximum-security prison in Alabama has made inroads to bringing contemplative practices to this population with Vipassana meditation (VM) retreats. This longitudinal study by **Perelman et al. (*J Offender Rehab*)** was commissioned by the Alabama Department of Corrections to determine VM's effects. Before the intervention, researchers measured participants' mindfulness, anger, emotional intelligence, and mood states. They also made note of their behavioral infractions, segregation time (a punitive consequence), and health visits. Prisoners who underwent an intensive ten-day VM retreat—including nine days of "noble silence"—exhibited greater levels of mindfulness and emotional intelligence with less mood disturbance than a control group, even one year after the retreat.

In a more commonly studied stressed population, **Kaviani et al. (*J Psychiatry & Psychother*)** measured the effects of mindfulness-based cognitive therapy (MBCT) in college students faced with an exam. Over the eight-week course, female students living in

dormitories at Tehran University in Iran were randomly selected and then randomly assigned to attend two-and-a-half-hour sessions in MBCT with a trained psychologist. Compared to a control group, students receiving MBCT saw decreased signs of anxiety and depression assessed during and after treatment. The work points to mindfulness as a valid approach to lowering "sub-clinical" anxiety and depression in today's huge international population of students facing the stresses that come with higher education. As with anyone else, students facing an impending exam can feel as though their stress is all-encompassing, and it can hijack their thoughts and emotions. The aim of MBCT is to help students disengage from these patterns and see their thoughts and feelings as impermanent, not as their sole identity.

Chronic bodily illness can wreak havoc on one's mental state, perhaps none more than a diagnosis of cancer. **Garland et al. (*Integr Cancer Ther*)** investigated the relationship between mindfulness, stress level, and mood in people with cancer. Mindfulness-based stress reduction (MBSR) has already been shown to have positive outcomes in chronically ill people, but is the element of mindfulness itself that leads to improvements, or some other aspect of training? By examining changes in trait mindfulness, the authors showed that mindfulness indeed accounted for a significant component of the reductions in stress and mood disturbance. Participants—all with a cancer diagnosis—completed one of two mindfulness measures (MAAS or FFMQ) before and after MBSR training. Mood disturbance was reduced by 55%, and symptoms of stress fell by 29%. Of these improvements, the authors determined that changes in mindfulness accounted for 21% of the mood benefits and 14% of the stress reduction. The specific elements of mindfulness that provided the psychological boost seemed to be awareness of the present moment and refraining from judging one's inner experience. While these results were restricted to chronically ill subjects, the authors hint that these specific aspects of mindfulness training might be emphasized to improve mental health when they are applied.



# ANNOUNCEMENTS

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

## Books & Media

### Inner Life Skills for Youth

Experiential, evidence-based, step-by-step mindfulness, somatics, and emotional awareness training curriculum for working with adolescents. New national model project; developed with highly at-risk youth populations. Effective complement to other therapies.

Group or one-on-one. Help participants identify, organize, and articulate inner experience in language and framework relevant to their lives.

**INFO:** To order: [www.applied-mindfulness.org](http://www.applied-mindfulness.org)

### The Mindful Word

The Mindful Word is a free quarterly digital magazine with a vision of creating a culture of engaged living. The Mindful Word aims to further integrate mindfulness in everyday life by exploring such topics as the slow movement, permaculture and contemplative arts for the mindfulness characteristics they share. The Mindful Word strives to speak out against injustice in an open, inclusive way. We invite you to submit articles, essays, and poetry and sign up for a free digital magazine subscription!

**INFO:** [www.themindfulword.org](http://www.themindfulword.org)

## Events & Conferences

### 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](http://www.eomega.org); Use discount code "YSC."

**INFO:** [www.yogaservicecouncil.org](http://www.yogaservicecouncil.org)

### Mindfulness in Medicine, Psychotherapy and Society

Examining the current application fields of MBSR, MBCT and other mindfulness-based techniques and their potential effect. With Jon Kabat-Zinn, Saki Santorelli, Mark Williams, Rick Hanson, Britta Holzel, Ulrich Ott, and Andreas Remmel. Date: June 29 - July 1, 2012 Location: Vienna, Austria.

**INFO:** [www.arbor-seminare.de/fachkongress2012](http://www.arbor-seminare.de/fachkongress2012)

## Jobs & Volunteer

### Job Announcement: Scientific Director

Scientist / Scientific Director. The Davidson Lab and Center for Investigating Healthy Minds at the Waisman Center is currently accepting applications from qualified candidates to assume the position of Scientific Director in Dr. Davidson's research areas at the University of Wisconsin.

**INFO:** See full posting and application instructions: [http://www.ohr.wisc.edu/WebListing/Unclassified/PVLSummaryPrint.aspx?pvl\\_num=73221](http://www.ohr.wisc.edu/WebListing/Unclassified/PVLSummaryPrint.aspx?pvl_num=73221)

### 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 5 years experience in website development and should be familiar with WordPress hosting. Please send email with resume to [mrginform@gmail.com](mailto:mrginform@gmail.com)

**INFO:** [www.mindfulexperience.org](http://www.mindfulexperience.org)

## Research & Education

### Recruiting For Mindfulness Research Participants

Title: Mindfulness, Positivity and Work enthusiasm. We are looking for full-time working employees to complete an online questionnaire. By taking part, you will enroll in a draw to win an £20 Amazon vouchers. We would appreciate if you share this email with others. Thank you.

**INFO:** <http://www.ljmu.ac.uk/mindfulness/120973.asp>

### Online UCLA Intro to 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 prerecorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Next class: May 7- June 16 (and offered throughout the year).

**INFO:** <http://marc.ucla.edu/body.cfm?id=65>

### 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](http://www.viniyoga.com)