**Interventions**

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


Kearney, D. J. (2012). Mindfulness meditation for women with irritable bowel syndrome--evidence of benefit from a randomised controlled trial. *Evidence Based Nursing.* [link]


### METHODS

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


### REVIEWS

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


Miller, J. H. (2012). Does the evidence that mindfulness-based interventions may assist counsellors and their clients post-earthquake stack up? *Counselling Psychology Quarterly.* [link]


**TRIALS**

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

Beth Israel Deaconess Medical Center (R. Wells, PI). Mindfulness based stress reduction for adults with mild cognitive impairment. Trial # NCT01605448. [link]

Cleveland Clinic (D. Allexandre & T. Morledge, PIs). Effectiveness of stress free now: an Internet-based mindfulness program for stress management. Trial # NCT01595555. [link]
This month, Sedlmeier et al. (Psych Bulletin) report on a meta-analysis of the effects of meditation. These authors focused on psychological measures of healthy subjects in studies that allowed for measurement of effect size. These criteria narrowed their initial pool of nearly 600 studies down to 163. They started with a fundamental question—why do people meditate?—and came up with two driving motivations: to overcome psychological and emotional problems, and to expand consciousness. The introduction includes a rich yet succinct survey of Western and particularly Eastern theories, but the authors lament the absence of a guiding theory in meditation research. They notably cite this deficiency as the “highest barrier for true advancement” in the field.

Using an analytic method, the authors answer the basic question, Does meditation have positive effects? The meta-analysis “yields a clear answer: yes.” In fact, they report quite strikingly, “the impact of meditation on (healthy) practitioners is quite comparable to the impact of behavioral treatments and psychotherapy on patients.” The authors conclude that meditation has a medium-sized global effect on psychological measures, and they point out that the effect seems to be slightly stronger for emotional than for cognitive variables. From their analysis, they identify a departure from a Western prediction that improvements in cognitive processes might underlie emotional benefits. Rather, the data seem to support the hypothesis that cognition may be improved by the reduction of negative emotional processes. The authors urge researchers to formulate a unifying theory that would allow for testable predictions “instead of...trying to determine if meditation works.”

Goldin et al. (Soc Cog Aff Neurosci) point out that social anxiety disorder (SAD) and other forms of anxiety amount to misregulated attentional processes: hypervigilance and inordinate attention to threat stimuli become disruptive. The authors compared MBSR to aerobic exercise (AE) for SAD. Both interventions decreased subjects’ emotional reactivity to negative self beliefs, but only those who practiced MBSR saw reduced negative emotions after implementing a regulation strategy. Further, functional magnetic resonance imaging (fMRI) showed those who underwent MBSR training displayed greater activity in regions of the parietal cortex associated with attention processes. Importantly, the emotion benefits of MBSR arose independently of logical reasoning or linguistic processing, which are cognitive processes required for some psychological re-appraisal approaches to anxiety treatment.

Kang et al. (Soc Cog Aff Neurosci) went a step further in their attempts to find the neurophysiological underpinnings of mindfulness in the brain. In a cross-sectional study of long-term meditators and naive controls, they used both fMRI and diffusion tensor imaging (DTI) to assess cortical thickness and white matter connectivity. Anterior brain areas including frontal and temporal cortical regions were thicker in meditators, whereas posterior occipital and parietal cortical regions appeared thinner. Interestingly, the differences were seen in brain areas involved in the default mode network (DMN), a brain network increasingly recognized to mediate our internal attention stream. While the authors stopped short of interpreting the differences outright, they speculate that the thickening in the anterior DMN might reflect an enhanced emotional regulation in meditators while the posterior thinning could arise from improved self-referential processing. White matter changes were also detected in meditators. Whatever the causal link between meditation and the observed differences, it seems clear that some neuroplastic processes arise from meditation in attention circuits of the brain.
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Categories: Books & Media, Events & Conferences, Jobs & Volunteer, Research & Education

Books & Media

Book on Mindfulness and Learning

Recently published by Springer - 'Mindfulness and Learning: Celebrating the Affective Dimension of Education' by Terry Hyland. The book explores the connections between mindfulness and education at all levels with a view to advocating a mindfulness dimension to learning to redress the cognitive/affective balance of mainstream systems.

INFO: Read 10% online for free at Springer.com

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

Events & Conferences

Mindfulness and Education Workshop

New! A Mindfulness workshop at Bank Street College department of Continuing Professional Studies! A day-long Mindfulness and Education workshop for adults who work with children. The day will provide you with mindfulness practice and strategies for scaffolding mindfulness practice for children. Check out the link below for more information. Date: Tuesday, July 17

INFO: http://bankstreet.edu/cps/courses/cpssummer2012/mindfulness-education/

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 5 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

MBSR/CT Professional Training Australia

A seven day intensive in-depth exploration of the practice of teaching MBSR/CT using a range of didactic, experiential and small group work and providing opportunities for practice teaching/leading/inquiry. This program is for people who already have an ongoing meditation practice including retreats and previous participation in an MBSR/CT program. Dates: 20th - 27th September, 2012

INFO: info@openground.com.au
www.openground.com.au

American Viniyoga Institute Training


INFO: www.viniyoga.com