

Contents

50 New Cites p1

15 Interventions

13 Associations

4 Methods

11 Reviews

7 Trials

Highlights p5

Announcements p6

Editor

David S. Black, MPH, PhD

Highlights by

Stephani Sutherland, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php



INTERVENTIONS

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

Beckman, H. B., Wendland, M., Mooney, C., Krasner, M. S., et al. (2012). **The impact of a program in mindful communication on primary care physicians.** *Academic Medicine*, 87(6), 1-5. [\[link\]](#)

Birrer, D., Röthlin, P., & Morgan, G. (2012). **Mindfulness to enhance athletic performance: Theoretical considerations and possible impact mechanisms.** *Mindfulness*. [\[link\]](#)

Brooker, J., Julian, J., Webber, L., Chan, J., et al (2012). **Evaluation of an occupational mindfulness program for staff employed in the disability sector in Australia.** *Mindfulness*. [\[link\]](#)

Brotto, L. A., Basson, R., Carlson, M., & Zhu, C. (2012). **Impact of an integrated mindfulness and cognitive behavioural treatment for provoked vestibulodynia (IMPROVED): A qualitative study.** *Sexual and Relationship Therapy*. [\[link\]](#)

Buser, T. J., Buser, J. K., Peterson, C. H., & Seraydarian, D. G. (2012). **Influence of mindfulness practice on counseling skills development.** *Journal of Counselor Preparation and Supervision*, 4(1), 20-36. [\[link\]](#)

Colzato, L. S., Ozturk, A., & Hommel, B. (2012). **Meditate to create: The impact of focused-attention and open-monitoring training on convergent and divergent thinking.** *Frontiers in Psychology*. [\[link\]](#)

Ferraioli, S. & Harris, S. (2012). **Comparative effects of mindfulness and skills-based parent training programs for parents of children with autism: Feasibility and preliminary outcome data.** *Mindfulness*. [\[link\]](#)

Goldin, P., Ziv, M., Jazaieri, H., Hahn, K., & Gross, J. J. (2012). **MBSR vs. aerobic exercise in social anxiety: FMRI of emotion regulation of negative self-beliefs.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

Greenberg, J., Reiner, K., & Meiran, N. (2012). **Mind the trap: Mindfulness practice reduces cognitive rigidity.** *PLoS ONE*, 7(5), e36206. [\[link\]](#)

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

Krusche, A., Cyhlarova, E., King, S., & Williams, M. G. (2012). **Mindfulness online: A preliminary evaluation of the feasibility of a web-based mindfulness course and the impact on stress.** *BMJ Open*, 2(3), e000803. [\[link\]](#)

Nyklíček, I., van Beugen, S., & Denollet, J. (2012). **Effects of mindfulness-based stress reduction on distressed (type D) personality traits: A randomized controlled trial.** *Journal of Behavioral Medicine*. [\[link\]](#)

Pbert, L., Madison, J. M., Druker, S., Olenzki, N., et al. (2012). **Effect of mindfulness training on asthma quality of life and lung function: A randomised controlled trial.** *Thorax*. [\[link\]](#)

Petchsawang, P. & Duchon, D. (2012). **Workplace spirituality, meditation, and work performance.** *Journal of Management, Spirituality & Religion*. [\[link\]](#)

Contents

50 New Cites p1

15 Interventions

13 Associations

4 Methods

11 Reviews

7 Trials

Highlights p5

Announcements p6

Editor

David S. Black, MPH, PhD

Highlights by

Stephani Sutherland, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php



Skovbjerg, S., Hauge, C. R., Rasmussen, A., Winkel, P., & Elberling, J. (2012). **Mindfulness-based cognitive therapy to treat multiple chemical sensitivities: A randomized pilot trial.** *Scandinavian Journal of Psychology*, 53(3), 233-8. [\[link\]](#)

ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables

Atkinson, M. J. & Wade, T. D. (2012). **Impact of metacognitive acceptance on body dissatisfaction and negative affect: Engagement and efficacy.** *Journal of Consulting and Clinical Psychology*. [\[link\]](#)

Bakker, K. & Moulding, R. (2012). **Sensory-processing sensitivity, dispositional mindfulness and negative psychological symptoms.** *Personality and Individual Differences*. [\[link\]](#)

Black, D. S., Sussman, S., Johnson, C., & Milam, J. (2012). **Trait mindfulness helps shield decision-making from translating into health-risk behavior.** *Journal of Adolescent Health*. [\[link\]](#)

Brooks, M., Kay-Lambkin, F., Bowman, J., & Childs, S. (2012). **Self-compassion amongst clients with problematic alcohol use.** *Mindfulness*. [\[link\]](#)

Eisenlohr-Moul, T. A., Walsh, E. C., Charnigo, R. J., Lynam, D. R., & Baer, R. A. (2012). **The what and the how of dispositional mindfulness: Using interactions among subscales of the five-facet mindfulness questionnaire to understand its relation to substance use.** *Assessment*. [\[link\]](#)

Fossati, A., Vigorelli, F., Maffei, C., & Borroni, S. (2012). **Are the DSM-IV personality disorders related to mindfulness? An Italian study on clinical participants.** *Journal of Clinical Psychology*. [\[link\]](#)

Kang, D. H., Jo, H. J., Jung, W. H., Kim, S. H., et al. (2012). **The effect of meditation on brain structure: Cortical thickness mapping and diffusion tensor imaging.** *Social Cognitive and Affective Neuroscience*. [\[link\]](#)

Keune, P. M., Bostanov, V., Kotchoubey, B., & Hautzinger, M. (2012). **Mindfulness versus rumination and behavioral inhibition: A perspective from research on frontal brain asymmetry.** *Personality and Individual Differences*. [\[link\]](#)

Manocha, R., Black, D., & Wilson, L. (2012). **Quality of life and functional health status of long-term meditators.** *Evidence-Based Complementary and Alternative Medicine*, 2012, Article ID 350674. [\[link\]](#)

Marzuq, N. & Drach-Zahavy, A. (2012). **Recovery during a short period of respite: The interactive roles of mindfulness and respite experiences.** *Work & Stress*, 26(2), 175-94. [\[link\]](#)

Niemiec, R. M. (2012). **Mindful living: Character strengths interventions as pathways for the five mindfulness trainings.** *International Journal of Wellbeing*, 2(1), 22-33. [\[link\]](#)

Strick, M., van Noorden, T. H. J., Ritskes, R. R., de Ruiter, J. R., & Dijksterhuis, A. (2012). **Zen meditation and access to information in the unconscious.** *Consciousness and Cognition*. [\[link\]](#)

Contents

50 New Cites p1

15 Interventions

13 Associations

4 Methods

11 Reviews

7 Trials

Highlights p5

Announcements p6

Editor

David S. Black, MPH, PhD

Highlights by

Stephani Sutherland, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php



White, R. G., Gumley, A. I., McTaggart, J., Rattrie, L., et al. (2012). **Depression and anxiety following psychosis: Associations with mindfulness and psychological flexibility.** *Behavioural and Cognitive Psychotherapy*. [\[link\]](#)

METHODS

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

Bergomi, C., Tschacher, W., & Kupper, Z. (2012). **The assessment of mindfulness with self-report measures: Existing scales and open issues.** *Mindfulness*. [\[link\]](#)

de Bruin, E. I., Topper, M., Muskens, J., Bögels, S. M., & Kamphuis, J. H. (2012). **Psychometric properties of the five facets mindfulness questionnaire (FFMQ) in a meditating and a non-meditating sample.** *Assessment*, 19(2), 187-97. [\[link\]](#)

Lilja, J. L., Lundh, L. G., Josefsson, T., & Falkenström, F. (2012). **Observing as an essential facet of mindfulness: A comparison of FFMQ patterns in meditating and non-meditating individuals.** *Mindfulness*. [\[link\]](#)

Würtzen, H., Dalton, S. O., Andersen, K. K., Elsass, P., et al. (2012). **Who participates in a randomized trial of mindfulness-based stress reduction (MBSR) after breast cancer? A study of factors associated with enrollment among Danish breast cancer patients.** *Psycho-Oncology*. [\[link\]](#)

REVIEWS

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

Blaser, K. (2012). **Intra- and interpersonal mindful and non-mindful mental states: Comparison of a new spatial attention concept and the IAA mindfulness model of Shapiro.** *Mindfulness*. [\[link\]](#)

Davidson, R. J., Dunne, J., Eccles, J. S., Engle, A., et al. (2012). **Contemplative practices and mental training: Prospects for American education.** *Child Development Perspectives*. [\[link\]](#)

Eberth, J. & Sedlmeier, P. (2012). **The effects of mindfulness meditation: A meta-analysis.** *Mindfulness*. [\[link\]](#)

Fell, J. (2012). **I think, therefore I am (unhappy).** *Frontiers in Human Neuroscience*, 6(132), 1-2. [\[link\]](#)

Michalak, J., Burg, J., & Heidenreich, T. (2012). **Don't forget your body: Mindfulness, embodiment, and the treatment of depression.** *Mindfulness*. [\[link\]](#)

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

Nagendra, R. P., Maruthai, N., & Kutty, B. M. (2012). **Meditation and its regulatory role on sleep.** *Frontiers in Neurology*, 3(54), 1-4. [\[link\]](#)

Contents

50 New Cites p1

15 Interventions

13 Associations

4 Methods

11 Reviews

7 Trials

Highlights p5

Announcements p6

Editor

David S. Black, MPH, PhD

Highlights by

Stephani Sutherland, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php



Piet, J., Würtzen, H., & Zachariae, R. (2012). **The effect of mindfulness-based therapy on symptoms of anxiety and depression in adult cancer patients and survivors: A systematic review and meta-analysis.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Roeser, R. & Zelazo, P. D. (2012). **Contemplative science, education and child development: Introduction to the special section.** *Child Development Perspectives*, 6(2), 143-45. [\[link\]](#)

Sedlmeier, P., Eberth, J., Schwarz, M., Zimmermann, D., et al. (2012). **The psychological effects of meditation: A meta-analysis.** *PSYCHOLOGICAL BULLETIN.* [\[link\]](#)

Zelazo, P. D. & Lyons, K. E. (2012). **The potential benefits of mindfulness training in early childhood: A developmental social cognitive neuroscience perspective.** *Child Development Perspectives.* [\[link\]](#)

TRIALS

Research on mindfulness newly registered or recently updated (May 2012) at Clinicaltrials.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. [\[link\]](#)

Emory University (T. Pace & P. Rochat PIs). **Cognitively-based compassion training and mindfulness attention training program.** Trial # NCT01592188. [\[link\]](#)

Linköping University (G. Andersson, PI). **Guided Internet-delivered acceptance and commitment therapy for chronic pain patients.** Trial # NCT01603797. [\[link\]](#)

Skaraborg Hospital (E. Sarenmalm, PI) A **Randomized Controlled Mindfulness Based Stress Reduction Intervention in Women With Breast Cancer.** Trial # NCT01591915. [\[link\]](#)

United States Naval Medical Center, San Diego (S. Johnston, PI). **Coherence training for military personnel.** Trial # NCT01599598. [\[link\]](#)

University of California, Los Angeles (K. Tillisch, PI). **Neuroimaging and biomarkers in chronic visceral pain.** Trial # NCT01602575. [\[link\]](#)

Contents

50 New Cites p1

15 Interventions

13 Associations

4 Methods

11 Reviews

7 Trials

Highlights p5

Announcements p6

Editor

David S. Black, MPH, PhD

Highlights by

Stephani Sutherland, PhD

Subscribe at

www.mindfulexperience.org
/newsletter.php



HIGHLIGHTS

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

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 naïve 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.

ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php

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

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/cpsmmer2012/mindfulness-education/>

Mindfulness for Pain and Illness

A 3-day course for mindfulness teachers providing methods and approaches for helping people with chronic pain and/or illness. Led by Vidyamala Burch and Sona Fricker, founders of Breathworks social enterprise. Vidyamala has used mindfulness to manage spinal pain for 25 years, both teach internationally. Manchester 5th-7th October 2012.

INFO: www.breathworks-mindfulness.org.uk/training

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

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

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

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