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Highlights by Seth Segall, PhD

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


classroom: Meditation training improves student knowledge retention during lectures. *Mindfulness.* [link]


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


Bermudez, D., Benjamin, M. T., Porter, S. E., ... Dutton, M. A. (2013). *A qualitative analysis of beginning mindfulness experiences for women with post-traumatic stress disorder and a history of intimate partner violence.* Complementary Therapies in Clinical Practice. [link]


Jacobs, T. L., Shaver, P. R., Epel, E. S., ... Sahdra, B. K. (2013). *Self-reported mindfulness and cortisol during a Shamatha meditation retreat.* Health Psychology. [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*


**TRIALS**

Research trials on mindfulness newly registered (March 2013) at Clinicaltrials.gov

Contextual Change, LLC (M. Levin & J. Pistorello, PI). Mindfulness and acceptance applied in colleges through web-based guided self-help. Trial# NCT01808404. [link]

Duke University (C. Mauro, PI). Integrative coping group for children (ToPSY). Trial# NCT01813669. [link]

Örebro County Council (F. Holländare). Internet-based relapse prevention for partially remitted depression (ISAK). Trial# NCT01807988. [link]

Universität Duisburg-Essen (R. Lauche & H. Cramer, PI). Lifestyle modification program for patients with chronic pain conditions (POSITAG). Trial# NCT01805947. [link]
More than half of substance abusers relapse after treatment, and researchers are eager to discover new ways to improve lasting effects on substance use outcomes. This month, one study advances our understanding of how mindfulness influences craving, while another study reviews the efficacy of mindfulness-based interventions in substance abuse treatment.

The frequency and intensity of cravings is one of the main predictors of failure in smoking cessation attempts. Nosen & Woody [Drug Alcohol Depend] reported on the effects of two brief interventions on nicotine withdrawal cravings during the first day of abstinence from smoking. One group of smokers received a mindfulness intervention that stressed acceptance of cravings, allowing them to come and go without attempts to control. A second group received a standard psychoeducational intervention. Both brief 60 to 90 minute interventions were delivered via computer slide show with voice-overs. A third group served as a no-treatment control. The day after the intervention, one half of the group of 176 smokers quit smoking, and quitters were paged at various intervals throughout the day to rate their cravings. Participants also completed a questionnaire on their beliefs about cravings, e.g., whether they viewed cravings as signs of personal weakness or thought they needed to be controlled.

Both interventions significantly lowered cravings upon awakening the next morning. Both groups also experienced rising levels of craving throughout the day, so that after 2-3 hours their cravings equaled those of controls. After 10 hours, however, the standard psychoeducational intervention group continued to experience increasing cravings, whereas the mindfulness group experienced a significant drop in craving intensity. The mindfulness group also endorsed significantly fewer dysfunctional beliefs about cravings. These results suggest that even brief training in “urge surfing” may significantly help quitters during their first day of abstinence.

Chiesa & Serretti [Substance Use & Misuse] comprehensively reviewed 24 quantitative, controlled studies of mindfulness-based and associated interventions (MBIs) on different types of substance abuse and misuse. The MBIs studied included MBSR, MBCT, MBRP, DBT and ACT, as well as other modalities. Substance abuse types included alcohol, tobacco, opiates, cannabis, methamphetamine, and mixed substance abuse. Retention rates were generally moderate to high (e.g., 50%-90% for alcohol abusers, 63%-100% for cigarette smokers, and 57%-82% for opiate abusers) and there were no reported adverse effects. There was some limited evidence that MBIs can reduce substance use over and above wait-list controls, nonspecific educational support groups, and some specific controls, but conclusions were hampered by methodological limitations including small sample size, lack of either randomization, blind assessment, or objective measures of substance use, and insufficient information on treatment adherence and follow-up. Some of the best evidence for efficacy was with the use of MBIs for smoking cessation, where all 4 reviewed studies showed significant benefits over and above controls.

There were also some surprising findings: three studies (one using MBSR, 2 using ACT) failed at significantly reducing stress. Two of the 3 studies using the Five Factor Mindfulness Questionnaire (FFMQ) failed to observe significant differences in mindfulness, while a third observed only transient differences on a single subscale. The authors emphasize the need for future replications with larger sample size and improved methodological rigor before firmer conclusions can be made.
APR 2013

ANNOUNCEMENTS

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

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

Events & Conferences

South Burlington WRP Spring Seminar

"Mindfulness that Matters" This daylong seminar focuses on bringing mindfulness-based strategies to your classroom, school or district. Spend a day with us, observe our teachers and students implementing practices in their classrooms, learn about the neuroscience of mindfulness, the evolution of our program and let us help you action plan. Our nationally recognized PreK-12 Wellness and Resilience Program has trained over 140 teachers in the past five years in bringing mindfulness practice to the personal and professional and to the lives of their students. Date: Mar 22, 2013 and May 3, 2013 Cost: $199 (includes lunch).

INFO: Contact srand@sbschools.net for housing, more information, and to register.

Meditation and Imagery Training

Our 30th year of training health professionals in the clinical uses of meditation and imagery.

INFO: Visit www.huntingtonmeditation.com or write to Richard Schaub, PhD at drichardschaub@gmail.com

Mindfulness and Nursing Care Retreat

Sacred Art of Nursing Retreat: A Mindful Approach to Care will be held at Commonweal Retreat Center in Bolinas, California, May 3 – 5, 2013. Nurses will learn clinical applications of mindfulness practice that can benefit both patient and nurse.

INFO: Please visit: www.sacredartofnursing.com

Self-Compassion & Mindfulness Workshop Germer Neff

Come to Amsterdam NLD this Summer for a two day intensive workshop with Kristin Neff and Christopher Germer on Self-Compassion and Mindfulness. Take this professional training for personal development and be able to bring the transformative power of self-compassion to the people you work with.

INFO: Date: 7 & 8 August 2013. Visit http://centrumvoormindfulness.nl/workshop-compassion-germer-neff

Mindfulness Training for Professionals

This training offers professionals of any background skills and experience to bring mindfulness forward in their professional lives and work. Date: May 1-4, 2013. Register for a free information teleconference to learn more.

INFO: Contact dukeimprograms@duke.edu http://www.dukeintegrativemedicine.org/professional-training/mindfulness-training-for-professionals

Workshop Mindfulness for Kids/Adolescents - MBCT

Mindfulness 4 kids Workshop experiential and theoretical background on the clinical applications of mindfulness in children and adolescents The Mindfulness-Based Therapy for children and adolescents May 25, 2013 Villa San Carlo Costabissara (Vicenza) ITALY.

INFO: Contact: info@istitutomindfulness.com www.istitutomindfulness.com

Participants Sought for Mindfulness Research

The Mindfulness and Awakening Research Registry is dedicated to improving understanding of contemplative practices in promoting human flourishing and seeks individuals involved in mindfulness or contemplative practices who are willing to consider participation in scientific studies of mindfulness and awakening.

INFO: To learn more, go to www.Contemplative-Studies.org or contact jdecastro@shsu.edu

Books & Media

Read Buddha's Addicts

Download "Buddha's Addicts: Practicing Mindfulness in a Thirsty World" at www.soberbuddha.com store.

INFO: Available at www.soberbuddha.com

Mindfulness-Based Diabetes Management (MBDM)

April 4- May 23, 2013. New MBI for people living with diabetes of all types. $495.00 for eight weekly sessions plus Saturday retreat. 20% discount for MBI instructors and researchers. Seeking expert feedback as we refine course, as well as possible research collaborators.

INFO: Contact Steven Alper, L.C.S.W. stevenalperlcsw@gmail.com (619)463-6387

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