**Interventions**

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

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Editor
David S. Black, PhD, MPH

Highlights by
Seth Segall, PhD

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Determine effectiveness and feasibility. Supportive Care in Cancer. [link]


Wisner, B. L., & Norton, C. L. (2013). Capitalizing on behavioral and emotional strengths of alternative high school students through group counseling to promote mindfulness skills. The Journal for Specialists in Group Work. [link]

ASSOCIATIONS
Articles examining the correlation and mechanism between mindfulness and other variables


Kögler, M., Brandstätter, M., Borasio, G. D.,... Fegg, M. J. (2013). Mindfulness in informal caregivers of palliative patients. Palliative and Supportive Care. [link]


METHODS
Articles developing empirical procedures to advance the measurement and methodology of mindfulness
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Reviews
Articles reviewing content areas of mindfulness or conducting meta-analyses of published research


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

Duke University (K. Wilson, PI). Traditional African healing ceremony in a U.S. population. Trial# NCT01873482. [link]

University of Washington (K. Redding, PI). Diet, exercise and estrogen metabolites (DEEM). Trial# NCT01874184 [link]

University of Wisconsin, Madison (R. Davidson, PI). Games and well-being study (GWB). Trial# NCT01886911. [link]
Highlights

A summary of select studies from the issue, providing a snapshot of some of the latest research findings.

This month we highlight two pioneering psychobiological studies. The first examines the impact of mindfulness on the core symptoms of bipolar disorder, and the second explores the effects of Vipassana meditation on autonomic nervous system function and well-being.

Ives-Deliperi et al. [J Affect Disord.] compared 16 bipolar patients before and after MBCT with a wait-list control of 7 bipolar patients and a cohort of 10 untreated healthy controls. Participants were assessed for emotional and cognitive symptoms and underwent fMRIs while performing mindfulness meditation. The patient cohort consisted of bipolar 1 and bipolar 2 patients with only minimal or sub-threshold symptomatology.

Prior to MBCT, the bipolar participants exhibited higher anxiety and stress, poorer working memory, and lower medial prefrontal cortical (PFC) activity than healthy controls. After MBCT, bipolar patients exhibited decreased anxiety and improved mindfulness (as measured by the FFMQ), working memory, spatial memory, verbal fluency, and emotional regulation compared with wait-list controls. In addition, the MBCT group exhibited increased activity in the medial PFC and the right posterior cingulate cortex (PCC) compared with wait-list controls and increased left anterior cingulate cortical (ACC) activity compared with healthy controls. Increased medial PFC function correlated significantly (r = .61) with improved FFMQ scores. The findings demonstrate MBCT’s positive impact on the core symptoms of emotional dysregulation and executive dysfunction in bipolar disorder.

Krygier at al. [Int J Psychophysiol.] studied the effects of a 10-day Goenka Vipassana retreat on heart rate variability (HRV) in 36 first-time retreat participants. HRV is a measure of parasympathetic activity that is also a biomarker for subjective well-being, cardiovascular health, and reduced all-cause mortality. Retreat participants completed pre-and-post self-report measures of psychological well-being as well as pre-and-post measures of HRV during mindful attention to their breathing and during a resting baseline. HRV measures included absolute, normalized, and log transformed measures of high frequency power, along with a measure of low frequency Traube-Hering-Meyer wave (THM) power. High frequency power reflects vagal tone, whereas low frequency THM power reflects baroreceptor activity.

Participants reported significant improvements in satisfaction with life, mindfulness (as measured by the MAAS), and positive affect, and significantly decreased depression, stress and negative affect from pretest to posttest. Effect sizes were all moderate to large. Participants with greater HRV high frequency power had less negative affect, and those with lower THM power had less negative affect, stress, and depression. Absolute high frequency power was greater during meditation than while at rest, but there was no effect of meditation on either normalized high frequency power or THM power.

The Vipassana retreat had a complicated interaction effect on the difference between HRV during meditation and while at rest. Log transformed High Frequency power was higher during meditation than at rest before the retreat, but not after. Conversely, THM power was lower (and normalized high frequency power higher) during meditation compared to at rest after the retreat, but not before. A profound loss in THM power during post-retreat meditation accounts for this, and probably reflects the increased attentional load that occurs during states of positive, full immersion (i.e., states of “flow”).

Together, these studies support the ability of mindfulness to alleviate affective and cognitive symptomatology and improve overall well-being, while helping to illuminate the biological underpinnings for these improvements.
ANNOUNCEMENTS

Submit your announcements online at www.mindfulexperience.org/announcements.php
Categories: Events & Conferences, Research & Education, Books & Media, and Employment

Events & Conferences

MBCPM Facilitator Training and Practicum

Mindfulness-Based Chronic Pain Management (MBCPM) was designed by Dr. Gardner-Nix to better address the unique needs of the chronic pain/disease population, providing relief to thousands of patients since its conception. The next MBCPM Facilitator Training and Practicum is being offered from August 6-15, 2013 in Toronto.

INFO: For details, visit: http://www.neuronovacentre.com/mbcpm-facilitator

9th Annual Oncology Training Conference

The Integrative Medicine Program at The University of Texas MD Anderson Cancer Center in Houston presents its 9th Annual Oncology Training Conference for Acupuncturists, Massage Therapists and Mind-Body Practitioners. Date: July 17-19, 2013.


Mindful Practice CME Events

Two separate 4-day workshops designed to improve quality of care while improving clinicians’ own resilience and well-being. For physicians, health professionals, and medical educators. Course Directors: Ron Epstein, MD & Mick Krasner, MD of University of Rochester Medical Center Location: Chapin Mill Retreat Center, Batavia, NY Session 1: October 9-12, 2013 - http://www.cvent.com/d/1oqbt1 Session 2: May 7-10, 2014 - http://www.cvent.com/d/lcqbgb

INFO: For assistance with online registration, call the URMC Center for Experiential Learning at 585-275-4392.

Mindful Schools Courses in Europe

Mindful Schools is offering two courses in Europe during Summer 2013: one Curriculum Training, which runs from August 8 to August 10, and a Year-Long Certification Opening Retreat, which runs from August 12 to August 19. If you have friends in Europe who would be interested in these courses, please share this information with them. Thank you so much! Mindful Schools (www.mindfulteachers.org) is a non-profit organization that has taught many thousands of adults how to use mindfulness with K-12 youth, impacting over 50,000 children to date.

INFO: For details, visit: http://www.mindfulteachers.org/training/european-courses-summer-2013/

Meditation Retreat for Mindfulness Professionals

A week-long meditation retreat, specifically for professionals involved in mindfulness-based modalities, will take place early 2014 at the Insight Meditation Society in Barre, MA. Taught by Sharon Salzberg, Christina Feldman and Mark Coleman, the course will explore the Four Foundations of Mindfulness as taught by the Buddha. CEUs are available. Dates: January 10-17, 2014.

INFO: Registration: www.dharma.org/MBMR

Search Inside Yourself

For the first time in Canada, Rotman Executive Programs in partnership with the Search Inside Yourself Leadership Institute is proud to present – SEARCH INSIDE YOURSELF. This two-day ground-breaking leadership program developed and refined at Google focuses on the five key domains of emotional intelligence with mindfulness practice, science and leadership applications fully integrated at all levels.

INFO: More details at http://marc.ucla.edu/body.cfm?id=112

Research & Education

Contemplative Education Website

This new website provides a virtual commons for connecting, collaborating and sharing for those involved with mindfulness and other forms of contemplative education. Registration is free. You can post full information and links to your work, publications, events and much else. Non-members can search the site.

INFO: http://www.contemplativeeducation.ca

Online UCLA 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 pre-recorded course can be accessed from anywhere at your own pace. Includes weekly live text chats with instructors and other participants. Offered throughout the year). Advanced classes available.

INFO: Early-bird rate in effect until August 16, 2013. Register today for the Toronto offering.

INFO: www.rotmanexecutive.com/siyli
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Books & Media

INFO: None posted

Employment

INFO: None posted