Interventions

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


Associations

Articles examining the correlation and mechanism between mindfulness and other variables

---

Subscribe at www.mindfulexperience.org/newsletter.php


with obsessive-compulsive disorder—an adaptation of the original program [German]. Psychotherapie, Psychosomatik, Medizinische Psychologie. [link]


**TRIALS**

Research trials on mindfulness newly registered (SEP 2013) at ClinicalTrials.gov

University of North Carolina, Chapel Hill (B. L. Fredrickson, PI). Study of wellness behaviors as a function of oxytocin vs placebo. Trial# NCT01929161. [link]
**Highlights**

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

**Carlson et al. [J Clin Oncol.]** studied a large sample (N=271) of distressed breast cancer survivors who were randomly assigned to one of three treatment conditions: (1) Mindfulness-Based Cancer Recovery (MBCR), (2) Supportive-Expressive Group Therapy (SET) or (3) one-day didactic stress management control (SMS). Participants were survivors of Stage I-III breast cancer who were no longer in the active phase of treatment and who reported moderate or higher levels of distress but who were free from severe mental illness. MBCR and SET are both empirically validated treatments for psychological distress in breast cancer survivors, and this study is the first head-to-head comparison of their efficacy. Outcome measures included quality of life, social support, and stress-related symptomatology, as well as salivary cortisol measured at regular intervals four times a day over the course of three days both prior to and after intervention.

MBCR and SET participants both maintained their initial steep diurnal cortisol slope after treatment (a desirable stress response), whereas SMS controls showed a flattening in their slope (a dysregulated stress response). These results suggest that MBCR and SET both exert a protective effect against stress-related biological disruption. MBCR participants showed a significantly greater reduction in self-reported stress symptoms than either SET or SMS participants, and a significantly greater improvement in quality of life than SMS participants. The MBCR group also showed a significantly greater improvement in perceived social support than SET participants, which was a surprise given that SET emphasizes social support. The authors interpret the findings as evidence for MBCR's superiority as a treatment for psychological distress in breast cancer survivors.

**Laurent et al. [Psychoneuroendocrinology.]** explored the relationship between dispositional mindfulness (measured by the FFMQ) and salivary cortisol reactivity in male and female members of 100 heterosexual couples who participated in a task designed to elicit acute stress in response to a romantic conflict. The task involved videotaping interactions in which the couples tried to resolve a relationship conflict. Prior to the stress task, men and women showed differing relationships between the five FFMQ facets and mental health variables. Women exhibited significant negative correlations between FFMQ non-reactivity and non-judging and self-ratings of depression and anxiety, and a positive correlation between those same facets and psychological well-being. FFMQ acting with awareness and describing also correlated negatively with women’s depression and positively with women’s well-being. For men, FFMQ non-reacting correlated positively with well-being; FFMQ acting with awareness correlated negatively with depression; and FFMQ non-judging correlated negatively with depression and anxiety.

The relationship between the stressful task, mindfulness, and cortisol reactivity was complex and dependent on sex. Women reporting high scores on FFMQ non-reacting had higher cortisol levels after relationship conflict. Men who were high on FFMQ describing had less pronounced cortisol reactivity/recovery curves and less steep cortisol recovery slopes. Lower stress-related cortisol levels in women were linked to increased depressive symptoms, whereas lower stress-related cortisol levels and less pronounced reactivity/recovery curves were linked to improved well-being in men. These results demonstrate different cortisol trajectories for men and women in response to relationship-related stress. Despite these differences, mindfulness seems to help members of each sex achieve an optimal state of stress reactivity, albeit by different pathways.

Both studies suggest that mindfulness, whether functioning as a personality trait, or as practiced in an intervention, can play a protective role in stress adaptation, whether the stress is a life-threatening illness or a romantic conflict. However, men and women may utilize different facets of mindfulness to regulate their reactions to stressors.
Submit your announcements online at www.mindfulexperience.org/announcements.php
Categories: Events & Conferences, Research & Education, Books & Media, and Employment

Events & Conferences

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

Learning to BREATHE Workshop
A workshop for teachers and clinicians, "Mindfulness for YOU and Mindfulness for YOUTH," will be offered by Diane Reibel and Trish Broderick. Participants will participate in activities from Learning to BREATHE, a mindfulness-based social and emotional learning curriculum for classrooms and other settings. Please see the website below for more specific details and for registration information. Dates: November 9 & 10, 2013 Location: Chestnut Hill College, Philadelphia, PA.
INFO: Website and registration link: www.learning2breathe.org

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

Books & Media

New: An Exploration of Ethics
The Ethical Space of Mindfulness in Clinical Practice, by Donald McCown, principal author of Teaching Mindfulness: A practical guide for clinicians and educators. Addresses three urgencies of the MBIs: ethical theory, the definition of mindfulness, and the quality of teacher training. "With tremendous attention to detail, Donald McCown brings to life and names the ethical space that is created through the pedagogy of mindfulness-based courses.

INFO: http://www.amazon.com/Mindfulness-Starts-Here-Eight-Week-Skillful/dp/1460209346/ref=tmm_pap_title_0?ie=UTF8&qid=1376495921&sr=8-1

This is a wonderful contribution, offered in the spirit of starting a conversation. Given the current context of widening interest in the integration of mindfulness into the mainstream, it is an important and much-needed conversation." — Rebecca Crane, Director, Centre for Mindfulness Research and Practice, Bangor University, UK.
INFO: Order on Amazon: http://amzn.com/1849058504

Bringing Joy in Children’s Lives!
In a fun and playful way, the children’s book "Maks & Mila On a Special Journey" and their free SECRET SUITCASE app, help children to develop Joy, Kindness and Self-Confidence in their lives! Both the books and the app also feature a special award-winning font that is easier to read for children with dyslexia.

New Book: Mindfulness Starts Here!
Mindfulness Starts Here is a detailed guide to learning and practicing mindfulness on your own or in a practice group. Drawing on their extensive experiences as clinical psychologists and mindfulness practitioners, Drs. Monteiro and Musten offer teachings that are immediately applicable, portable, and self-paced. The language is compassionate and jargon-free, the concepts of mindfulness are thoroughly yet simplified, and the practices are shaped to apply easily to everyday life.
INFO: http://www.amazon.com/Mindfulness-Starts-Here-Eight-Week-Skillful/dp/1460209346/ref=tmm_pap_title_0?ie=UTF8&qid=1376495921&sr=8-1