**Interventions**

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


**Associations**

Articles examining the correlation and mechanism between mindfulness and other variables


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American Mindfulness Research Association


Murphy, H., Lahtinen, M. (2014). To me, it’s like a little box of tricks: Breaking the depressive interlock as a programme participant in MBCT. Psychology and Psychotherapy: Theory, Research and Practice. [link]


METHODS

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

Cane, C., Crane, R. S., Eames, C.,... Barnhofer, T. (2014). The effects of amount of home meditation practice in MBCT on hazard of relapse to depression in the staying well after depression trial. Behaviour Research and Therapy. [link]


Siegling, A. B., Petrides, K. V. (2014). Measures of trait mindfulness: Convergent validity, shared...
dimensionality, and linkages to the five-factor model. Frontiers in Psychology. [link]


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**REVIEWS**

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


Trousselard, M., Steiler, D., Claverie, D., Canini, F. (2014). The history of mindfulness put to the test of current scientific data: Unresolved questions. L’Encephale. [link]

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**TRIALS**

Research studies newly funded by the National Institutes of Health (SEP 2014)


University of Alabama, Tuscaloosa (C. Boxmeyer, PI). Mindfulness enhanced coping power: Adaptation and feasibility testing. NIH/NIDA project #1R34DA035946-01A1. [link]

University of California, San Francisco (V. Valcour, PI). Interventions for symptom management in older patients with HAND. NIH/NINR project #1R01NR015223-01A1. [link]

University of Maryland, Baltimore (K.W. Chen, PI). Changing impulsivity with mindful breathing therapy to reduce problem drinking. NIH/NIAAA project #1R34AA022213-01A1. [link]

University of Massachusetts, Worcester (L. Phb, PI). Asthma symptom management through mindfulness training. NIH/NCCAM project #1R01AT008393-01. [link]

University of Toronto (Z. Segal, PI). Reducing residual depressive symptoms with web-based mindful mood balance. NIH/NIMH project #1R01MH102229-01A1. [link]
 Highlights

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

Attentional regulation is the ability to focus on relevant information in the face of distraction. Although good attentional regulation can help inoculate school-age children against the negative impacts of stress, poor parenting, and deleterious peer group influences, there have been relatively few attempts to enhance it through intervention. Felver et al. [Journal of Attention Disorders] studied the impact of Mindful Family Stress Reduction (MFSR) on children’s attentional regulation using an 8-week long family-centered intervention adapted from the Mindfulness-Based Stress Reduction (MBSR) program.

Forty-seven child-parent pairs (average child age = 11 years) were randomly assigned to either the MFSR program or a wait-list control. While the parents engaged in traditional MBSR practices, the children engaged in more age-appropriate attentional activities that fostered present-moment awareness. For example, the “sound scavenger hunt” challenged the children to discover how many different sounds they could hear in a five-minute period while sitting quietly with eyes closed. The children were pre- and post-tested on an Attention Network Task (ANT), in which they viewed a series of computer-presented arrows, and depending on the arrows’ right-left spatial orientation, responded with either their right or left index fingers. In the process of doing this, the children had to both ignore on-screen visual distractions and utilize helpful visual cues, so that the task required both sustained and selective attention.

Using the various ANT challenges, the researchers assessed three different aspects of attention: alerting (being prepared to receive a stimulus), orienting (directing attention toward a stimulus), and conflict monitoring (selectively attending to a relevant stimulus). Children in the MFSR group showed significantly greater improvement in their conflict monitoring than did waitlist controls. This effect was of moderate size. They also showed a non-significant trend toward greater improvement in orienting reaction times, although not in alerting reaction times. Findings support the potential of mindfulness training for improving children’s attentional regulation skills -- a crucial underlying factor in both cognitive development and emotional resilience.

Home meditation practice has long been a cornerstone of mindfulness-based interventions, but questions as to how much home practice is needed remain unanswered. Crane et al. [Behavior Research and Therapy] studied the home practice of 99 Mindfulness-Based Cognitive Therapy (MBCT) participants to address this question. All of the mostly Caucasian, female, middle-aged participants had three or more prior episodes of major depression, but were asymptomatic at the start of the study.

Their formal and informal home practice was assessed using weekly self-report diaries. “Formal home practice” meant engaging in daily forty-minute guided meditations using MBCT-provided compact discs. “Informal home practice” included less structured practices such as mindfulness of routine activities or attending to the breath when stressed. Participants indicated whether they had engaged in home practice on any given day by ticking off diary checkboxes. The duration of formal home practice was quantified (an average of 21 minutes daily for the sample), but informal home practice was measured only by whether practice had occurred on any given day or not.

The researchers found that major depression relapse rates were negatively associated with the amount of formal home practice. By the end of one year, 58% of the participants who practiced less than 3 times a week had major depressive relapses, while only 39% of those who practiced 3 or more times a week relapsed. Consistent formal home mindfulness practice reduced the risk of relapse by nearly 50%. While the amount of formal and informal home practice was highly correlated (r=0.82, p<0.001), the amount of informal practice was not significantly related to relapse risk, perhaps owing to the inability to quantify its actual duration. The findings support a crucial role for formal home mindfulness practice in a structured mindfulness-based intervention, and suggest that the more one practices- at least up to a point yet undetermined - the better one’s mental health outcome.
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**Categories:** Events & Conferences, Research & Education, Books & Media, and Employment & Volunteer

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**Events & Conferences**

**Compassion Week 2014 - San Francisco**

Hosted by Stanford University’s Center for Compassion & Altruism Research and Education, the Tenzin Gyatso Institute, and The Charter for Compassion, with lead sponsorship from Dignity Health. Compassion Week events integrate the science and practice of compassion, including conferences on the Science of Compassion; Compassion & Healthcare; and Empathy & Compassion in Society. The week concludes with the Charter for Compassion Day and Living Compassionately Retreat. November 10-16, 2014.


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**Mindfulness and Compassion Conference**

Mindfulness and Compassion Conference 2015 San Francisco The Mindfulness and Compassion: The Art and Science of Contemplative Practice conference will bring together internationally recognized academic scholars in the neurosciences, psychology, medicine, and education with seasoned Buddhist contemplatives. Date: June 3-6, 2015 Location: San Francisco State University.

**INFO:** Contact: info@mcc2015.org www.mcc2015.org

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**Contemplation for 21st Century Education**

A groundbreaking event: SUNY Buffalo showcases Contemplative Pedagogy for the first time and brings Dr. Daniel Barbezat, Director of the Center for Contemplative Mind in Society, to campus. Designed for educators at every level of service, this symposium will describe how contemplative practices are used to create educational environments that meet the expanded learning goals of 21st century life.

**INFO:** Date: October 17th, 2014 Register at: [http://ubtlc.buffalo.edu/specialevents/gentle2014/contemplation.html](http://ubtlc.buffalo.edu/specialevents/gentle2014/contemplation.html) More info contact: lisanapora@hotmail.com

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**Research & Education**

**Practicing Safety Mothers in Drug Treatment**

The Children’s Bureau has awarded an Abandoned Infants Assistance funding to “Practicing Safety Mindfulness Project for Mothers in Drug Treatment”, Diane J. Abatemarco, PhD, MSW at Nemours Children’s Health System. This project provides integrated services to improve parenting in a population of pregnant and parenting women who are in outpatient treatment for opiate addiction. The multifaceted intervention includes a demonstrated quality improvement arm at the pediatric practice “Practicing Safety”, a Mindfulness Based Parenting course, and enhanced case management. Study outcomes evaluate child health outcomes; child development screening; parenting behavior and stress; and parental mindfulness.

**INFO:** [http://aia.berkeley.edu/aia-projects/directory/psmdt/](http://aia.berkeley.edu/aia-projects/directory/psmdt/)

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**SUNY Contemplative Network**

This new website on the SUNY Learning Commons provides a vehicle for collaborating and connecting across SUNY campuses and with other higher education and community professionals. This is a public site! If you have an interest in exploring applications of mindfulness, contemplative education, and social-emotional learning in higher education, we invite you to join the SUNY Contemplative Network.

**INFO:** Go to [http://commons.suny.edu/](http://commons.suny.edu/) Contact: Terry Murray murrayt@newpaltz.edu or Lisa Napora lnapora@buffalo.edu

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**Books & Media**

**Mindful Leadership: the book**

In this book, Wibo Koole, a long standing corporate leadership expert and management consultant, and director of the Center for Mindfulness in Amsterdam provides the first comprehensive framework for mindfulness-based leadership and teamwork. Full of insights and exercises that teach leaders how to practice mindfulness, and how to create a mindful corporate culture. The book has quickly become the starting point of ongoing research in psychology and business leadership.
Submit your announcements online at www.mindfulexperience.org/announcements.php

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INFO: Available on Amazon at http://amzn.com/9492004003

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 (c.v., links to your work, websites, etc.) as well as notices of publications, events and much else. Non-members can search the site.

INFO: Go to: http://www.contemplativeeducation.ca

Employment & Volunteer

Post your announcements here.