**INTERVENTIONS**

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


ASSOCIATIONS

Articles examining the correlation and mechanism between mindfulness and other variables


**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*

Ball, M. S., Vernon, B. (2014). A review on how meditation could be used to comfort the terminally ill. *Palliative and Supportive Care.* [link]


**TRIALS**

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

University of Maryland, Baltimore (D. Seminowicz). MRI outcomes of mindfulness meditation for migraine. NIH/NCCAM project #3R01AT007176-02S1. [link]
Highlights

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

Young children’s capacity to self-regulate attention and emotion contributes to their scholastic success and predicts their academic attainment. There is a need for programs that enhance children’s self-regulation skills, and mindfulness-based interventions that promote sustained attention, self-monitoring, and cognitive flexibility may be good candidates. Flook et al. [Developmental Psychology] developed a mindfulness-based Kindness Curriculum (KC) for preschool-aged children and tested its ability to improve their executive functioning, self-regulation, and academic and social development.

Sixty-eight ethnically-diverse children in 6 urban Midwestern preschools were randomly assigned to either KC or a wait-list control condition. KC was administered in two 20-30 minute weekly sessions over 12 weeks, and emphasized mindfulness, empathy, gratitude and sharing through multiple modalities including music, children’s literature, and movement. The children were tested immediately before and after the program on behavioral tasks of willingness to share and willingness to delay gratification, and computerized tasks of cognitive flexibility and freedom from distraction. Their teachers rated their social competence before and after the intervention and assigned routine report card grades three months after program completion.

The KC children showed significantly greater improvement in their teacher-rated prosocial behavior (Cohen’s $d = 0.29$) and emotional regulation ($d = 0.25$), than did the control children. The KC children also showed significantly greater report card improvement on Approaches to Learning ($d = 0.54$), Health and Physical Development ($d = 0.56$), and Social and Emotional Development ($d = 0.97$). On the willingness-to-share task (a task involving the children dividing up ten stickers between themselves and their peers), control children displayed significantly more selfish behavior over time, reserving more of the stickers for themselves, while the KC children did not display more selfish behavior. The KC children with poorer baseline levels of executive functioning and social competence improved the most in social competence over time relative to the controls.

While the study is supportive of using mindfulness to enhance preschool-aged children’s self-regulation skills, especially for children with lower levels of baseline functioning, the study is limited by its short duration of follow-up and the teachers’ awareness of the children’s assigned interventions.

Are mindfulness-based interventions (MBIs) as effective as cognitive behavioral therapy (CBT) in treating chronic pain? Davis et al. [Journal of Consulting and Clinical Psychology] analyzed data from a 2008 study of the relative effectiveness of CBT, a mindful acceptance intervention (MBI), and rheumatoid arthritis education (AE) on pain, fatigue, and stress in 144 rheumatoid arthritis patients. The predominantly female (68%), White (85%), middle-aged (mean = 54 years) participants were randomly assigned to one of the three treatments. Patients rated their pain in daily diaries 30 days before and 30 days after the intervention. All the intervention conditions were delivered in once-weekly 2-hour groups over an 8-week period and were co-led by clinical psychologist/graduate student teams trained in CBT and MBI approaches to pain. The CBT intervention emphasized reappraising maladaptive thoughts, relaxation training, and activity pacing. The MBI focused on nonjudgmental moment-to-moment awareness and savoring pleasant experiences. The AE served as an education control, presenting medical information about rheumatoid arthritis.

MBI patients showed greater reductions in their pain-related catastrophizing, morning stiffness, fatigue and anxiety than did CBT and AE patients. MBI and CBT patients both catastrophized less compared with AE patients, but only MBI patients reduced their catastrophizing when confronted with severe pain. CBT patients, on the other hand, experienced greater increases in their sense of perceived pain control.

Mindful acceptance and cognitive reappraisal strategies each appear to have specific benefits and limitations. Arthritis patients with histories of recurrent depression, for example, benefited more from the MBI than CBT. Mindful acceptance seems to be more effective when pain is severe and cognitive resources are taxed. Cognitive reappraisal has the advantage of giving patients the perception of enhanced control when pain is less severe.
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**Events & Conferences**

**Mindfulness Research Meeting in Seattle**


**Research call - 2015 CMRP conference**

Centre for Mindfulness Research and Practice Mindfulness in Society conference, 3 – 7 July 2015 Venue: Crowne Plaza, Chester, UK Call for research now open Deadline 13th February 2015 “A chance to refresh yourself, learn from others and share experiences.”


**Mindfulness and Compassion Conference**

Mindfulness and Compassion Conference 2015 in San Francisco. 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

**Introduction to MBCP Professional Retreat**

This 6-day retreat is designed for those who are interested in learning about Mindfulness-Based Childbirth and Parenting (MBCP) or applying mindfulness to other settings. This retreat may be of interest to medical and mental health professionals seeking an introduction to mindfulness meditation and understanding its complementary relationship to obstetrics, midwifery, nursing, pediatrics, family medicine, and clinical psychology. 18-24 January 2015, Petaluma, CA 26 March - 1 April 2015, Vesseaux, France

INFO: Visit: [www.mindfulbirthing.org](http://www.mindfulbirthing.org)

**Research & Education**

**Online MBCT Training for Therapists**

Support your clients with depression and other clinical problems using the principles of Mindfulness-Based Cognitive Therapy. Developed by Dr. Zindel Segal and Dr. Sona Dimidjian, Mindful Mood Balance and 3 Minute Breathing Space will help you incorporate MBCT into your practice and daily life.

INFO: Both courses are available at [http://www.mindfulnoggin.com](http://www.mindfulnoggin.com)

**Advanced teacher training in MYmind**

Advanced teacher training for mental health practitioners in MYmind: a Mindfulness training for children with ADHD/Autism and their parents by prof. Dr. Susan Bögels and Dr. Joke Hellemans in Amsterdam. September 7th - 11th 2015.

INFO: Visit: [http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals](http://www.uvamindsyou.nl/site/english-training/mindfulness-training-for-professionals)

Contact: info@uvamindsyou.nl

**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 leadeership.


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Documentary Film Dr. John Sarno

Did you know Howard Stern, Larry David, John Stossel, Senator Tom Harkin and Golfer Ben Crane suffered from debilitating pain until they met Dr. John Sarno? He's cured thousands of patients, sold thousands of books with his mind body focused approach, but he's virtually unheard of. A new film which chronicles his work, patients and mind body medicine is being made now.


Employment & Volunteer

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