**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


training for medical students (medimind): Study protocol for a randomized controlled trial. Trials. [link]


Can mindfulness training increase real-life compassionate behavior? To address this question, Lem et al. [PLOS One] randomly assigned 69 college undergraduates to either a mindfulness meditation (MM) or cognitive skills (CS) program. Both programs were delivered over self-guided web-based smartphone apps. A total of 56 participants completed the three week long interventions. The MM participants engaged in 14 mindfulness meditation sessions lasting an average of 12 minutes each. The sessions did not include loving-kindness or compassion content. The CS participants engaged in 14 game-playing sessions designed to enhance memory, attention, speed, and problem solving. After completing the intervention, participants were asked to visit a waiting area that contained three chairs, two of which were already occupied by alleged “participants,” who were actually researcher confederates (actors who played participants), and the third of which was to be occupied by the participant. As they sat waiting, another confederate entered with crutches and a walking boot, acting as if in pain. The seated confederates showed indifference to the newcomer. Researchers then observed whether or not the participants yielded their seats to the newcomer.

MM participants were more than twice as likely to yield their chairs than were CS participants (37% vs. 14%). This increase in compassionate behavior was not accompanied by an increased ability to judge other’s emotions; MM and CS participants did not differ on that variable.

The results support the ability of mindfulness training to help a person to act compassionately to others. Smartphone apps can potentially extend the benefits of mindfulness training to those who would otherwise lack access to and the time for more immersive programs. Future research can determine whether more immersive programs might result in larger benefits and help clarify the underlying mechanisms for enhancement of compassion through mindfulness training.

Half of adults aged 55 and over report some difficulty falling and/or staying asleep. Moderate sleep disturbances are often accompanied by daytime fatigue and disturbances in mood. Current treatments for sleep disturbances include medications which can have residual daytime effects and lead to dependency, and cognitive and behavioral treatments which can be costly and require access to skilled therapists. There is an ongoing need for novel treatments that are safe, effective, and accessible in the broader community.

In a randomized, controlled study, Black et al. [JAMA Internal Medicine] evaluated the Mindfulness Awareness Practices for Daily Living (MAPs) program as a treatment for moderate sleep disturbance in older adults. Individuals aged 55 and above were screened for the presence of moderate sleep disturbance and the absence of other diagnoses that could adversely affect sleep (e.g., sleep apnea, restless leg syndrome). Forty-nine participants (average age = 66 years) were randomly assigned to either MAPs or to Sleep Hygiene Education (SHE), an educational intervention designed to match MAPs in format, participant involvement, and participant expectations for sleep benefit. The programs were delivered in six two-hour group sessions that included home practice or study. MAPs participants practiced sitting, walking, movement, eating, and loving-kindness meditations. SHE participants were instructed in sleep education and sleep self-monitoring, relaxation techniques, and sleep hygiene strategies. Pittsburgh Sleep Quality Index scores served as the primary outcome measure. Self-report measures of depression, anxiety, stress, fatigue, and mindfulness (the Five Factor Mindfulness Questionnaire, or FFMQ) were also included.

MAPs participants showed a significant increase in mindfulness compared to SHE participants (Cohen’s d = 0.76). Sleep quality improved significantly more for MAPs participants (d = 0.89), and the MAPs participants’ improvements were correlated with their change in mindfulness skills (r = 0.46). MAPs participants also reported significantly less severe daytime fatigue (d = 1.5) and depression (d = 0.68) compared to SHE participants.

This is the first randomized, controlled study of a mindfulness-based intervention targeting sleep disturbance in an older adult population. Improvement in the mindfulness condition was large, clinically meaningful, and on a par with the typical effect sizes for both sleep medications and cognitive behavioral therapy. Future research can help determine whether this improvement is long lasting.
Submit your announcements online at goAMRA.org/publications/advertising/

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

Events & Conferences

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

Mindfulness in Society conference, UK

Hosted in July 2015 by Bangor University’s Centre for Mindfulness Research and Practice, this 5 day conference will integrate the science and practice of mindfulness. Leading experts will combine workshops with research and keynote speeches with a full practice day led by Professor Mark Williams. Topics for the popular ‘all day’ events include: the role of mindfulness in compassionate living, transforming suffering, the workplace, birthing, pain & long-term health conditions and exploring cutting edge neuroscience. Location: Chester, UK.

INFO: Programme, registration & research submission: http://www.bangor.ac.uk/mindfulness/conference.php.en

Deepening Our Practice


INFO: Register at http://www.mindfulnessandmore.com

II International Meeting on Mindfulness

II International Meeting on Mindfulness Sao Paulo, Brazil, June 24-27, 2015

INFO: http://www.mindfulnessmeeting.com

Mindfulness-Based Inquiry Training

This 3-day training is for teachers of mindfulness-based interventions and mindfulness-based psychotherapists. This training intensive will provide participants the opportunity to develop an understanding of the theories, intentions and specific elements of mindful inquiry, as well to develop skill and confidence in facilitating the inquiry process. The training, facilitated by Diane Reibel, PhD, director of Jefferson’s Mindfulness Institute will be held on Thursday April 30th through Saturday May 2nd, 2015, in Philadelphia, PA.

INFO: For more information and registration visit: www.jefferson.edu/mindfulness ("professional training")

2015 Mindfulness Based Art Institute

Explore three stages of Mindfulness through Mindful Art practices. Vancouver Canada Course focus: cultivating social and emotional health, self-management skills, gratitude and compassion. Level 1: July 14; Level 2: July 16

INFO: For information or to register: http://www.truepnt.ca (programs) or truepnt@yahoo.ca

Koru Mindfulness Teacher Certification Training

Koru Mindfulness is the evidence-based mindfulness training program developed in the Duke University student counseling center specifically for college-age adults. Koru, now established at more than 30 universities nationwide, is a popular and practical program for introducing mindfulness to this sometimes-skeptical developmental stage. Certification training appropriate for those who work with young adults in any setting. Apply now for 2015 certification workshops in Boston, MA and Petaluna, CA.

INFO: http://korumindfulness.org/teacher-certification/benefits/
Research & Education

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
Contact: info@uvamindsyou.nl

Brown University Contemplative Pedagogy Program

Educators attend a week of Brown Contemplative Studies courses, receive training in: first-person pedagogies; contemplative science and research, course design July 12 – July 18, 2015 Tuition: $600
APPLICATION:
1) CV, 2) Description of proposed contemplative pedagogy course

INFO: Send to:
Contemplative_Studies@brown.edu
Deadline: 5/1/15
http://www.contemplativestudies.org

Online Mindfulness Course April 2015

Mindfulness Without Meditation. One month course. Tutor: Padraig O'Morain, Mindfulness teacher, psychotherapist and author of "Mindfulness on the Go" and "Light Mind." Cost: €59.99 (approx US$70, UK£45)

Books & Media

New Book! Mindfulness for Teachers

Mindfulness for Teachers by University of Virginia Associate Professor Patricia Jennings is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

INFO: Visit: http://books.wwnorton.com/books/Mindfulness-for-Teachers/

INFO: http://amzn.com/0393708071

Connecting the Mindfulness Movement

Now there is a new way to easily connect and share across organizational and professional boundaries around the topic of mindfulness: TheMindfulness.NET is a non-profit, vertical network platform equipped with features as they are known on Facebook.

INFO: Check it out: https://themindfulness.net

Employment & Volunteer

Post your ad here.