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Editor-in-Chief
David S. Black, Ph.D.

Highlights by
Seth Segall, Ph.D.

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INTERVENTIONS

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

Bayazi, M. H. (2018). **The effectiveness of MBCT on the illness perception and psychological symptoms in patients with rheumatoid arthritis.** *Complementary Therapies in Clinical Practice.* [\[link\]](#)

Ellis, D. A., Carcone, A., Slatcher, R.,...Sibinga, E. (2018). **Efficacy of MBSR in emerging adults with poorly controlled, type 1 diabetes: A pilot RCT.** *Pediatric Diabetes.* [\[link\]](#)

Farrés, C. C., Elices, M., Soler, J.,...Pascual, J. C. (2018). **Effects of mindfulness training on borderline personality disorder: Impulsivity versus emotional dysregulation.** *Mindfulness.* [\[link\]](#)

Gawande, R., To, M. N., Pine, E.,...Schuman-Olivier, Z. (2018). **Mindfulness training enhances self-regulation and facilitates health behavior change for primary care patients: A RCT.** *Journal of General Internal Medicine.* [\[link\]](#)

Gunst, A., Ventus, D., Arver, S.,...Jern, P. (2018). **A randomized, waiting-list-controlled study shows that brief, mindfulness-based psychological interventions are effective for treatment of women's low sexual desire.** *Journal of Sex Research.* [\[link\]](#)

Hanson, P., Shuttlewood, E., Halder, L.,...Barber, T. M. (2018). **Application of mindfulness in a tier 3 obesity service improves eating behaviour and facilitates successful weight-loss.** *Journal of Clinical Endocrinology & Metabolism.* [\[link\]](#)

Kulka, J. M., De Gagne, J. C., Mullen, C. K., Robeano, K. (2018). **MBSR for newly graduated registered nurses.** *Creative Nursing.* [\[link\]](#)

Lindsay, E. K., Chin, B., Greco, C. M.,...Creswell, J. D. (2018). **How mindfulness training promotes positive emotions: Dismantling acceptance skills training in two RCTs.** *Journal of Personality and Social Psychology.* [\[link\]](#)

Lo, H. H., Wong, J. Y., Wong, S. W.,...Snel, E. (2018). **Applying mindfulness to benefit economically disadvantaged families: A RCT.** *Research on Social Work Practice.* [\[link\]](#)

Mak, C., Whittingham, K., Boyd, R. N. (2018). **Experiences of children and parents in miyoga, a mindfulness yoga program for children with cerebral palsy: A mixed method study.** *Complementary Therapies in Clinical Practice.* [\[link\]](#)

Perepelkin, J., Antunes, K., Boechler, L.,...Mildenberger, L. (2018). **Providing mindfulness meditation for patients with depression and anxiety in a community pharmacy: A pilot study.** *Journal of the American Pharmacists Association.* [\[link\]](#)

Potharst, E. S., Zeegers, M., Bögels, S. M. (2018). **Mindful with your toddler group training: Feasibility, acceptability, and effects on subjective and objective measures.** *Mindfulness.* [\[link\]](#)

Raj, S., Sachdeva, S., Jha, R.,...Arya, Y. K. (2018). **Effectiveness of mindfulness based cognitive behavior therapy on life satisfaction, and life orientation of adolescents with depression and suicidal ideation.** *Asian J Psychiatry.* [\[link\]](#)

Russell, L., Ugalde, A., Orellana, L.,...Livingston, P. M. (2018). **A pilot RCT of an online mindfulness-based program for people diagnosed with melanoma.** *Supportive Care in Cancer.* [\[link\]](#)

Sass, S. M., Early, L. M., Long, L.,...Miller, P. (2018). **A brief mindfulness intervention reduces depression, increases nonjudgment, and speeds processing of emotional and neutral stimuli.** *Mental Health & Prevention.* [\[link\]](#)

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Schnepper, R., Richard, A., Wilhelm, F. H., Blechert, J. (2019). **A combined mindfulness-prolonged chewing intervention reduces body weight, food craving, and emotional eating.** *Journal of Consulting and Clinical Psychology.* [\[link\]](#)

Singer, T., Engert, V. (2018). **It matters what you practice: Differential training effects on subjective experience, behavior, brain and body in the resource project.** *Current Opinion in Psychology.* [\[link\]](#)

Singh, N. N., Lancioni, G. E., Medvedev, O. N.,...Hwang, Y. S. (2018). **Meditation on the soles of the feet practice provides some control of aggression for individuals with Alzheimer's disease.** *Mindfulness.* [\[link\]](#)

Stice, E., Rohde, P., Shaw, H., Gau, J. M. (2019). **Randomized trial of a dissonance-based group treatment for eating disorders versus a supportive mindfulness group treatment.** *Journal Consulting and Clinical Psychology.* [\[link\]](#)

Wietmarschen, H. V., Tjaden, B., Vliet, M. V.,...Jong, M. (2018). **Effects of mindfulness training on perceived stress, self-compassion, and self-reflection of primary care physicians: A mixed-methods study.** *BJGP Open.* [\[link\]](#)

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Articles examining the correlates and mechanisms of mindfulness

Baird, B., Riedner, B. A., Boly, M.,...Tononi, G. (2018). **Increased lucid dream frequency in long-term meditators but not following MBSR training.** *Psychology of Consciousness: Theory, Research, and Practice.* [\[link\]](#)

Butts, C. M., Gutierrez, D. (2018). **Dispositional mindfulness and personal distress as**

predictors of counseling self-efficacy. *Counselor Education and Supervision.* [\[link\]](#)

Carvalho, S. A., Xavier, A., Gillanders, D.,...Castilho, P. (2018). **Rumination and valued living in women with chronic pain: How they relate to the link between mindfulness and depressive symptoms.** *Current Psychology.* [\[link\]](#)

Chen, S., Murphy, D. (2018). **The mediating role of authenticity on mindfulness and wellbeing: A cross cultural analysis.** *Asia Pacific Journal of Counselling and Psychotherapy.* [\[link\]](#)

Chen, X., He, J., Fan, X., Cai, Z. (2018). **Attachments, dispositional mindfulness, and psychological distress: A mediation analysis.** *Current Psychology.* [\[link\]](#)

Coatsworth, J. D., Timpe, Z., Nix, R. L.,...Greenberg, M. T. (2018). **Changes in mindful parenting: Associations with changes in parenting, parent-youth relationship quality, and youth behavior.** *J Society Social Work Research.* [\[link\]](#)

Deng, Y., Zhang, B., Zheng, X.,...Zhou, C. (2019). **The role of mindfulness and self-control in the relationship between mind-wandering and metacognition.** *Personality and Individual Differences.* [\[link\]](#)

Du, J., An, Y., Ding, X.,...Xu, W. (2019). **State mindfulness and positive emotions in daily life: An upward spiral process.** *Personality and Individual Differences.* [\[link\]](#)

Dvovráková, K., Greenberg, M. T., Roeser, R. W. (2018). **On the role of mindfulness and compassion skills in students' coping, well-being and development across the transition to college: A conceptual analysis.** *Stress and Health.* [\[link\]](#)

Ekici, Garip, G., Gordon, W. V. (2018). **The lived experiences of experienced vipassana mahasi meditators: An interpretative phenomenological analysis.** *Mindfulness.* [\[link\]](#)

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Harrison, R., Zeidan, F., Kitsaras, G.,...Salomons, T. V. (2018). **Trait mindfulness is associated with lower pain reactivity and connectivity of the default mode network.** *Journal of Pain.* [link]

Hirshberg, M. J., Goldberg, S. B., Schaefer, S. M.,...Davidson, R. J. (2018). **Divergent effects of brief contemplative practices in response to an acute stressor: A RCT of brief breath awareness, loving-kindness, gratitude or an attention control practice.** *PLoS ONE.* [link]

Hjeltnes, A., Moltu, C., Schanche, E.,...Binder, P. E. (2018). **Facing social fears: How do improved participants experience change in MBSR for social anxiety disorder?** *Counselling and Psychotherapy Research.* [link]

Kemper, K. J., McClafferty, H., Wilson, P. M.,...Schwartz, A. (2018). **Do mindfulness and self-compassion predict burnout in pediatric residents?** *Academic Medicine.* [link]

Kirk, U., Wieghorst, A., Nielsen, C. M., Staiano, W. (2018). **On-the-Spot binaural beats and mindfulness reduces behavioral markers of mind wandering.** *Journal Cog Enhance.* [link]

Lardone, A., Liparoti, M., Sorrentino, P.,...Sorriso, A. (2018). **Mindfulness meditation is related to long-lasting changes in hippocampal functional topology during resting state: A magnetoencephalography study.** *Neural Plasticity.* [link]

Li, J., Luo, H., Long, L. (2018). **A qualitative investigation of the experience of participation in mindfulness-based intervention for IVF-ET (MBII) with Chinese women undergoing first IVF-ET.** *Nursing Open.* [link]

Lin, Y., Fisher, M. E., Moser, J. S. (2018). **Clarifying the relationship between mindfulness and executive attention: A combined behavioral and neurophysiological**

study. *Social Cognitive and Affective Neuroscience.* [link]

Lönnberg, G., Nissen, E., Niemi, M. (2018). **What is learned from mindfulness based childbirth and parenting education? Participants' experiences.** *BMC Pregnancy and Childbirth.* [link]

Lutz, A., Klimecki, O. M., Collette, F.,...Vuilleumier, P. (2018). **The age-well observational study on expert meditators in the medit-ageing European project.** *Alzheimer's & Dementia.* [link]

Pagnini, F., Cavalera, C., Rovaris, M.,...Langer, E. (2018). **Longitudinal associations between mindfulness and well-being in people with multiple sclerosis.** *International Journal of Clinical and Health Psychology.* [link]

Pintado, S. (2018). **Changes in body awareness and self-compassion in clinical psychology trainees through a mindfulness program.** *Complementary Therapies in Clinical Practice.* [link]

Rowland, Z., Wenzel, M., Kubiak, T. (2018). **A mind full of happiness: How mindfulness shapes affect dynamics in daily life.** *Emotion.* [link]

Sünbül, Z. A., Güneri, O. Y. (2019). **The relationship between mindfulness and resilience: The mediating role of self compassion and emotion regulation in a sample of underprivileged turkish adolescents.** *Personality and Individual Differences.* [link]

Upchurch, D. M., Johnson, P. J. (2018). **Gender differences in prevalence, patterns, purposes, and perceived benefits of meditation practices in the United States.** *Journal of Womens Health.* [link]

Vara-García, C., Romero-Moreno, R., Márquez-González, M.,...Losada, A. (2018). **Stress and blood pressure in dementia caregivers: The moderator role of mindfulness.** *Clinical Gerontologist.* [link]

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Walsh, M. M., Arnold, K. A. (2018). **Mindfulness as a buffer of leaders' self-rated behavioral responses to emotional exhaustion: A dual process model of self-regulation.** *Frontiers in Psychology.* [link]

Zhao, J., Li, X., Xiao, H.,...Xu, Y. (2018). **Mindfulness and burnout among beside registered nurses: A cross-sectional study.** *Nursing & Health Sciences.* [link]

Zhong, M., Zhang, Q., Bao, J., Xu, W. (2019). **Relationships between meaning in life, dispositional mindfulness, perceived stress, and psychological symptoms among Chinese patients with gastrointestinal cancer.** *Journal of Nervous and Mental Disease.* [link]

METHODS

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

Jensen, C. G., Krogh, S. C., Westphael, G., Hjordt, L. V. (2018). **Mindfulness is positively related to socioeconomic job status and income and independently predicts mental distress in a long-term perspective: Danish validation studies of the five-factor mindfulness questionnaire.** *Psychological Assessment.* [link]

Marchant, N. L., Barnhofer, T., Klimecki, O. M.,...Gael, C. (2018). **The SCD-well RCT: Effects of a mindfulness-based intervention versus health education on mental health in patients with subjective cognitive decline (SCD).** *Alzheimer's & Dementia.* [link]

Mason, A. E., Saslow, L., Moran, P. J.,...Epel, E. S. (2018). **Examining the effects of mindful eating training on adherence to a carbohydrate-restricted diet in type 2 diabetes: The DELISH study protocol.** *JMIR Research Protocols.* [link]

Mikolasek, M., Witt, C. M., Barth, J. (2018). **Adherence to a mindfulness and relaxation self-care app for cancer patients: Mixed-methods feasibility study.** *JMIR MHealth and UHealth.* [link]

Cheong, M., Lee, G., Kang, H.,...Baek, H. (2018). **Clinical effects of mindfulness meditation and cognitive behavioral therapy standardized for insomnia: A protocol for a systematic review and meta-analysis.** *Medicine.* [link]

Mrazek, A. J., Mrazek, M. D., Cherolini, C. M.,...Schooler, J. W. (2018). **The future of mindfulness training is digital, and the future is now.** *Current Opinion in Psychology.* [link]

Poisnel, G., Arenaza-Urquijo, E., Collette, F.,...Vuilleumier, P. (2018). **The agewell RCT of the medit-ageing european project: Effect of meditation or foreign language training on brain and mental health in older adults.** *Alzheimer's & Dementia: Translational Research & Clinical Interventions.* [link]

Watson-Singleton, N. N., Black, A. R., Spivey, B. N. (2018). **Recommendations for a culturally-responsive mindfulness-based intervention for African Americans.** *Complementary Therapies in Clinical Practice.* [link]

REVIEWS

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

Blycker, G. R., Potenza, M. N. (2018). **A mindful model of sexual health: A review and implications of the model for the treatment of individuals with compulsive sexual behavior disorder.** *Journal of Behavioral Addictions.* [link]

Choo, C. C., Kuek, J. H., Burton, A. A. D. (2018). **Smartphone applications for mindfulness interventions with suicidality in asian older**

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adults: A literature review. *International Journal of Environmental Research and Public Health.* [link]

Duarte, R., Lloyd, A., Kotas, E.,...White, R. (2018). **Are acceptance and mindfulness-based interventions 'value for money'? Evidence from a systematic literature review.** *British Journal of Clinical Psychology.* [link]

Kinsella, E. A., Smith, K., Bhanji, S.,...Bertrim, A. (2018). **Mindfulness in allied health and social care professional education: A scoping review.** *Disability and Rehabilitation.* [link]

Klingbeil, D. A., Renshaw, T. L. (2018). **Mindfulness-based interventions for teachers: A meta-analysis of the emerging evidence base.** *School Psychology Quarterly.* [link]

Lindsay, E. K., Creswell, J. D. (2018). **Mindfulness, acceptance, and emotion regulation: Perspectives from monitor and acceptance theory (MAT).** *Current Opinion in Psychology.* [link]

McClintock, A. S., McCarrick, S. M., Garland, E. L.,...Zgierska, A. E. (2018). **Brief mindfulness-based interventions for acute and chronic pain: A systematic review.** *Journal of Alternative and Complementary Medicine.* [link]

Priddy, S. E., Howard, M. O., Hanley, A. W.,...Garland, E. L. (2018). **Mindfulness meditation in the treatment of substance use disorders and preventing future relapse: Neurocognitive mechanisms and clinical implications.** *Substance Abuse and Rehabilitation.* [link]

Rusch, H. L., Rosario, M., Levison, L. M.,...Gill, J. M. (2018). **The effect of mindfulness meditation on sleep quality: A systematic review and meta-analysis of RCTs.** *Annals of the New York Academy of Sciences.* [link]

Wielgosz, J., Goldberg, S. B., Kral, T. R.,...Davidson, R. J. (2018). **Mindfulness meditation and psychopathology.** *Annual Review of Clinical Psychology.* [link]

Zhang, Q., Zhao, H., Zheng, Y. (2018). **Effectiveness of MBSR on symptom variables and health-related quality of life in breast cancer patients - a systematic review and meta-analysis.** *Supportive Care in Cancer.* [link]

TRIALS

Research studies newly funded by the National Institutes of Health (DEC 2018)

Central New York Research Corporation (K. Possemato, PI). **Primary care based mindfulness training for veterans with PTSD.** NIH/NCCIH project # 5R34AT009678-02. [link]

National University of Natural Medicine (A. Senders, PI). **MBSR for multiple sclerosis: Feasibility, durability, and clinical outcomes.** NIH/NCCIH project #5K23AT008211-05. [link]

Northwestern University (B. Yanez, PI). **Mindfulness-based e-health intervention to improve medication adherence among breast cancer survivors.** NIH/NCCIH project #5R34AT009447-02. [link]

VA Puget Sound (D. Kearney, PI). **Evaluation of a mindfulness-based intervention for gulf war illness.** VA project # 5101HX001828-02. [link]

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HIGHLIGHTS

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

While people with chronic illnesses can benefit from modifications in diet, exercise, and stress management, initiating and maintaining behavioral changes can be difficult. People with mental health problems can find it even harder to self-manage healthy lifestyle changes. Health care providers are interested in behavioral interventions that can be delivered directly in primary care settings to help patients better manage their illnesses.

Gawande et al. [Journal of General Internal Medicine] studied whether a primary care mindfulness-based intervention could promote improved patient self-management of behaviors that might favorably impact their health. They compared the effectiveness of an intensive in-house mindfulness training to a brief orientation to mindfulness coupled with referral to potential community and online mindfulness resources.

The researchers randomly assigned 136 primary care patients with depressive, anxiety, stress, adjustment, or traumatic stress diagnoses (65% female; 77% Caucasian; average age = 41 years) to either a Mindfulness Training for Primary Care (MTPC) group or a low dose comparator control. Participants who were already receiving mental health treatment were encouraged to continue it during the study. MTPC was delivered in 8 weekly 2-hour group sessions along with a 7-hour retreat. The program was based on Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy. It included instruction on self-compassion, illness self-management, values clarification, communication, and mindful action planning.

Prior to randomization, all participants attended a one-hour orientation to mindfulness that included didactic and practice elements. Following randomization, participants in the

low dose comparator control were encouraged to practice mindfulness on their own, advised to seek out mindfulness resources, and placed on a 6-month MTPC waiting list. Both MTPC and control participants received biweekly phone calls encouraging continued home practice.



In the seventh week of the study, all participants were asked to develop a short-term action plan to self-manage chronic illness and promote wellness. In weeks 8 and 9, they self-rated the degree to which they had successfully initiated their action plans. Participants also completed questionnaires at baseline, 8 weeks, and 24 weeks assessing anxiety, depression, stress, emotion regulation, self-compassion, mindfulness (Five Facet Mindfulness Questionnaire), awareness of body sensations, and measures of self-efficacy and perceived control in managing their illnesses.

MTPC attendance was fair to good, with 74% of participants attending 6 or more group sessions. MTPC participants engaged in an average of 191 minutes a week of home mindfulness practice compared to 53 minutes a week for controls. MTPC participants showed significant improvements at 8 weeks on anxiety ($d=0.80$), depression (0.59), perceived stress (0.77), mindfulness (0.92), self-compassion (0.85), emotion regulation (0.71), awareness of body sensations (1.0), self-efficacy in managing illness (0.30), and perceived control in managing illness (0.41). Controls showed similar changes in anxiety, depression, perceived stress, and self-compassion, but experienced no improvement on the other measures. All of these improvements persisted at 24 weeks.

MTPC participants showed significantly larger improvements in mindfulness ($d=0.57$), self-compassion (0.41), emotion regulation (.58), and awareness of body sensations (0.75) than did controls. MTPC participants were also significantly more likely to report successfully initiating and

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implementing their illness self-management plans (58% vs. 32%). These plans typically involved changes in mindful self-care, physical activity level, and/or diet.

The study shows that intensive mindfulness training can be successfully integrated into a primary care setting, while improving mindfulness, self-compassion, body awareness, and emotional self-regulation better than a low dose comparator. MTPC also increases the likelihood of patients implementing short-term health care self-management plans. Participants improved on a variety of mental health measures, although not more than those in the low dose comparator. The study is limited by its reliance on self-report to assess patient implementation of self-management plans, and by the absence of a treatment-as-usual control.

Between 30-70% of physicians suffer from work-related burnout. Physician burnout is associated with higher medical error rates, poorer physician-patient communication, and increased physician substance abuse and suicide. Medical professionals are interested in developing ways to reduce burnout, including the implementation resilience curricula in medical schools. **Kemper et al. [Academic Medicine]** surveyed pediatric residents to assess the rate of burnout during residency, and determine whether the traits of mindfulness and self-compassion served as protection against burnout.

A cohort of 872 pediatric residents serving at 31 different residency sites (72% female; 73% Caucasian; average age = 29 years) completed an online questionnaire in the spring of 2016 and again in the spring of 2017. The questionnaires measured burnout, perceived stress, confidence in their ability to provide compassionate care, mindfulness (the Cognitive and Affective Mindfulness Scale-Revised), and self-compassion. The burnout measure assessed emotional exhaustion (e.g., "I feel emotionally drained from my work") and compassion fatigue (e.g., "I feel I treat some patients as if they were impersonal objects"). The researchers looked at the stability of measures over time, the cross-sectional correlations between measures within each year, and the ability of 2016 mindfulness and

self-compassion scores to predict 2017 burnout, stress, and confidence in being able to deliver compassionate care.

The results showed that 48% of the residents suffered from burnout in the spring of 2016 and again in the spring of 2017. In 2016, mindfulness significantly correlated positively with self-compassion (.61) and confidence in providing compassionate care (.37) and negatively with perceived stress (-.59) and burnout (-.44). Self-Compassion significantly correlated positively with confidence in providing compassionate care (.29) and negatively with perceived stress (-.49) and burnout (-.38). Correlation magnitudes were essentially the same in 2017.



After controlling for 2016 burnout, self-compassion significantly predicted reduced 2017 burnout. Each additional point on the 2016 self-compassion scale was associated with a 6% decrease in the 2017 likelihood of burning out. Controlling for 2016 perceived stress, mindfulness and self-compassion both significantly predicted lower 2017 stress levels. Controlling for 2016 confidence in providing compassionate care, mindfulness and self-compassion both significantly predicted higher 2017 levels in confidence in providing compassionate care.

The results demonstrate that nearly half of all pediatric residents suffer from burnout. Self-compassion and mindfulness promote resilience by reducing stress and burnout, and increasing confidence in treating patients compassionately. The study provides a rationale for including mindfulness and self-compassion training in medical school curricula. The study's strengths include its large and representative sample and its predictive use of mindfulness measures.



Lesley University is accepting applications for an Associate/Full Professor, Mindfulness Studies Program Director through January 30, 2019. To view the full position description and to apply online please use the link below to be redirected to our website.

<https://lesley.interviewexchange.com/jobofferdetails.jsp?JOBID=104929&CNTRNO=9&TSTMP=1545233558135>

The Mindfulness Studies Program:

Lesley University's 36-credit Master's in Mindfulness Studies is the first graduate program of its kind in the United States, as is the 15-credit Certificate Program in Mindfulness studies. The Programs, comprised of approximately 90 students, are low-residency; courses are online with the exception of an in-person component at the weeklong on campus summer residency for first-year students. In this academically and experientially rigorous program, students are immersed in the theory and practice of mindfulness, mindful communications (insight dialog), mindful leadership and social change, and the roots of mindfulness in Buddhist traditions, as well as research in the emerging field of contemplative neuroscience. The Master's Degree Program culminates with a capstone project/Master's thesis. A number of electives are also offered.

Graduates will be versed in the history of mindfulness in the west, and its origins in classical mindfulness, as well as in ongoing conversations about secular Buddhism and the early teachings of the Buddha. Students in the Master's and Certificate programs complete a one-week silent retreat at a Vipassana (or other approved) retreat center. Those in the Master's program complete a semester-long internship during which they provide mindful service in their home communities. Graduates will emerge from the program grounded in mindfulness, familiar with Buddhist traditions and thought, and knowledgeable of the applications of mindfulness across a wide variety of fields.

The M.A. in Mindfulness Studies is especially suitable for those aspiring to be mindful citizens, prepared to promote social good, and to apply their training in their professional endeavors, including health and wellness, education, business and leadership, and other forms of social entrepreneurship. The program is excellent preparation for students seeking to pursue professional certification training in Mindfulness Based Interventions (MBIs), or as complementary training for those already engaged in MBI certification programs.

Job Description:

This is a full time 12-month Associate/Full Professor position in the Master's Degree program in Mindfulness Studies. Rank is commensurate with experience. The Director reports to the Dean of the Graduate School and oversees the 36-credit Master's Degree Program, as well as the 15-credit Certificate Program in Mindfulness Studies. He/she/they teaches online courses across the curriculum, supervises core faculty, hires and mentors adjunct faculty, advises students, develops new curricula and program initiatives, and fosters collaborations with other mainstream mindfulness and Buddhist entities. The Director works with university departments on marketing, admissions, budgeting, and alumni relations; and serves as a liaison between the program and the University. He/she/they serves on the Graduate School academic leadership team and on school and university faculty committees. The director oversees and leads the planning and delivery of the once yearly, week-long summer on-campus residency session for first year students. The director is responsible for developing new Program initiatives and planning Program events, and for developing collaborations and co-sponsored events with other mainstream mindfulness and Buddhist entities. He/she/they must actively embrace and foster the relationship between social justice, reflective practice, and individual well-being; and address issues of privilege, exclusion, and marginalization in all aspects of the Director role.

Lesley University is an Affirmative Action/Equal Opportunity Employer and is committed to promoting diversity, inclusion and social justice in all aspects of the educational experience. Candidates who believe they can contribute to this goal are encouraged to apply.