

Mindfulness Bibliography

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## Method and Organization

The following bibliography was developed as a resource for mental health professionals, medical and psychological scientists, and others who wish to locate theoretical and empirical sources on the topic of mindfulness. The citations are based on PsycINFO, Medline, PubMed, and Cochrane database searches of peer-reviewed journal articles and books with publication dates between 1975 and March, 2009. The bibliography is organized into categories, each of which is listed in the table of contents on page 3. Categories begin with introductory remarks followed, in most cases, by a list of subcategories. Citations are grouped by year within subcategories. Because citations are cross-referenced, they may appear in two or more categories or subcategories.

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NOTE: This bibliography is updated periodically. If you know of a book or journal article that should be included, please email the citation to Lidia Zylowska ([lzylowsk@ucla.edu](mailto:lzylowsk@ucla.edu)) using the memo line "UPDATE TO THE MINDFULNESS BIBLIOGRAPHY." Thank you!

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## KEY READINGS

The citations listed below include a variety of introductory readings from the mindfulness literature. The sections include selected books, review articles and metaanalyses, and also articles addressing issues in mindfulness research.

### Selected Books

### Metaanalyses and Review Articles

### Issues in Mindfulness Research

### **Selected Books**

- Baer, R. A. (Ed.). (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. San Diego, CA: Elsevier Academic Press.
- Didonna, F. (Ed.). (2009). *Clinical Handbook of Mindfulness*. New York: Springer.
- Germer, C. K., Siegel, R. D., & Fulton, P. R. (Eds.). (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.
- Gunaratana, B. H. (2002). *Mindfulness in Plain English*. Somerville, MA: Wisdom Publications.
- Hayes, S. C., Follette, V. M., & Linehan, M. M. (Eds.). (2004). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. New York: Guilford Press.
- Kabat-Zinn, J. (1994). *Wherever you go there you are*. New York: Hyperion.
- Kabat-Zinn, J. (2005). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness: Fifteenth anniversary edition*. New York: Bantam Dell.
- Orsillo, S. M., & Roemer, L. (Eds.). (2005). *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment*. New York: Springer Science.
- Roemer, L., & Orsillo, S. M. (2009). *Mindfulness- and acceptance-based behavioral therapies in practice*. New York: Guilford Press.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford Press.
- Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: Norton.

Walsh, R., & Shapiro, S. L. (2006). The meeting of meditative disciplines and western psychology: A mutually enriching dialogue. *American Psychologist*, *61*(3), 227-239.

Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guilford Press.

### **Metaanalyses and Review Articles**

Allen, N. B., Blashki, G., Gullone, E., & Melbourne Academic Mindfulness Interest Group, Australia. (2006). Mindfulness-based psychotherapies: A review of conceptual foundations, empirical evidence and practical considerations. *Australian and New Zealand Journal of Psychiatry*, *40*(4), 285-294.

Arias, A. J., Steinberg, K., Banga, A., & Trestman, R. L. (2006). Systematic review of the efficacy of meditation techniques as treatments for medical illness. *Journal of Alternative and Complementary Medicine*, *12*(8), 817-832.

Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, *10*(2), 125-143.

Bishop, S. R. (2002). What do we really know about mindfulness-based stress reduction? *Psychosomatic Medicine*, *64*(1), 71-83.

Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, *84*(4), 822-848.

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, *95*(5), 1045-1062.

Greeson, J. M. (2009). Mindfulness research update: 2008. *Complementary Health Practice Review*, *14*(1), 10-18.

Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, *57*(1), 35-43.

Hofmann, S. G., & Asmundson, G. J. G. (2008). Acceptance and mindfulness-based therapy: New wave or old hat? *Clinical psychology review*, *28*(1), 1-16.

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- Roemer, L., & Orsillo, S. M. (2003). Mindfulness: A promising intervention strategy in need of further study. *Clinical Psychology: Science and Practice*, 10(2), 172-178.
- Salmon, P., Lush, E., Jablonski, M., et al. (2009). Yoga and mindfulness: Clinical aspects of an ancient mind/body practice. *Cognitive and Behavioral Practice*, 16(1), 59-72.
- Salmon, P., Sephton, S., Weissbecker, I., Hoover, K., Ulmer, C., & Studts, J. L. (2004). Mindfulness meditation in clinical practice. *Cognitive and Behavioral Practice*, 11(4), 434-446.
- Schreiner, I., Malcolm, J.P. (2008). The benefits of mindfulness meditation: Changes in emotional states of depression, anxiety, and stress. *Behaviour Change*, 25(3), 156-168.
- Smith, J. E., Richardson, J., Hoffman, C., & Pilkington, K. (2005). Mindfulness-based stress reduction as supportive therapy in cancer care: Systematic review. *Journal of Advanced Nursing*, 52(3), 315-327.
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- Dimidjian, S., & Linehan, M. M. (2003). Defining an agenda for future research on the clinical application of mindfulness practice. *Clinical Psychology: Science and Practice, 10*(2), 166-171.
- Gardner-Nix, J., Backman, S., Barbati, J., & Grummitt, J. (2008). Evaluating distance education of a mindfulness-based meditation programme for chronic pain management. *Journal of Telemedicine and Telecare, 14*(2), 88-92.
- Grossman, P. (2008). On measuring mindfulness in psychosomatic and psychological research. *Journal of Psychosomatic Research, 64*(4), 405-408.
- Hayes, S. C. (2002). Acceptance, mindfulness, and science. *Clinical Psychology: Science and Practice, 9*(1), 101-106.
- Hayes, S. C., & Shenk, C. (2004). Operationalizing mindfulness without unnecessary attachments. *Clinical Psychology: Science and Practice, 11*(3), 249-254.
- Hayes, S. C., & Wilson, K. G. (2003). Mindfulness: Method and process. *Clinical Psychology: Science and Practice, 10*(2), 161-165.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice, 10*(2), 144-156.
- Martin, J. R. (1997). Mindfulness: A proposed common factor. *Journal of Psychotherapy Integration, 7*(4), 291-312.
- Moss, D., & Barnes, R. (2008). Birdsong and footprints: Tangibility and intangibility in a mindfulness research project. *Reflective Practice, 9*(1), 11-22.
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- Teasdale, J. D., Segal, Z. V., & Williams, J. M. G. (1995). How does cognitive therapy prevent depressive relapse and why should attentional control (mindfulness) training help? *Behaviour research and therapy, 33*(1), 25-39.
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- Thompson, B. L., & Waltz, J. (2007). Everyday mindfulness and mindfulness meditation: Overlapping constructs or not? *Personality and Individual Differences, 43*(7), 1875-1885.

- Weiss, M., Nordlie, J. W., & Siegel, E. P. (2005). Mindfulness-based stress reduction as an adjunct to outpatient psychotherapy. *Psychotherapy and Psychosomatics*, 74(2), 108-112.
- Williams, J. M. G., Russell, I., & Russell, D. (2008). Mindfulness-based cognitive therapy: Further issues in current evidence and future research. *Journal of Consulting and Clinical Psychology*, 76(3), 524-529.



## MINDFULNESS CONSTRUCT

The following sources address the history, definition, and phenomenology of mindfulness, as well as its operationalization, measurement, component facets, validity, and relationship with other constructs. For reference, the various self-report measures of mindfulness are included after the key readings below.

### 2009

Kuehner, C., Huffziger, S., & Liebsch, K. (2009). Rumination, distraction and mindful self-focus: effects on mood, dysfunctional attitudes and cortisol stress response. *Psychological Medicine*, *39*(2), 219-228.

Mitmansgruber, H., Beck, T. N., Hofer, S., et al. (2009). When you don't like what you feel: Experiential avoidance, mindfulness and meta-emotion in emotion regulation. *Personality and Individual Differences*, *46*(4), 448-453.

Salmon, P., Lush, E., Jablonski, M., et al. (2009). Yoga and mindfulness: Clinical aspects of an ancient mind/body practice. *Cognitive and Behavioral Practice*, *16*(1), 59-72.

Schmertz, S. K., Anderson, P. L., & Robins, D. L. (2009). The relation between self-report mindfulness and performance on tasks of sustained attention. *Journal of Psychopathology and Behavioral Assessment*, *31*(1), 60-66.

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Boatright, R. A., & McIntosh, W. D. (2008). The relationship between mindfulness and self-promoting illusions. *Mental Health, Religion & Culture*, *11*(6), 561-566.

Bortz, J. J., Summers, J. D., Pipe, T. B. (2007). Mindfulness meditation: evidence of decreased rumination as a mechanism of symptom reduction. *Journal of Neuropsychiatry and Clinical Neurosciences*, *19*(2), 217-218.

Carmody, J., & Baer, R. A. (2008). Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program. *Journal of Behavioral Medicine*, *31*(1), 23-33.

Carmody, J., Reed, G., Kristeller, J., & Merriam, P. (2008). Mindfulness, spirituality, and health-related symptoms. *Journal of Psychosomatic Research*, *64*(4), 393-403.

Coffey, K. A., & Hartman, M. (2008). Mechanisms of action in the inverse relationship between mindfulness and psychological distress. *Complementary Health Practice Review*, *13*(2), 79-91.

- Dekeyser, M., Raes, F., Leijssen, M., Leysen, S., & Dewulf, D. (2008). Mindfulness skills and interpersonal behaviour. *Personality and Individual Differences, 44*(5), 1235-1245.
- Herndon, F. (2008). Testing mindfulness with perceptual and cognitive factors: External vs. internal encoding, and the cognitive failures questionnaire. *Personality and Individual Differences, 44*(1), 32-41.
- Howell, A. J., Digdon, N. L., Buro, K., & Sheptycki, A. R. (2008). Relations among mindfulness, well-being, and sleep. *Personality and Individual Differences, 45*(8), 773-777.
- Hutcherson, C., et al. (2008). Loving-Kindness Meditation Increases Social Connectedness. *Emotion, 8*(5), 720-724.
- Kee, Y. H., & Wang, C. K. J. (2008). Relationships between mindfulness, flow dispositions and mental skills adoption: A cluster analytic approach. *Psychology of Sport and Exercise, 9*(4), 393-411.
- Kostanski, M., & Hased, C. (2008). Mindfulness as a concept and a process. *Australian Psychologist, 43*(1), 15-21.
- Lakey, C. E., Kernis, M. H., Heppner, W. L., & Lance, C. E. (2008). Individual differences in authenticity and mindfulness as predictors of verbal defensiveness. *Journal of Research in Personality, 42*(1), 230-238.
- Mace, C. (2008). *Mindfulness and mental health: Therapy, theory and science*. New York: Routledge.
- McFadden, S. H. (2008). Mindfulness, vulnerability, and love: Spiritual lessons from frail elders, earnest young pilgrims, and middle aged rockers. *Journal of Aging Studies, 22*(2), 132-139.
- Nyklíček, I. & Kuijpers, K. F. (2008). Effects of mindfulness-based stress reduction intervention on psychological well-being and quality of life: is increased mindfulness indeed the mechanism?. *Annals of Behavioral Medicine, 35* (3), 331-340.
- O'Loughlin, R. E., & Zuckerman, M. (2008). Mindfulness as a moderator of the relationship between dehydroepiandrosterone and reported physical symptoms. *Personality and Individual Differences, 44*(5), 1193-1202.
- Ostafin, B. D., & Marlatt, G. A. (2008). Surfing the urge: Experiential acceptance moderates the relation between automatic alcohol motivation and hazardous drinking. *Journal of Social & Clinical Psychology, 27*(4), 404-418.
- Shapiro, S. L., Oman, D., Thoresen, C. E., Plante, T. G., & Flinders, T. (2008). Cultivating mindfulness: Effects on well-being. *Journal of Clinical Psychology, 64*(7), 840-862.

- Strohle, G., Heidenreich, T., Michalak, J., et al. (2008). Assessment of mindfulness: A construct and its components. *International Journal of Psychology, 43*(3-4), 29-29.
- Thompson, B. L., & Waltz, J. A. (2008). Mindfulness, self-esteem, and unconditional self-acceptance. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 26*(2), 119-126.
- Williams, E. N. (2008). A psychotherapy researcher's perspective on therapist self-awareness and self-focused attention after a decade of research. *Psychotherapy Research, 18*(2), 139-146.
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- Barnes, S., Brown, K. W., Krusemark, E., Campbell, W. K., & Rogge, R. D. (2007). The role of mindfulness in romantic relationship satisfaction and responses to relationship stress. *Journal of Marital & Family Therapy, 33*(4), 482-500.
- Block-Lerner, J., Adair, C., Plumb, J. C., Rhatigan, D. L., & Orsillo, S. M. (2007). The case for mindfulness-based approaches in the cultivation of empathy: Does nonjudgmental, present-moment awareness increase capacity for perspective-taking and empathic concern? *Journal of Marital & Family Therapy, 33*(4), 501-516.
- Bowen, S., Witkiewitz, K., Dillworth, T. M., & Marlatt, G. A. (2007). The role of thought suppression in the relationship between mindfulness meditation and alcohol use. *Addictive Behaviors, 32*(10), 2324-2328.
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- Lillis, J., & Hayes, S. C. (2007). Applying acceptance, mindfulness, and values to the reduction of prejudice: A pilot study. *Behavior modification*, *31*(4), 389-411.
- McKee, L., Zvolensky, M. J., Solomon, S. E., Bernstein, A., & Leen-Feldner, E. (2007). Emotional-vulnerability and mindfulness: A preliminary test of associations among negative affectivity, anxiety sensitivity, and mindfulness skills. *Cognitive Behaviour Therapy*, *36*(2), 91-100.
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- Neff, K. D., Rude, S. S., & Kirkpatrick, K. L. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, *41*(4), 908-916.
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- Dryden, W., & Still, A. (2006). Historical aspects of mindfulness and self-acceptance in psychotherapy. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, *24*(1), 3-28.

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- Allen, N. B., & Knight, W. E. J. (2005). Mindfulness, compassion for self, and compassion for others: Implications for understanding the psychopathology and treatment of depression. In P. Gilbert (Ed.), *Compassion: Conceptualisations, research and use in psychotherapy* (pp. 239-262). New York: Psychology Press.
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- Broderick, P. C. (2005). Mindfulness and coping with dysphoric mood: Contrasts with rumination and distraction. *Cognitive Therapy and Research, 29*(5), 501-510.
- Brown, K. W., & Kasser, T. (2005). Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle. *Social Indicators Research, 74*(2), 349-368.
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Ryan, R. M., & Brown, K. W. (2003). Why we don't need self-esteem: On fundamental needs, contingent love, and mindfulness: Comment. *Psychological Inquiry*, 14(1), 71-76.

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Sternberg, R. J. (2000). Images of mindfulness. *Journal of Social Issues, 56*(1), 11-26.

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## MEDICAL CONDITIONS

A growing body of research has examined the effects of mindfulness-based treatments with medical populations and settings, particularly using MBSR-based interventions. Although more controlled research is needed, particularly to uncover the mechanisms of change in these interventions, mindfulness-based treatments have shown positive effects with a variety of medical disorders. In particular, mindfulness-based treatments have been associated with the reduction of primary symptoms and decreased stress.

Brain Injury

Cancer

Chronic Fatigue

Chronic Illness

Chronic Pain

Diabetes

Fibromyalgia

Headache

Heart Disease

HIV/AIDS

Multiple Sclerosis

Obesity

Obstetrics/Gynecology

Transplant

Psoriasis

Rheumatoid Arthritis

Sleep Disturbance

Smoking

Stoma

Tinnitus

### **Brain Injury**

2005

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## Cancer

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### 2005

Surawy, C., Roberts, J., & Silver, A. (2005). The effect of mindfulness training on mood and measures of fatigue, activity, and quality of life in patients with chronic fatigue syndrome on a hospital waiting list: A series of exploratory studies. *Behavioural and Cognitive Psychotherapy*, 33(1), 103-109.

### **Chronic Illness**

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Grossman, P., Tiefenthaler-Gilmer, U., Raysz, A., & Kesper, U. (2007). Mindfulness training as an intervention for fibromyalgia: Evidence of postintervention and 3-year follow-up benefits in well-being. *Psychotherapy and Psychosomatics, 76*(4), 226-233.

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Singh, B., Berman, B., Hadhazy, V., & Creamer, P. (1998). A pilot study of cognitive behavioral therapy in fibromyalgia. *Alternative Therapies in Health and Medicine*, 4(2), 67-70.

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### **Headache**

#### 2002

Sun, T., Kuo, C., & Chiu, N. (2002). Mindfulness meditation in the control of severe headache. *Chang Gung Medical Journal*, 25(8), 538-541.

### **Heart Disease**

#### 2006

Edelman, D., Oddone, E. Z., Liebowitz, R. S., Yancy, W. S., Jr., Olsen, M. K., Jeffreys, A. S., et al. (2006). A multidimensional integrative medicine intervention to improve cardiovascular risk. *Journal of General Internal Medicine*, 21(7), 728-734.

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2009

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Barrows, K. (2006). The application of mindfulness to HIV. *Focus*, 21(8), 1-5.

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**Multiple Sclerosis**2000

Mills, N., & Allen, J. (2000). Mindfulness of movement as a coping strategy in multiple sclerosis: A pilot study. *General Hospital Psychiatry, 22*(6), 425-431.

### **Obesity**

2008

Singh, N. N., Lancioni, G. E., Singh, A. N., Winton, A. S. W., Singh, J., McAleavey, K. M., et al. (2008). A mindfulness-based health wellness program for managing morbid obesity. *Clinical Case Studies, 7*(4), 327-339.

### **Obstetrics/Gynecology**

2008

Brotto, L. A., Heiman, J. R., Goff, B., Greer, B., Lentz, G. M., Swisher, E., et al. (2008). A psychoeducational intervention for sexual dysfunction in women with gynecologic cancer. *Archives of Sexual Behavior, 37*(2), 317-329.

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2007

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2006

Carmody, J., Crawford, S., & Churchill, L. (2006). A pilot study of mindfulness-based stress reduction for hot flashes. *Menopause, 13*(5), 760-769.

### **Transplant**

2008

Bauer-Wu, S., Sullivan, A. M., Rosenbaum, E., et al. (2008). Facing the challenges of hematopoietic stem cell transplantation with mindfulness meditation: A pilot study. *Integrative Cancer Therapies, 7*(2), 62-69.

2005

Kreitzer, M., Gross, C., Ye, X., Russas, V., & Treesak, C. (2005). Longitudinal impact of mindfulness meditation on illness burden in solid-organ transplant recipients. *Progress in Transplantation, 15*(2), 166-172.

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2003

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M. J., Cropley, T. G., et al. (2003). Part II: Influence of a mindfulness meditation-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemo-therapy (PUVA). *Constructivism in the Human Sciences, 8*(2), 85-106.

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**Rheumatoid Arthritis**

2008

Zautra, A. J., Davis, M. C., Reich, J. W., Nicassario, P., Tennen, H., Finan, P., et al. (2008). Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression. *Journal of Consulting and Clinical Psychology, 76*(3), 408-421.

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Pradhan, E., Baumgarten, M., Langenberg, P., Handwerger, B., Gilpin, A., Magyari, T., et al. (2007). Effect of Mindfulness-Based Stress Reduction in rheumatoid arthritis patients. *Arthritis and Rheumatism*, 57(7), 1134-1142.

**Sleep Disturbance**2008

Howell, A. J., Digdon, N. L., Buro, K., & Sheptycki, A. R. (2008). Relations among mindfulness, well-being, and sleep. *Personality and Individual Differences*, 45(8), 773-777.

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2007

Winbush, N., Gross, C., & Kreitzer, M. (2007). The effects of mindfulness-based stress reduction on sleep disturbance: A systematic review. *Explore*, 585-591.

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Heidenreich, T., Tuin, I., Pflug, B., Michal, M., & Michalak, J. (2006). Mindfulness-based cognitive therapy for persistent insomnia: A pilot study. *Psychotherapy And Psychosomatics*, 75(3), 188-189.

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2000

Lundh, L. (2000). An integrative model for the analysis and treatment of insomnia. *Scandinavian Journal of Behaviour Therapy*, 29(3-4), 118-126.

### **Smoking**

2007

Davis, J., Fleming, M., Bonus, K., & Baker, T. (2007). A pilot study on mindfulness based stress reduction for smokers. *BMC Complementary and Alternative Medicine*, 7, 2-2.

### **Stoma**

1996

Trunnell, E. (1996, January). Mindfulness and people with stomas. *Journal of Wound, Ostomy, and Continence Nursing*, 23(1), 38-45.

### **Tinnitus**

2008

Sadlier, M., Stephens, S., & Kennedy, V. (2008). Tinnitus rehabilitation: a mindfulness meditation cognitive behavioural therapy approach. *The Journal of Laryngology and Otology*, 122(1), 31-37.

## MENTAL DISORDERS

Mindfulness-based interventions have been developed to treat a variety of mental disorders and psychological syndromes. Interventions based on mindfulness training alone, in conjunction with other psychotherapies, or derived from mindfulness-based (e.g., MBCT, MBSR) or mindfulness-incorporating (e.g., ACT, DBT) treatment paradigms, have been studied systematically in a variety of populations and settings. These interventions generally have shown robust efficacy in the reduction of symptoms and problematic behaviors. More controlled research is needed, however, to establish the specificity and mechanisms of these treatments.

Addiction/Substance Abuse

ADHD

Aggression/Anger

Anxiety

Comorbid Conditions

Depression/Mood Disorders

Eating Disorders

Mental Retardation/Developmental Disorders

Personality Disorders

Psychosis

Sexuality

Suicide/Self-Harm

Trauma

### Addiction/Substance Abuse

2008

Luoma, J. B., Kohlenberg, B. S., Hayes, S. C., Bunting, K., & Rye, A. K. (2008). Reducing self-stigma in substance abuse through acceptance and commitment therapy: Model, manual development, and pilot outcomes. *Addiction Research & Theory*, *16*(2), 149-165.

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Bowen, S., Witkiewitz, K., Dillworth, T. M., & Marlatt, G. A. (2007). The role of thought suppression in the relationship between mindfulness meditation and alcohol use. *Addictive Behaviors, 32*(10), 2324-2328.

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Perrez-Alvarez, M., Garcia-Montes, J. M., Perona-Garcelan, S., & Vallina-Fernandez, O. (2008). Changing relationships with voices: New therapeutic perspectives for treating hallucinations. *Clinical Psychology & Psychotherapy, 15*(2), 75-85.

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### **Suicide/Self-Harm**

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## **Trauma**

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Walser, R. D., & Hayes, S. C. (2006). Acceptance and commitment therapy in the treatment of posttraumatic stress disorder: Theoretical and applied issues. In V. M. Follette & J. I. Ruzek (Eds.), *Cognitive-behavioral therapies for trauma* (2nd Ed., pp. 146-172). New York: Guilford Press.

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Urbanowski, F. B., & Miller, J. J. (1996). Trauma, psychotherapy, and meditation. *Journal of Transpersonal Psychology*, 28(1), 31-48.

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## **MINDFULNESS-BASED TREATMENTS**

Training in mindful awareness is a key component of a number of current psychological treatments. Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) use formal mindfulness training (meditation) as a primary treatment modality. Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT) include mindful awareness as a treatment goal and may or may not include formal mindfulness training. Additionally, formal mindfulness meditation and training itself has been employed as a stand-alone intervention. Finally, mindfulness training has been integrated into an eclectic array of psychotherapies. Key readings for each treatment are included at the beginning

Acceptance and Commitment Therapy (ACT)

Dialectical Behavior Therapy (DBT)

Mindfulness-Based Cognitive Therapy (MBCT)

Mindfulness-Based Stress Reduction (MBSR)

Mindfulness Meditation and Training

Psychotherapy Integration

### **Acceptance and Commitment Therapy (ACT)**

#### Key Readings

Hayes, S. C. (2008). Climbing our hills: A beginning conversation on the comparison of acceptance and commitment therapy and traditional cognitive behavioral therapy. *Clinical Psychology: Science and Practice*, 15(4), 286-295.

Hayes, S. C., & Strosahl, K. D. (Eds.). (2005). *A practical guide to acceptance and commitment therapy*. New York: Springer Science.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford Press.

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Pull, C. B. (2009). Current empirical status of acceptance and commitment therapy. *Current Opinion in Psychiatry*, 22(1), 55-60.

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Arch, J. J., & Craske, M. G. (2008). Acceptance and commitment therapy and cognitive behavioral therapy for anxiety disorders: Different treatments, similar mechanisms? *Clinical Psychology: Science and Practice*, 15(4), 263-279.

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- Heimberg, R. G., & Ritter, M. R. (2008). Cognitive behavioral therapy and acceptance and commitment therapy for the anxiety disorders: Two approaches with much to offer. *Clinical Psychology: Science and Practice*, 15(4), 296-298.
- Hofmann, S. G. (2008). Acceptance and commitment therapy: New wave or morita therapy? *Clinical Psychology: Science and Practice*, 15(4), 280-285.
- Hofmann, S. G., & Asmundson, G. J. G. (2008). Acceptance and mindfulness-based therapy: New wave or old hat? *Clinical Psychology Review*, 28(1), 1-16.
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- Lundgren, T., Dahl, J., & Hayes, S. C. (2008). Evaluation of mediators of change in the treatment of epilepsy with acceptance and commitment therapy. *Journal of Behavioral Medicine*, 31(3), 225-235.
- Morris, E. (2008). Review of learning ACT: An acceptance and commitment therapy skills training manual for therapists. *Behavioural and Cognitive Psychotherapy*, 36(5), 634-635.
- Strosahl, K. D., & Robinson, P. J. (2008). *The mindfulness and acceptance workbook for depression: Using acceptance and commitment therapy to move through depression and create a life worth living*. Oakland, CA: New Harbinger.
- Veiga-Martinez, C., Perez-Alvarez, M., & Garcia-Montes, J. M. (2008). Acceptance and commitment therapy applied to treatment of auditory hallucinations. *Clinical Case Studies*, 7(2), 118-135.

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Forman, E. M., Herbert, J. D., Moitra, E., Yeomans, P. D., & Geller, P. A. (2007). A randomized controlled effectiveness trial of acceptance and commitment therapy and cognitive therapy for anxiety and depression. *Behavior Modification, 31*(6), 772-799.

Walser, R. D., & Westrup, D. (2007). *Acceptance & commitment therapy for the treatment of post-traumatic stress disorder and trauma-related problems: A practitioner's guide to using mindfulness and acceptance strategies*. Oakland, CA: New Harbinger Publications.

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- Wilson, K. G., & Byrd, M. R. (2005). ACT for substance abuse and dependence. In S. C. Hayes & K. D. Strosahl (Eds.), *A practical guide to acceptance and commitment therapy* (pp. 153-184). New York: Springer Science.

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- Hayes, S. C., Bissett, R., Roget, N., Padilla, M., Kohlenberg, B. S., Fisher, G., et al. (2004). The impact of acceptance and commitment training and multicultural training on the stigmatizing attitudes and professional burnout of substance abuse counselors. *Behavior Therapy*, 35(4), 821-835.
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## **Dialectical Behavior Therapy (DBT)**

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- Linehan, M. M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.
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- Lynch, T. R., Chapman, A. L., Rosenthal, M. Z., Kuo, J. R., & Linehan, M. M. (2006). Mechanisms of change in dialectical behavior therapy: Theoretical and empirical observations. *Journal of Clinical Psychology, 62*(4), 459-480.
- Lynch, T. R., & Bronner, L. L. (2006). Mindfulness and dialectical behavior therapy (DBT): Application with depressed older adults with personality disorders. In R. A. Baer (Ed.),

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Wagner, E. E., Rathus, J. H., & Miller, A. L. (2006). Mindfulness in dialectical behavior therapy (DBT) for adolescents. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 167-189). San Diego, CA: Elsevier Academic Press.

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Gratz, K. L., Tull, M. T., & Wagner, A. W. (2005). Applying DBT mindfulness skills to the treatment of clients with anxiety disorders. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 147-161). New York: Springer Science.

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Brodsky, B. S., & Stanley, B. (2002). Dialectical behavior therapy for borderline personality disorder. *Psychiatric Annals*, 32(6), 347-356.

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## **Mindfulness-Based Cognitive Therapy (MBCT)**

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## NEUROSCIENCE AND PHYSIOLOGY

Although there has been substantial prior research on the neurological and physiological effects of meditation (for example, transcendental meditation), interest has shifted recently to mindfulness meditation, particularly in the areas of attention, emotion, and self-regulation.

### Attention

#### Neurological Correlates

#### Physiological Correlates

#### Self-Regulation

### **Attention**

#### 2009

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### Neurological Correlates

#### 2008

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## **Self-Regulation**

### 2009

Mitmansgruber, H., Beck, T. N., Hofer, S., et al. (2009). When you don't like what you feel: Experiential avoidance, mindfulness and meta-emotion in emotion regulation. *Personality and Individual Differences*, *46*(4), 448-453.

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Mennin, D. S. (2005). Emotion and the acceptance-based approaches to the anxiety disorders. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 37-68). New York: Springer Science.

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Adele, M. H., & Feldman, G. (2004). Clarifying the construct of mindfulness in the context of emotion regulation and the process of change in therapy. *Clinical Psychology: Science and Practice, 11*(3), 255-262.

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Lowenstein, K. G. (2002). Meditation and self-regulatory techniques. In S. Shannon (Ed.), *Handbook of complementary and alternative therapies in mental health* (pp. 159-181). San Diego, CA: Academic Press.

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Wolfsdorf, B. A., & Zlotnick, C. (2001). Affect management in group therapy for women with posttraumatic stress disorder and histories of childhood sexual abuse. *Journal of Clinical Psychology, 57*(2), 169-181.

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Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of Behavioral Medicine, 8*(2), 163-190.

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## **POPULATIONS AND SETTINGS**

Mindfulness-based interventions have been used in a variety of treatment settings and with a growing diversity of patient populations. Of particular interest to the clinician may be the Medical and Mental Health Providers section – in general, mindfulness practice has been shown to be beneficial to treatment providers (e.g. medical and nursing students, nurses, physicians, social workers, and therapists), though the effect of a provider's mindfulness on patient outcomes is mixed (e.g., Stanley et al, 2006). Because settings and populations sometimes overlap (e.g., prison settings and inmate populations), they are presented together here.

Bilingual

Children & Adolescents

Education and Teachers

Heterogeneous

Inner City

Inpatient

Marriage and Relationships

Medical and Mental Health Providers and Students

Mindfulness Meditators

Older Adults

Parents

Prison/Offenders

Workplace and Professional Issues

### **Bilingual**

#### 2006

Roth, B., & Calle-Mesa, L. (2006). Mindfulness-based stress reduction (MBSR) with spanish- and english-speaking inner-city medical patients. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 263-284). San Diego, CA: Elsevier Academic Press.

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Roth, B., & Robbins, D. (2004). Mindfulness-based stress reduction and health-related quality of life: Findings from a bilingual inner-city patient population. *Psychosomatic Medicine*, 66(1), 113-123.

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Roth, B., & Stanley, T. (2002). Mindfulness-based stress reduction and healthcare utilization in the inner city: Preliminary findings. *Alternative Therapies in Health And Medicine*, 8(1), 60.

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**Children & Adolescents**2008

Fodor, I. E., & Hooker, K. E. (2008). Teaching mindfulness to children. *Gestalt Review*, 12(1), 75-91.

Greco, Laurie A., & Hayes, S. C. (Eds.). (2008). *Acceptance and mindfulness treatments for children and adolescents: A practitioner's guide*. Oakland, CA: New Harbinger.

James, A. C., Taylor, A., Winmill, L., & Alfoadari, K. (2008). A preliminary community study of dialectical behaviour therapy (DBT) with adolescent females demonstrating persistent, deliberate self-harm (DSH). *Child and Adolescent Mental Health*, 13(3), 148-152.

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2006

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