

Mindfulness Bibliography

Prepared for the Mindful Awareness Research Center Web Site

John C. Williams, M.S.

State University of New York, Binghamton

Lidia Zylowska, M.D.

University of California, Los Angeles

Initial Draft Completed: February 1, 2008

Revised Draft Completed: March 12, 2008

### Method and Technical Remarks

This bibliography of mindfulness literature is based on PsycINFO, Medline, PubMed, and Cochrane database searches. The citations include relevant peer-reviewed journal articles and books published between 1975 and February, 2008. The bibliography is organized by category, each of which is listed in the table of contents on page 2. Categories begin with introductory remarks followed (in most cases) by a list of subcategories. Citations are grouped in by year within subcategories. Because citations are cross-referenced, they may appear in two or more categories or subcategories. Proposed internal hyperlinks (for example, from subcategory lists to subcategories, or from introductory remarks to alternate categories) are described in the technical notes in each category.

#### Remaining issues:

1. In order for this bibliography to remain current, a comprehensive search should be conducted at specified intervals to update the categories with relevant literature. An annual or semi-annual review is recommended. Because the current searches were completed in February, the 2008 citations are minimal and should be searched again in July.
2. Although this document will have undergone several rounds of text proofreading (e.g., spelling, punctuation, capitalization), this document is not necessarily formatted for direct transfer to the web. For example, line spacing, paragraph spacing, hanging indents, font characteristics, etc., should be examined prior to transfer to a web document. Technical notes should also be removed.

Table of Contents

Mindfulness Bibliography Index Page Text	4
Key Readings	5
Mindfulness Construct	9
Medical Conditions	16
Mental Disorders	27
Mindfulness-Based Treatments	46
Neuroscience and Physiological Effects	75
Populations and Settings	82

## **MINDFULNESS BIBLIOGRAPHY INDEX PAGE TEXT**

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 following categories list peer-reviewed journal articles and books on the topic of mindfulness from 1975 to 2007.

[Key Readings](#)

[Mindfulness Construct](#)

[Medical Conditions](#)

[Mental Disorders](#)

[Mindfulness-Based Treatments](#)

[Neuroscience and Physiological Effects](#)

[Populations and Settings](#)

## 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.
- 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.
- 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.
- 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.
- 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.
- Krisanaprakornkit, T., Krisanaprakornkit, W., Piyavhatkul, N., & Laopaiboon, M. (2006). Meditation therapy for anxiety disorders. *Cochrane Database of Systematic Reviews, 1*, CD004998.
- Matchim, Y., & Armer, J. (2007). Measuring the psychological impact of mindfulness meditation on health among patients with cancer: A literature review. *Oncology Nursing Forum, 34*(5), 1059-1066.
- 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., 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.
- 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.

Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *The Canadian Journal of Psychiatry / La Revue canadienne de psychiatrie*, 52(4), 260-266.

### **Research Issues**

Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., et al. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice*, 11(3), 230-241.

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.

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.

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.

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.

Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*, 62(3), 373-386.

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.

Teasdale, J. D., Segal, Z. V., & Williams, J. M. G. (2003). Mindfulness training and problem formulation. *Clinical Psychology: Science and Practice*, 10(2), 157-160.

- 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.



## 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.

Technical notes: the word “self-report measures” in the paragraph above should target-link to the subcategory below

### 2008

Kostanski, M., & Hassed, C. (2008). Mindfulness as a concept and a process. *Australian Psychologist*, 43(1), 15-21.

### 2007

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.

Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2007). Self-expansion as a mediator of relationship improvements in a mindfulness intervention. *Journal of Marital & Family Therapy*, 33(4), 517-528.

Childs, D. (2007). Mindfulness and the psychology of presence. *Psychology and Psychotherapy: Theory, Research and Practice*, 80(3), 367-376.

Creswell, J. D., Way, B. M., Eisenberger, N. I., & Lieberman, M. D. (2007). Neural correlates of dispositional mindfulness during affect labeling. *Psychosomatic Medicine*, 69(6), 560-565.

Falkenström, F. (2007). The psychodynamics of self-observation. *Psychoanalytic Dialogues*, 17(4), 551-574.

- Jha, A. P., Krompinger, J., & Baime, M. J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive, Affective & Behavioral Neuroscience*, 7(2), 109-119.
- Lakey, C. E., Campbell, W. K., Brown, K. W., & Goodie, A. S. (2007). Dispositional mindfulness as a predictor of the severity of gambling outcomes. *Personality and Individual Differences*, 43(7), 1698-1710.
- Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of personality and social psychology*, 92(5), 887-904.
- 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.
- Michal, M., Beutel, M. E., Jordan, J., Zimmermann, M., Wolters, S., & Heidenreich, T. (2007). Depersonalization, mindfulness, and childhood trauma. *Journal of Nervous and Mental Disease*, 195(8), 693-696.
- 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.
- Pelled, E. (2007). Learning from experience: Bion's concept of reverie and Buddhist meditation: A comparative study. *International Journal of Psychoanalysis*, 88(6), 1507-1526.
- Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: Norton.
- Thompson, B. L., & Waltz, J. (2007). Everyday mindfulness and mindfulness meditation: Overlapping constructs or not? *Personality and Individual Differences*, 43(7), 1875-1885.
- Verplanken, B., Friborg, O., Wang, C. E., Trafimow, D., & Woolf, K. (2007). Mental habits: Metacognitive reflection on negative self-thinking. *Journal of Personality and Social Psychology*, 92(3), 526-541.

## 2006

- Arch, J. J., & Craske, M. G. (2006). Mechanisms of mindfulness: Emotion regulation following a focused breathing induction. *Behaviour Research and Therapy*, 44(12), 1849-1858.

- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*(1), 27-45.
- 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.
- Ellis, A. (2006). Rational emotive behavior therapy and the mindfulness based stress reduction training of Jon Kabat-Zinn. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 24*(1), 63-78.
- Hamilton, N. A., Kitzman, H., & Guyotte, S. (2006). Enhancing health and emotion: Mindfulness as a missing link between cognitive therapy and positive psychology. *Journal of Cognitive Psychotherapy. Positive psychology, 20*(2), 123-134.
- Hölzel, B., & Ott, U. (2006). Relationships between meditation depth, absorption, meditation practice, and mindfulness: A latent variable approach. *Journal of Transpersonal Psychology, 38*(2), 179-199.
- Kamholz, B. W., Hayes, A. M., Carver, C. S., Gulliver, S. B., & Perlman, C. A. (2006). Identification and evaluation of cognitive affect-regulation strategies: Development of a self-report measure. *Cognitive Therapy and Research, 30*(2), 227-262.
- Neff, K. D., Kirkpatrick, K. L., & Rude, S. S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality, 41*(1), 139-154.
- Rothwell, N. (2006). The different facets of mindfulness. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 24*(1), 79-86.
- Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology, 62*(3), 373-386.
- Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., Bowman, C. J., et al. (2006). Incremental validity of mindfulness-based attention in relation to the concurrent prediction of anxiety and depressive symptomatology and perceptions of health. *Cognitive Behaviour Therapy, 35*(3), 148-158.

## 2005

- 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.
- Beitel, M., Ferrer, E., & Cecero, J. J. (2005). Psychological mindedness and awareness of self and others. *Journal of Clinical Psychology, 61*(6), 739-750.

- Block-Lerner, J., Salters-Pedneault, K., & Tull, M. T. (2005). Assessing mindfulness and experiential acceptance: Attempts to capture inherently elusive phenomena. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 71-99). New York: Springer Science.
- 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.
- Fletcher, L., & Hayes, S. C. (2005). Relational frame theory, acceptance and commitment therapy, and a functional analytic definition of mindfulness. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 23*(4), 315-336.
- Fulton, P. R. (2005). Mindfulness as clinical training. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 55-72). New York: Guilford Press.
- Neff, K. D., Hsieh, Y., & Dejitterat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity, 4*(3), 263-287.
- Olendzki, A. (2005). The roots of mindfulness. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 241-261). New York: Guilford Press.
- Wells, A. (2005). Detached mindfulness in cognitive therapy: A metacognitive analysis and ten techniques. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 23*(4), 337-355.

## 2004

- 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.
- Beddoe, A., & Murphy, S. (2004). Does mindfulness decrease stress and foster empathy among nursing students? *The Journal of Nursing Education, 43*(7), 305-312.
- Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., et al. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice, 11*(3), 230-241.
- Brown, K. W., & Ryan, R. M. (2004). Perils and promise in defining and measuring mindfulness: Observations from experience. *Clinical Psychology: Science and Practice, 11*(3), 242-248.

Fennell, M. J. V. (2004). Depression, low self-esteem and mindfulness. *Behaviour Research and Therapy*, 42(9), 1053-1067.

Hayes, S. C., & Shenk, C. (2004). Operationalizing mindfulness without unnecessary attachments. *Clinical Psychology: Science and Practice*, 11(3), 249-254.

Mascaro, N., Rosen, D. H., & Morey, L. C. (2004). The development, construct validity, and clinical utility of the spiritual meaning scale. *Personality and Individual Differences*, 37(4), 845-860.

Neff, K. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences*, 9(2), 27-37.

Teasdale, J. D. (2004). Mindfulness-based cognitive therapy. In J. Yiend (Ed.), *Cognition, emotion and psychopathology: Theoretical, empirical and clinical directions* (pp. 270-289). New York: Cambridge University Press.

Watkins, E., & Teasdale, J. D. (2004). Adaptive and maladaptive self-focus in depression. *Journal of Affective Disorders*, 82(1), 1-8.

### 2003

DelMonte, M. M. (2003). Mindfulness and the de-construction of attachments. *Constructivism in the Human Sciences*, 8(2), 151-171.

Hayes, S. C., & Wilson, K. G. (2003). Mindfulness: Method and process. *Clinical Psychology: Science and Practice*, 10(2), 161-165.

Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101.

Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223-250.

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.

### 2002

Gunaratana, B. H. (2002). *Mindfulness in Plain English*. Somerville, MA: Wisdom Publications.

Hayes, S. C. (2002). Acceptance, mindfulness, and science. *Clinical Psychology: Science and Practice*, 9(1), 101-106.

Hayes, S. C., Niccolls, R., Masuda, A., & Rye, A. K. (2002). Prejudice, terrorism and behavior therapy. *Cognitive and Behavioral Practice*, 9(4), 296-301.

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.

McCullough, M. E. (2002). Savoring life, past and present: Explaining what hope and gratitude share in common. *Psychological Inquiry, 13*(4), 302-304.

Teasdale, J. D., Moore, R. G., Hayhurst, H., Pope, M., Williams, S., & Segal, Z. V. (2002). Metacognitive awareness and prevention of relapse in depression: Empirical evidence. *Journal of Consulting and Clinical Psychology, 70*(2), 275-287.

Toneatto, T. (2002). A metacognitive therapy for anxiety disorders: Buddhist psychology applied. *Cognitive and Behavioral Practice, 9*(1), 72-78.

Wells, A. (2002). GAD, metacognition, and mindfulness: An information processing analysis. *Clinical Psychology: Science and Practice, 9*(1), 95-100.

## 2000

Shapiro, S. L., & Schwartz, G. E. (2000). The role of intention in self-regulation: Toward intentional systemic mindfulness. In M. Boekaerts, P. R. Pintrich, & M. Zeidner (Eds.), *Handbook of self-regulation* (pp. 253-273). San Diego, CA: Academic Press.

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

## 1997

Martin, J. R. (1997). Mindfulness: A proposed common factor. *Journal of Psychotherapy Integration, 7*(4), 291-312.

## 1995

LaBerge, D. (1995). *Attentional processing: The brain's art of mindfulness*. Cambridge, MA: Harvard University Press.

## 1994

Kabat-Zinn, J. (1994). *Wherever You Go There You Are*. New York: Hyperion.

Street, W. R. (1994). Attitude-behavior congruity, mindfulness, and self-focused attention: A behavior-analytic reconstruction. *Behavior Analyst, 17*(1), 145-153.

## 1990

Delmonte, M. M. (1990). Meditation and change: Mindfulness versus repression. *Australian Journal of Clinical Hypnotherapy and Hypnosis, 11*(2), 57-63.

1988

Greene, Y. N., & Hiebert, B. (1988). A comparison of mindfulness meditation and cognitive self-observation. *Canadian Journal of Counselling, 22*(1), 25-34.

Self-Report Mindfulness Measures

Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment, 11*(3), 191-206.

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*(1), 27-45.

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.

Feldman, G. C., Hayes, A. M., Kumar, S. M., Greeson, J. M., & Laurenceau, J. P. (2007). Mindfulness and emotion regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of Psychopathology and Behavioral Assessment, 29*(3), (177-190).

Lau, M. A., Bishop, S. R., Segal, Z. V., Buis, T., Anderson, N. D., Carlson, L., et al. (2006). The Toronto Mindfulness Scale: Development and validation. *Journal of Clinical Psychology, 62*(12), 1445-1467.

Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N., & Schmidt, S. (2006). Measuring mindfulness – the Freiburg Mindfulness Inventory (FMI). *Personality and Individual Differences, 40*(8), 1543-1555

## 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.

Technical notes: the following list of disorders should be target-linked to the appropriate heading in the citations list below. Additionally, several words (MBSR, treatments, populations and settings) in the paragraph above should link directly to other pages (Mindfulness-Based Treatments and Populations and Settings are main categories; MBSR is a subcategory of the Mindfulness-Based Treatment category).

[Brain injury](#)  
[Cancer](#)  
[Chronic fatigue](#)  
[Chronic illness](#)  
[Chronic pain](#)  
[Diabetes](#)  
[Fibromyalgia](#)  
[Headache](#)  
[Heart disease](#)  
[HIV/AIDS](#)  
[Multiple sclerosis](#)  
[Obstetrics/gynecology](#)  
[Organ transplant](#)  
[Psoriasis](#)  
[Rheumatoid arthritis](#)  
[Sleep disturbance](#)  
[Smoking](#)  
[Stoma](#)  
[Tinnitus](#)

### **Brain injury**

2005

Bedard, M., Felteau, M., Gibbons, C., Klein, R., Mazmanian, D., Fedyk, K., et al. (2005). A mindfulness-based intervention to improve quality of life among individuals who sustained traumatic brain injuries: One-year follow-up. *Journal of Cognitive Rehabilitation*, 23(1), 8-13.



2003

Bédard, M., Felteau, M., Mazmanian, D., Fedyk, K., Klein, R., Richardson, J., et al. (2003). Pilot evaluation of a mindfulness-based intervention to improve quality of life among individuals who sustained traumatic brain injuries. *Disability and Rehabilitation: An International, Multidisciplinary Journal*, 25(13), 722-731.

2002

McMillan, T. M., Robertson, I. H., Brock, D., & Chorlton, L. (2002). Brief mindfulness training for attentional problems after traumatic brain injury: A randomised control treatment trial. *Neuropsychological Rehabilitation*, 12(2), 117-125.

Cancer2007

Brotto, L. A., & Heiman, J. R. (2007). Mindfulness in sex therapy: Applications for women with sexual difficulties following gynecologic cancer. *Sexual and Relationship Therapy*, 22(1), 3-11.

Carlson, L., Speca, M., Faris, P., & Patel, K. (2007). One year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients. *Brain, Behavior, and Immunity*, 21(8), 1038-1049.

Mackenzie, M. J., Carlson, L. E., Munoz, M., & Speca, M. (2007). A qualitative study of self-perceived effects of mindfulness-based stress reduction (MBSR) in a psychosocial oncology setting. *Stress and Health: Journal of the International Society for the Investigation of Stress*, 23(1), 59-69.

Matchim, Y., & Armer, J. (2007). Measuring the psychological impact of mindfulness meditation on health among patients with cancer: A literature review. *Oncology Nursing Forum*, 34(5), 1059-1066.

2006

Monti, D. A., Peterson, C., Kunkel, E. J. S., Hauck, W. W., Pequignot, E., Rhodes, L., et al. (2006). A randomized, controlled trial of mindfulness-based art therapy (MBAT) for women with cancer. *Psycho-oncology*, 15(5), 363-373.

Ott, M., Norris, R., & Bauer-Wu, S. (2006, June). Mindfulness meditation for oncology patients: a discussion and critical review. *Integrative Cancer Therapies*, 5(2), 98-108.

Specia, M., Carlson, L. E., Mackenzie, M. J., & Angen, M. (2006). Mindfulness-based stress reduction (MBSR) as an intervention for cancer patients. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 239-261). San Diego, CA: Elsevier Academic Press.

## 2005

Carlson, L. E., & Brown, K. W. (2005). Validation of the mindful attention awareness scale in a cancer population. *Journal of Psychosomatic Research, 58*(1), 29-33.

Carlson, L. E., & Garland, S. N. (2005). Impact of mindfulness-based stress reduction (MBSR) on sleep, mood, stress and fatigue symptoms in cancer outpatients. *International Journal of Behavioral Medicine, 12*(4), 278-285.

Shannahoff-Khalsa, D. (2005). Patient perspectives: Kundalini yoga meditation techniques for psycho-oncology and as potential therapies for cancer. *Integrative Cancer Therapies, 4*(1), 87-100.

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.

## 2004

Carlson, L. E., Specia, M., Patel, K. D., & Goodey, E. (2004). Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients. *Psychoneuroendocrinology, 29*(4), 448-474.

Cohen, L., Warneke, C., Fouladi, R., Rodriguez, M., & Chaoul-Reich, A. (2004). Psychological adjustment and sleep quality in a randomized trial of the effects of a Tibetan yoga intervention in patients with lymphoma. *Cancer, 100*(10), 2253-2260.

Cohen-Katz, J. (2004). Mindfulness-based stress reduction and family systems medicine: A natural fit. *Families, Systems, & Health, 22*(2), 204-206.

Tacón, A. M., Caldera, Y. M., & Ronaghan, C. (2004). Mindfulness-based stress reduction in women with breast cancer. *Families, Systems, & Health, 22*(2), 193-203.

## 2003

Carlson, L. E., Specia, M., Patel, K. D., & Goodey, E. (2003). Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress, and immune parameters in breast and prostate cancer outpatients. *Psychosomatic Medicine, 65*(4), 571-581.

Shapiro, S. L., Bootzin, R. R., Figueredo, A. J., Lopez, A. M., & Schwartz, G. E. (2003). The efficacy of mindfulness-based stress reduction in the treatment of sleep disturbance in women with breast cancer: An exploratory study. *Journal of Psychosomatic Research*, *54*(1), 85-91.

### 2001

Carlson, L., Ursuliak, Z., Goodey, E., Angen, M., & Speca, M. (2001). The effects of a mindfulness meditation-based stress reduction program on mood and symptoms of stress in cancer outpatients: 6-month follow-up. *Supportive Care in Cancer*, *9*(2), 112-123.

Saxe, G., Hébert, J., Carmody, J., Kabat-Zinn, J., Rosenzweig, P., Jarzowski, D., et al. (2001). Can diet in conjunction with stress reduction affect the rate of increase in prostate specific antigen after biochemical recurrence of prostate cancer? *The Journal of Urology*, *166*(6), 2202-2207.

### 2000

Speca, M., Carlson, L. E., Goodey, E., & Angen, M. (2000). A randomized, wait-list controlled clinical trial: The effect of a mindfulness meditation-based stress reduction program on mood and symptoms of stress in cancer outpatients. *Psychosomatic Medicine*, *62*(5), 613-622.

## **Chronic fatigue**

### 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**

### 2006

Minor, H. G., Carlson, L. E., Mackenzie, M. J., Zernicke, K., & Jones, L. (2006). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health Care*, *43*(1), 91-109.

### 2003

Bonadonna, R. (2003). Meditation's impact on chronic illness. *Holistic Nursing Practice, 17*(6), 309-319.

### **Chronic pain**

#### 2008

Morone, N., Greco, C., & Weiner, D. (2008). Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study. *Pain, 134*(3), 310-319.

#### 2007

Kingston, J., Chadwick, P., Meron, D., & Skinner, T. C. (2007). A pilot randomized control trial investigating the effect of mindfulness practice on pain tolerance, psychological well-being, and physiological activity. *Journal of psychosomatic research, 62*(3), 297-300.

McCracken, L. M., Gauntlett-Gilbert, J., & Vowles, K. E. (2007). The role of mindfulness in a contextual cognitive-behavioral analysis of chronic pain-related suffering and disability. *Pain, 131*(1-2), 63-69.

McCracken, L. M., & Vowles, K. E. (2007). Psychological flexibility and traditional pain management strategies in relation to patient functioning with chronic pain: An examination of a revised instrument. *The Journal of Pain, 8*(9), 700-707.

#### 2006

Dahl, J., & Lundgren, T. (2006). Acceptance and commitment therapy (ACT) in the treatment of chronic pain. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 285-306). San Diego, CA: Elsevier Academic Press.

#### 2005

Plews-Ogan, M., Owens, J. E., Goodman, M., Wolfe, P., & Schorling, J. (2005). A pilot study evaluating mindfulness-based stress reduction and massage for the management of chronic pain. *Journal of General Internal Medicine, 20*(12), 1136-1138.

#### 2004

Sagula, D., & Rice, K. G. (2004). The effectiveness of mindfulness training on the grieving process and emotional well-being of chronic pain patients. *Journal of Clinical Psychology in Medical Settings, 11*(4), 333-342.

1998

Walloch, C. L. (1998). Neuro-occupation and the management of chronic pain through mindfulness meditation. *Occupational Therapy International*, 5(3), 238-248.

1985

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.

1982

Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4(1), 33-47.

### **Diabetes**

2007

Gregg, J. A., Callaghan, G. M., Hayes, S. C., & Glenn-Lawson, J. L. (2007). Improving diabetes self-management through acceptance, mindfulness, and values: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 75(2), 336-343.

Rosenzweig, S., Reibel, D., Greeson, J., Edman, J., Jasser, S., McMearty, K., et al. (2007). Mindfulness-based stress reduction is associated with improved glycemic control in type 2 diabetes mellitus: A pilot study. *Alternative Therapies in Health and Medicine*, 13(5), 36-38.

### **Fibromyalgia**

2007

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.

2003

Astin, J., Berman, B., Bausell, B., Lee, W., Hochberg, M., & Forys, K. (2003). The efficacy of mindfulness meditation plus Qigong movement therapy in the treatment of fibromyalgia: A randomized controlled trial. *The Journal of Rheumatology*, 30(10), 2257-2262.

2002

Von Weiss, D. (2002). Use of mindfulness meditation for fibromyalgia. *American Family Physician, 65*(3), 380.

Weissbecker, I., Salmon, P., Studts, J. L., Floyd, A. R., Dedert, E. A., & Sephton, S. E. (2002). Mindfulness-based stress reduction and sense of coherence among women with fibromyalgia. *Journal of Clinical Psychology in Medical Settings, 9*(4), 297-307.

1998

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.

1993

Kaplan, K. H., Goldenberg, D. L., & Galvin-Nadeau, M. (1993). The impact of a meditation-based stress reduction program on fibromyalgia. *General Hospital Psychiatry, 15*(5), 284-289.

## **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.

2003

Tacón, A. M., McComb, J., Caldera, Y., & Randolph, P. (2003). Mindfulness meditation, anxiety reduction, and heart disease: A pilot study. *Family & Community Health, 26*(1), 25-33.

## **HIV/AIDS**

2008

Sibinga, E., Stewart, M., Magyari, T., Welsh, C., Hutton, N., & Ellen, J. (2008). Mindfulness-based stress reduction for HIV-infected youth: a pilot study. *Explore*, 4(1), 36-37.

2006

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

2005

Rutledge, S. E., & Abell, N. (2005). Awareness, acceptance, and action: An emerging framework for understanding AIDS stigmatizing attitudes among community leaders in Barbados. *AIDS Patient Care and STDs*, 19(3), 186-199.

2003

Robinson, F., Mathews, H., & Witek-Janusek, L. (2003). Psycho-endocrine-immune response to mindfulness-based stress reduction in individuals infected with the human immunodeficiency virus: A quasiexperimental study. *Journal of Alternative and Complementary Medicine*, 9(5), 683-694.

Shannahoff-Khalsa, D. (2003). The complications of meditation trials and research: Issues raised by the Robinson, Mathews, and Witek-Janusek paper-Psycho-endocrine-immune response to mindfulness-based stress reduction in individuals infected with the human immunodeficiency virus: A quasiexperimental study. *Journal of Alternative and Complementary Medicine*, 9(5), 603-605.

2002

Logsdon-Conradsen, S. (2002). Using mindfulness meditation to promote holistic health in individuals with HIV/AIDS. *Cognitive and Behavioral Practice*, 9(1), 67-71.

**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.

**Obstetrics/gynecology**

2008

Vieten, C., & Astin, J. (2008). Effects of a mindfulness-based intervention during pregnancy on prenatal stress and mood: results of a pilot study. *Archives of Women's Mental Health*, 11(1), 67-74.

### 2007

Brotto, L. A., & Heiman, J. R. (2007). Mindfulness in sex therapy: Applications for women with sexual difficulties following gynecologic cancer. *Sexual and Relationship Therapy*, 22(1), 3-11.

### 2006

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

## **Organ transplant**

### 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.

### 2004

Gross, C. R., Kreitzer, M. J., Russas, V., Treesak, C., Frazier, P. A., & Hertz, M. I. (2004). Mindfulness meditation to reduce symptoms after organ transplant: A pilot study. *Advances in Mind-Body Medicine*, 20(2), 20-29.

## **Psoriasis**

### 2003

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M. J., Cropey, 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.

### 1998

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M. J., Cropey, T. G., et al. (1998). 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 photochemotherapy (PUVA). *Psychosomatic Medicine*, 60(5), 625-632.

### **Rheumatoid arthritis**

2007

Pradhan, E., Baumgarten, M., Langenberg, P., Handwerker, 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**

2007

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

2006

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.

2005

Bootzin, R. R., & Stevens, S. J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology Review. Special Issue: Insomnia and Behavioral Sleep Medicine*, 25(5), 629-644.

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.

Technical notes: the following list of disorders should be target-linked to the appropriate heading in the citations list below. Additionally, several words (underlined) in the paragraph above should link directly to other pages (Populations and Settings is a main category; ACT, DBT, MBCT, and MBSR are subcategories of the Mindfulness-Based Treatment category).

[Addiction/substance abuse](#)

[ADHD](#)

[Aggression/anger](#)

[Anxiety](#)

[Comorbid conditions](#)

[Depression/mood disorders](#)

[Eating disorders](#)

[Mental retardation/developmental disorders](#)

[Personality disorder](#)

[Psychosis](#)

[Suicide/self-harm](#)

[Trauma](#)

### **Addiction/Substance Abuse**

2007

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.

Lakey, C. E., Campbell, W. K., Brown, K. W., & Goodie, A. S. (2007). Dispositional mindfulness as a predictor of the severity of gambling outcomes. *Personality and Individual Differences, 43*(7), 1698-1710.

Toneatto, T., Vettese, L., & Nguyen, L. (2007). The role of mindfulness in the cognitive-behavioural treatment of problem gambling. *Journal of Gambling Issues, 19*, 91-100.

## 2006

Bowen, S., Witkiewitz, K., Dillworth, T. M., Chawla, N., Simpson, T. L., Ostafin, B. D., et al. (2006). Mindfulness meditation and substance use in an incarcerated population. *Psychology of Addictive Behaviors, 20*(3), 343-347.

Hoppes, K. (2006). The application of mindfulness-based cognitive interventions in the treatment of co-occurring addictive and mood disorders. *CNS Spectrums, 11*(11), 829-851.

## 2005

Bootzin, R. R., & Stevens, S. J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology, 25*(5), 629-644.

Leigh, J., Bowen, S., & Marlatt, G. A. (2005). Spirituality, mindfulness and substance abuse. *Addictive Behaviors, 30*(7), 1335-1341.

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.

Witkiewitz, K., Marlatt, G. A., & Walker, D. (2005). Mindfulness-based relapse prevention for alcohol and substance use disorders. *Journal of Cognitive, 19*(3), 211-228.

## 2004

Alterman, A. I., Koppenhaver, J. M., Mulholland, E., Ladden, L. J., & Baime, M. J. (2004). Pilot trial of effectiveness of mindfulness meditation for substance abuse patients. *Journal of Substance Use, 9*(6), 259-268.

Kavanagh, D. J., Andrade, J., & May, J. (2004). Beating the urge: Implications of research into substance-related desires. *Addictive Behaviors, 29*(7), 1359-1372.

Marlatt, G. A., Witkiewitz, K., Dillworth, T. M., Bowen, S. W., Parks, G. A., Macpherson, L. M., et al. (2004). Vipassana meditation as a treatment for alcohol and drug use disorders. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 261-287). New York: Guilford Press.

## 2003

Marcus, M. T., Fine, M., Moeller, F. G., Khan, M. M., Pitts, K., Swank, P. R., et al. (2003). Change in stress levels following mindfulness-based stress reduction in a therapeutic community. *Addictive Disorders & Their Treatment, 2*(3), 63-68.

2002

Breslin, F. C., Zack, M., & McMain, S. (2002). An information-processing analysis of mindfulness: Implications for relapse prevention in the treatment of substance abuse. *Clinical Psychology: Science and Practice, 9*(3), 275-299.

Marlatt, G. A. (2002). Buddhist philosophy and the treatment of addictive behavior. *Cognitive and Behavioral Practice, 9*(1), 44-49.

1994

Marlatt, G. (1994). Mindfulness and metaphor in relapse prevention: An interview with G. Alan Marlatt. Interview by Deborah K. Shattuck. *Journal of the American Dietetic Association, 94*(8), 846-848.

1990

Margolis, J., & Langer, E. (1990). An analysis of addictions from a mindful/mindless perspective. *Psychology of Addictive Behaviors, 4*(2), 107-115.

**ADHD**2008

Zylowska, L., Ackerman, D. L., Yang, M. H., Futrell, J. L., Horton, N. I., Hale, S., et al. (2008). Mindfulness meditation training in adults and adolescents with ADHD: A feasibility study. *Journal of Attention Disorders, 11*(6), 737-746.

2002

Hesslinger, B., van Elst, L. T., Nyberg, E., Dykieriek, P., Richter, H., Berner, M., et al. (2002). Psychotherapy of attention deficit hyperactivity disorder in adults: A pilot study using a structured skills training program. *European Archives of Psychiatry and Clinical Neuroscience, 252*(4), 177-184.

**Aggression/Anger**2007

Singh, N. N., Lancioni, G. E., Joy, S. D. S., Winton, A. S. W., Sabaawi, M., Wahler, R. G., et al. (2007). Adolescents with conduct disorder can be mindful of their aggressive behavior. *Journal of Emotional and Behavioral Disorders, 15*(1), 56-63.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Adkins, A. D., Wahler, R. G., Sabaawi, M., et al. (2007). Individuals with mental illness can control their aggressive behavior through mindfulness training. *Behavior modification, 31*(3), 313-328.

## 2006

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *Act on life not on anger: The new acceptance & commitment therapy guide to problem anger*. Oakland, CA: New Harbinger Publications.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Curtis, W. J., Wahler, R. G., Sabaawi, M., et al. (2006). Mindful staff increase learning and reduce aggression in adults with developmental disabilities. *Research in Developmental Disabilities, 27*(5), 545-558.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Fisher, B. C., Wahler, R. G., McAleavey, K., et al. (2006). Mindful parenting decreases aggression, noncompliance, and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders, 14*(3), 169-177.

## 2005

Birnbaum, L. (2005, June 23). Adolescent aggression and differentiation of self: Guided mindfulness meditation in the service of individuation. *The scientific world journal, 5*, 478-489.

## 2003

Singh, N. N., Wahler, R. G., Adkins, A. D., Myers, R. E., & The Mindfulness Research Group. (2003). Soles of the feet: A mindfulness-based self-control intervention for aggression by an individual with mild mental retardation and mental illness. *Research in Developmental Disabilities, 24*(3), 158-169.

## 1997

Barbieri, P. (1997). Habitual desires: The destructive nature of expressing your anger. *International Journal of Reality Therapy, 17*(1), 17-23.

## Anxiety

### 2007

Chow, Y., & Tsang, H. (2007). Biopsychosocial effects of qigong as a mindful exercise for people with anxiety disorders: A speculative review. *Journal of Alternative and Complementary Medicine, 13*(8), 831-839.

- Davis, L., Strasburger, A., & Brown, L. (2007, November). Mindfulness: An intervention for anxiety in schizophrenia. *Journal of Psychosocial Nursing and Mental Health Services*, 45(11), 23-29.
- 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.
- Koszycki, D., Benger, M., Shlik, J., & Bradwejn, J. (2007). Randomized trial of a meditation-based stress reduction program and cognitive behavior therapy in generalized social anxiety disorder. *Behaviour Research and Therapy*, 45(10), 2518-2526.
- Roemer, L., & Orsillo, S. M. (2007). An open trial of an acceptance-based behavior therapy for generalized anxiety disorder. *Behavior Therapy*, 38(1), 72-85.
- Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *The Canadian Journal of Psychiatry / La Revue Canadienne de Psychiatrie*, 52(4), 260-266.
- Vujanovic, A. A., Zvolensky, M. J., Bernstein, A., Feldner, M. T., & McLeish, A. C. (2007). A test of the interactive effects of anxiety sensitivity and mindfulness in the prediction of anxious arousal, agoraphobic cognitions, and body vigilance. *Behaviour Research and Therapy*, 45(6), 1393-1400.

## 2006

- Bögels, S. M., Sijbers, G. F. V. M., & Voncken, M. (2006). Mindfulness and task concentration training for social phobia: A pilot study. *Journal of Cognitive Psychotherapy*, 20(1), 33-44.
- Finucane, A., & Mercer, S. (2006). An exploratory mixed methods study of the acceptability and effectiveness of Mindfulness-Based Cognitive Therapy for patients with active depression and anxiety in primary care. *BMC Psychiatry*, 6, 14-14.
- Krisanaprakornkit, T., Krisanaprakornkit, W., Piyavhatkul, N., & Laopaiboon, M. (2006). Meditation therapy for anxiety disorders. *Cochrane Database of Systematic Reviews* (Online need website). Example Retrieved May 2, 2006, from <http://www.alistapart.com/articles/writeliving>
- Murphy, M. C. (2006). Taming the anxious mind: An 8-week mindfulness meditation group at a university counseling center. *Journal of College Student Psychotherapy*, 21(2), 5-13.
- Roemer, L., Salters-Pedneault, K., & Orsillo, S. M. (2006). Incorporating mindfulness- and acceptance-based strategies in the treatment of generalized anxiety disorder. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 51-74). San Diego, CA: Elsevier Academic Press.

Smith, A. (2006). "Like waking up from a dream": Mindfulness training for older people with anxiety and depression. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 191-215). San Diego, CA: Elsevier Academic Press.

Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., Bowman, C. J., et al. (2006). Incremental validity of mindfulness-based attention in relation to the concurrent prediction of anxiety and depressive symptomatology and perceptions of health. *Cognitive Behaviour Therapy*, 35(3), 148-158.

## 2005

Bondolfi, G. (2005). Mindfulness and anxiety disorders: Possible developments. *Constructivism in the Human Sciences*, 10, 45-52.

Eifert, G. H., & Forsyth, J. P. (2005). *Acceptance and commitment therapy for anxiety disorders: A practitioner's treatment guide to using mindfulness, acceptance, and values-based behavior change strategies*. Oakland, CA: New Harbinger Publications.

Germer, C. K. (2005). Anxiety disorders: Befriending fear. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 152-172). New York: Guilford Press.

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.

Greco, L. A., Blackledge, J. T., Coyne, L. W., & Ehrenreich, J. (2005). Integrating acceptance and mindfulness into treatments for child and adolescent anxiety disorders: Acceptance and commitment therapy as an example. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 301-322). New York: Springer Science.

Hannan, S. E., & Tolin, D. F. (2005). Acceptance and mindfulness-based behavior therapy for obsessive-compulsive disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 271-299). New York: Springer Science.

Herbert, J. D., & Cardaciotto, L. (2005). An acceptance and mindfulness-based perspective on social anxiety disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 189-212). New York: Springer Science.

Levitt, J. T., & Karekla, M. (2005). Integrating acceptance and mindfulness with cognitive behavioral treatment for panic disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance*



- and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 165-188). New York: Springer Science.
- 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.
- Orsillo, S. M., & Roemer, L. (Eds.). (2005). *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment*. New York: Springer Science + Business Media.
- Orsillo, S. M., Roemer, L., & Holowka, D. W. (2005). Acceptance-based behavioral therapies for anxiety: Using acceptance and mindfulness to enhance traditional cognitive-behavioral approaches. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 3-35). New York: Springer Science.
- Roemer, L., & Orsillo, S. M. (2005). An acceptance-based behavior therapy for generalized anxiety disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 213-240). New York: Springer Science.
- Schwartz, J. M., Gulliford, E. Z., Stier, J., & Thienemann, M. (2005). Mindful awareness and self-directed neuroplasticity: Integrating psychospiritual and biological approaches to mental health with a focus on obsessive-compulsive disorder. In S. G. Mijares, G. S. Khalsa (Eds.), *The psychospiritual clinician's handbook: Alternative methods for understanding and treating mental disorders* (pp. 281-300). New York, NY: Haworth Press.
- Semple, R. J., Reid, E. F. G., & Miller, L. (2005). Treating anxiety with mindfulness: An open trial of mindfulness training for anxious children. *Journal of Cognitive Psychotherapy*, 19(4), 379-392.
- Twohig, M. P., Masuda, A., Varra, A. A., & Hayes, S. C. (2005). Acceptance and commitment therapy as a treatment for anxiety disorders. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 101-129). New York: Springer Science.
- Zvolensky, M. J., Feldner, M. T., Leen-Feldner, E. W., & Yartz, A. R. (2005). Exploring basic processes underlying acceptance and mindfulness. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 325-357). New York: Springer Science.

- Bögels, S. M., & Mansell, W. (2004). Attention processes in the maintenance and treatment of social phobia: Hypervigilance, avoidance and self-focused attention. *Clinical Psychology Review, 24*(7), 827-856.
- Borkovec, T. D., & Sharpless, B. (2004). Generalized anxiety disorder: Bringing cognitive-behavioral therapy into the valued present. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 209-242). New York: Guilford Press.
- O'Neill, J., & Schwartz, J. M. (2004). The role of volition in OCD therapy: Neurocognitive, neuroimaging, and neuroplastic aspects. *Clinical Neuropsychiatry: Journal of Treatment Evaluation, 1*(1), 13-31.
- Singh, N. N., Wahler, R. G., Winton, A. S. W., Adkins, A. D., & The Mindfulness Research Group. (2004). A mindfulness-based treatment of obsessive-compulsive disorder. *Clinical Case Studies, 3*(4), 275-287.
- Sugiura, Y. (2004). Detached mindfulness and worry: A meta-cognitive analysis. *Personality and Individual Differences, 37*(1), 169-179.
- Teasdale, J. D. (2004). Mindfulness-based cognitive therapy. In J. Yiend (Ed.), *Cognition, emotion and psychopathology: Theoretical, empirical and clinical directions* (pp. 270-289). New York: Cambridge University Press.

### 2003

- Orsillo, S. M., Roemer, L., & Barlow, D. H. (2003). Integrating acceptance and mindfulness into existing cognitive-behavioral treatment for GAD: A case study. *Cognitive and Behavioral Practice, 10*(3), 222-230.
- Tacón, A. M., McComb, J., Caldera, Y., & Randolph, P. (2003). Mindfulness meditation, anxiety reduction, and heart disease: A pilot study. *Family & Community Health, 26*(1), 25-33.

### 2002

- Antony, M. M. (2002). Enhancing current treatments for anxiety disorders. *Clinical Psychology: Science and Practice, 9*(1), 91-94.
- Borkovec, T. D. (2002). Life in the future versus life in the present. *Clinical Psychology: Science and Practice, 9*(1), 76-80.
- Craske, M. G., & Hazlett-Stevens, H. (2002). Facilitating symptom reduction and behavior change in GAD: The issue of control. *Clinical Psychology: Science and Practice, 9*(1), 69-75.

- Crits-Christoph, P. (2002). Psychodynamic-interpersonal treatment of generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 9(1), 81-84.
- Kim, J., & Kramer, G. (2002). Insight dialogue meditation with anxiety problems. *Gestalt Therapists, Traumatic Experience, & Response to Anxiety*, 6(1).
- Mennin, D. S., Heimberg, R. G., Turk, C. L., & Fresco, D. M. (2002). Applying an emotion regulation framework to integrative approaches to generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 9(1), 85-90.
- Roemer, L., & Orsillo, S. M. (2002). Expanding our conceptualization of and treatment for generalized anxiety disorder: Integrating mindfulness/acceptance-based approaches with existing cognitive-behavioral models. *Clinical Psychology: Science and Practice*, 9(1), 54-68.
- Toneatto, T. (2002). A metacognitive therapy for anxiety disorders: Buddhist psychology applied. *Cognitive and Behavioral Practice*, 9(1), 72-78.
- Wells, A. (2002). GAD, metacognition, and mindfulness: An information processing analysis. *Clinical Psychology: Science and Practice*, 9(1), 95-100.

## 2000

- Marks, I., & Dar, R. (2000). Fear reduction by psychotherapies: Recent findings, future directions. *British Journal of Psychiatry*, 176, 507-511.

## 1995

- Miller, J. J., Fletcher, K., & Kabat-Zinn, J. (1995). Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders. *General Hospital Psychiatry*, 17(3), 192-200.

## 1992

- Kabat-Zinn, J., Massion, A., Kristeller, J., Peterson, L., Fletcher, K., Pbert, L., et al. (1992). Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. *The American Journal of Psychiatry*, 149(7), 936-943.

## **Comorbid Conditions**

## 2007

Davis, L., Strasburger, A., & Brown, L. (2007). Mindfulness: An intervention for anxiety in schizophrenia. *Journal of Psychosocial Nursing and Mental Health Services*, 45(11), 23-29.

## 2006

Hoppes, K. (2006). The application of mindfulness-based cognitive interventions in the treatment of co-occurring addictive and mood disorders. *CNS Spectrums*, 11(11), 829-851.

## **Depression/Mood Disorders**

## 2007

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.

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

## 2006

Coffman, S. J., Dimidjian, S., & Baer, R. A. (2006). Mindfulness-based cognitive therapy for prevention of depressive relapse. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 31-50). San Diego, CA: Elsevier Academic Press.

Finucane, A., & Mercer, S. (2006). An exploratory mixed methods study of the acceptability and effectiveness of mindfulness-based cognitive therapy for patients with active depression and anxiety in primary care. *BMC Psychiatry*, 6, 14-14.

Hoppes, K. (2006). The application of mindfulness-based cognitive interventions in the treatment of co-occurring addictive and mood disorders. *CNS Spectrums*, 11(11), 829-851.

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.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 217-236). San Diego, CA: Elsevier Academic Press.

Smith, A. (2006). "Like waking up from a dream": Mindfulness training for older people with anxiety and depression. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 191-215). San Diego, CA: Elsevier Academic Press.

Waller, B., Carlson, J., & Englar-Carlson, M. (2006). Treatment and relapse prevention of depression using mindfulness-based cognitive therapy and adlerian concepts. *Journal of Individual Psychology, 62*(4), 443-454.

Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., Bowman, C. J., et al. (2006). Incremental validity of mindfulness-based attention in relation to the concurrent prediction of anxiety and depressive symptomatology and perceptions of health. *Cognitive Behaviour Therapy, 35*(3), 148-158.

## 2005

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: Routledge.

Broderick, P. C. (2005). Mindfulness and coping with dysphoric mood: Contrasts with rumination and distraction. *Cognitive Therapy and Research, 29*(5), 501-510.

Russell, S. J., & Browne, J. L. (2005). Staying well with bipolar disorder. *Australian and New Zealand Journal of Psychiatry, 39*(3), 187-193.

## 2004

Ramel, W., Goldin, P. R., Carmona, P. E., & McQuaid, J. R. (2004). The effects of mindfulness meditation on cognitive processes and affect in patients with past depression. *Cognitive Therapy and Research, 28*(4), 433-455.

Segal, Z. V., Teasdale, J. D., & Williams, J. M. G. (2004). Mindfulness-based cognitive therapy: Theoretical rationale and empirical status. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 45-65). New York: Guilford Press.

Teasdale, J. D. (2004). Mindfulness-based cognitive therapy. In J. Yiend (Ed.), *Cognition, emotion and psychopathology: Theoretical, empirical and clinical directions* (pp. 270-289). New York: Cambridge University Press.

Watkins, E., & Teasdale, J. D. (2004). Adaptive and maladaptive self-focus in depression. *Journal of Affective Disorders, 82*(1), 1-8.

## 2003

Netz, Y., & Lidor, R. (2003). Mood alterations in mindful versus aerobic exercise modes. *The Journal of Psychology, 137*(5), 405-419.

Rohan, K. J. (2003). Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse and overcoming resistance in cognitive therapy. *Psychiatry: Interpersonal and Biological Processes*, 66(3), 272-281.

## 2002

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.

Teasdale, J. D., Moore, R. G., Hayhurst, H., Pope, M., Williams, S., & Segal, Z. V. (2002). Metacognitive awareness and prevention of relapse in depression: Empirical evidence. *Journal of Consulting and Clinical Psychology*, 70(2), 275-287.

## 2001

Mason, O., & Hargreaves, I. (2001). A qualitative study of mindfulness-based cognitive therapy for depression. *British Journal of Medical Psychology*, 74(2), 197-212.

## 2000

Teasdale, J. D., Segal, Z. V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. M., & Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68(4), 615-623.

Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Soulsby, J. (2000). Mindfulness-based cognitive therapy reduces overgeneral autobiographical memory in formerly depressed patients. *Journal of Abnormal Psychology*, 109(1), 150-155.

## 1999

Teasdale, J. D. (1999). Emotional processing, three modes of mind and the prevention of relapse in depression. *Behaviour Research and Therapy*, 37(1), S53-S77.

## 1995

Teasdale, J. D., Segal, Z., & 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.

## Eating Disorders

## 2008

Proulx, K. (2008). Experiences of women with bulimia nervosa in a mindfulness-based eating disorder treatment group. *Eating Disorders: The Journal of Treatment & Prevention*, 16(1), 52-72.

## 2007

Andersen, A. (2007). Stories I tell my patients: Where are you when you are eating? *Eating Disorders: The Journal of Treatment & Prevention*, 15(3), 279-280.

## 2006

Corstorphine, E. (2006). Cognitive-emotional-behavioural therapy for the eating disorders: Working with beliefs about emotions. *European Eating Disorders Review*, 14(6), 448-461.

Kristeller, J. L., Baer, R. A., & Quillian-Wolever, R. (2006). Mindfulness-based approaches to eating disorders. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 75-91). San Diego, CA: Elsevier Academic Press.

Smith, B. W., Shelley, B. M., Leahigh, L., & Vanleit, B. (2006). A preliminary study of the effects of a modified mindfulness intervention on binge eating. *Complementary Health Practice Review*, 11(3), 133-143.

## 2005

Baer, R. A., Fischer, S., & Huss, D. B. (2005). Mindfulness-based cognitive therapy applied to binge eating: A case study. *Cognitive and Behavioral Practice*, 12(3), 351-358.

Baer, R. A., Fischer, S., & Huss, D. B. (2005). Mindfulness and acceptance in the treatment of disordered eating. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23(4), 281-300.

## 2004

Fasano-Ramos, M. (2004). Mindful meals: A holistic approach to eating. *Beginnings (American Holistic Nurses' Association)*, 24(1), 1-1.

Stewart, T. M. (2004). Light on body image treatment: Acceptance through mindfulness. *Behavior Modification*, 28(6), 783-811.

Wilson, G. T. (2004). Acceptance and change in the treatment of eating disorders: The evolution of manual-based cognitive-behavioral therapy. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 243-260). New York: Guilford Press.

2003

Kristeller, J. L. (2003). Mindfulness, wisdom, and eating: Applying a multi-domain model of meditation effects. *Constructivism in the Human Sciences*, 8(2), 107-118.

1999

Kristeller, J. L., & Hallett, C. B. (1999). An exploratory study of a meditation-based intervention for binge eating disorder. *Journal of Health Psychology*, 4(3), 357-363.

Wiser, S., & Telch, C. F. (1999). Dialectical behavior therapy for binge-eating disorder. *Journal of Clinical Psychology*, 55(6), 755-768.

**Mental Retardation/Developmental Disorders**2007

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Adkins, A. D., Singh, J., & Singh, A. N. (2007). Mindfulness training assists individuals with moderate mental retardation to maintain their community placements. *Behavior Modification*, 31(6), 800-814.

2006

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Curtis, W. J., Wahler, R. G., Sabaawi, M., et al. (2006). Mindful staff increase learning and reduce aggression in adults with developmental disabilities. *Research in Developmental Disabilities*, 27(5), 545-558.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Fisher, B. C., Wahler, R. G., McAleavey, K., et al. (2006). Mindful parenting decreases aggression, noncompliance, and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders*, 14(3), 169-177.

2003

Singh, N. N., Wahler, R. G., Adkins, A. D., Myers, R. E., & The Mindfulness Research Group. (2003). Soles of the feet: A mindfulness-based self-control intervention for aggression by an individual with mild mental retardation and mental illness. *Research in Developmental Disabilities*, 24(3), 158-169.

2002

Singh, N. N., Wahler, R. G., Sabaawi, M., Goza, A. B., Singh, S. D., Molina, E. J., et al. (2002). Mentoring treatment teams to integrate behavioral and psychopharmacological treatments in developmental disabilities. *Research in Developmental Disabilities*, 23(6), 379-389.



**Personality Disorders**2007

Huss, D. B., & Baer, R. A. (2007). Acceptance and change: The integration of mindfulness-based cognitive therapy into ongoing dialectical behavior therapy in a case of borderline personality disorder with depression. *Clinical Case Studies*, 6(1), 17-33.

Lindenboim, N., Comtois, K. A., & Linehan, M. M. (2007). Skills practice in dialectical behavior therapy for suicidal women meeting criteria for borderline personality disorder. *Cognitive and Behavioral Practice*, 14(2), 147-156.

Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.

Perseius, K., Kåver, A., Ekdahl, S., Åsberg, M., & Samuelsson, M. (2007). Stress and burnout in psychiatric professionals when starting to use dialectical behavioural therapy in the work with young self-harming women showing borderline personality symptoms. *Journal of Psychiatric and Mental Health Nursing*, 14(7), 635-643.

2006

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.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 217-236). San Diego, CA: Elsevier Academic Press.

Shaw Welch, S., Rizvi, S., & Dimidjian, S. (2006). Mindfulness in dialectical behavior therapy (DBT) for borderline personality disorder. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 117-139). San Diego, CA: Elsevier Academic Press.

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.

2005

McQuillan, A., Nicastro, R., Guenot, F., Girard, M., Lissner, C., & Ferrero, F. (2005). Intensive dialectical behavior therapy for outpatients with borderline personality disorder who are in crisis. *Psychiatric Services*, 56(2), 193-197.

2002

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

### 1998

Simpson, E. B., Pistorello, J., Begin, A., Costello, E., Levinson, J., Mulberry, S., et al. (1998). Use of dialectical behavior therapy in a partial hospital program for women with borderline personality disorder. *Psychiatric Services*, 49(5), 669-673.

### 1997

Kern, R. S., Kuehnel, T. G., Teuber, J., & Hayden, J. L. (1997). Multimodal cognitive-behavior therapy for borderline personality disorder with self-injurious behavior. *Psychiatric Services*, 48(9), 1131-1133.

### 1993

Linehan, M. M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.

## **Psychosis**

### 2007

Davis, L., Strasburger, A., & Brown, L. (2007). Mindfulness: An intervention for anxiety in schizophrenia. *Journal of Psychosocial Nursing and Mental Health Services*, 45(11), 23-29.

### 2006

Bach, P. A., Gaudiano, B., Pankey, J., Herbert, J. D., & Hayes, S. C. (2006). Acceptance, mindfulness, values, and psychosis: Applying acceptance and commitment therapy (ACT) to the chronically mentally ill. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 93-116). San Diego, CA: Elsevier Academic Press.

Gaudiano, B. A., & Herbert, J. D. (2006). Acute treatment of inpatients with psychotic symptoms using acceptance and commitment therapy: Pilot results. *Behaviour Research and Therapy*, 44(3), 415-437.

Gaudiano, B. A., & Herbert, J. D. (2006). Believability of hallucinations as a potential mediator of their frequency and associated distress in psychotic inpatients. *Behavioural and Cognitive Psychotherapy*, 34(4), 497-502.

2005

- Chadwick, P., Taylor, K. N., & Abba, N. (2005). Mindfulness groups for people with psychosis. *Behavioural and Cognitive Psychotherapy*, 33(3), 351-359.
- Gaudiano, B. A. (2005). Cognitive behavior therapies for psychotic disorders: Current empirical status and future directions. *Clinical Psychology: Science and Practice*, 12(1), 33-50.
- Kuipers, E. (2005). Evaluating cognitive behavior therapy for psychosis. *Clinical Psychology: Science and Practice*, 12(1), 65-67.

**Suicide/Self-Harm**2007

- Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.

2006

- 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.
- Williams, J. M. G., Duggan, D. S., Crane, C., & Fennell, M. J. V. (2006). Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behavior. *Journal of Clinical Psychology*, 62(2), 201-210.

2005

- Birnbaum, L., & Birnbaum, A. (2005). The technique of guided mindfulness meditation in suicide. In J. Merrick & G. Zalsman (Eds.), *Suicidal behavior in adolescence: An International Perspective* (pp. 331-348). London: Freund Publishing House.

2004

- Williams, J. M. G., & Swales, M. (2004). The use of mindfulness-based approaches for suicidal patients. *Archives of Suicide Research*, 8(4), 315-329.

2000

Miller, A. L., Wyman, S. E., Huppert, J. D., Glassman, S. L., & Rathus, J. H. (2000). Analysis of behavioral skills utilized by suicidal adolescents receiving dialectical behavior therapy. *Cognitive and Behavioral Practice, 7*(2), 183-187.

## **Trauma**

### 2007

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.

### 2006

Berceli, D., & Napoli, M. (2006). A proposal for a mindfulness-based trauma prevention program for social work professionals. *Complementary Health Practice Review, 11*(3), 153-165.

Follette, V., Palm, K. M., & Pearson, A. N. (2006). Mindfulness and trauma: Implications for treatment. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 24*(1), 45-61.

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.

### 2005

Batten, S. V., Orsillo, S. M., & Walser, R. D. (2005). Acceptance and mindfulness-based approaches to the treatment of posttraumatic stress disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 241-269). New York: Springer Science.

### 2004

Follette, V. M., Palm, K. M., & Hall, M. L. R. (2004). Acceptance, mindfulness, and trauma. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 192-208). New York: Guilford Press.

### 2001

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.

1996

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

1993

Miller, J. J. (1993). The unveiling of traumatic memories and emotions through mindfulness and concentration meditation: Clinical implications and three case reports. *Journal of Transpersonal Psychology*, 25(2), 169-180.

## **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 of each section.

Technical notes: the following list of treatments should be target-linked to the respective heading in the citations list below.

[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., & 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.

#### 2008

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.

#### 2007

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.

## 2006

Bach, P. A., Gaudiano, B., Pankey, J., Herbert, J. D., & Hayes, S. C. (2006). Acceptance, mindfulness, values, and psychosis: Applying acceptance and commitment therapy (ACT) to the chronically mentally ill. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 93-116). San Diego, CA: Elsevier Academic Press.

Dahl, J., & Lundgren, T. (2006). Acceptance and commitment therapy (ACT) in the treatment of chronic pain. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 285-306). San Diego, CA: Elsevier Academic Press.

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *Act on life not on anger: The new acceptance & commitment therapy guide to problem anger*. Oakland, CA: New Harbinger Publications.

Gaudiano, B. A., & Herbert, J. D. (2006). Acute treatment of inpatients with psychotic symptoms using acceptance and commitment therapy: Pilot results. *Behaviour Research and Therapy*, 44(3), 415-437.

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, Josef (Eds.), *Cognitive-behavioral therapies for trauma* (2nd Ed., pp. 146-172). New York: Guilford Press.

## 2005

Ciarrochi, J., & Robb, H. (2005). Letting a little nonverbal air into the room: Insights from acceptance and commitment therapy: Part 2: Applications. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23(2), 107-130.

Ciarrochi, J., Robb, H., & Godsell, C. (2005). Letting a little nonverbal air into the room: Insights from acceptance and commitment therapy: Part 1: Philosophical and theoretical underpinnings. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23(2), 79-106.

Eifert, G. H., & Forsyth, J. P. (2005). *Acceptance and commitment therapy for anxiety disorders: A practitioner's treatment guide to using mindfulness, acceptance, and values-based behavior change strategies*. Oakland, CA: New Harbinger Publications.

Fletcher, L., & Hayes, S. C. (2005). Relational frame theory, acceptance and commitment therapy, and a functional analytic definition of mindfulness. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23(4), 315-336.

Twohig, M. P., Masuda, A., Varra, A. A., & Hayes, S. C. (2005). Acceptance and commitment therapy as a treatment for anxiety disorders. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 101-129). New York: Springer Science.

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.

## 2004

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.

Wilson, G. T. (2004). Acceptance and change in the treatment of eating disorders: The evolution of manual-based cognitive-behavioral therapy. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 243-260). New York: Guilford Press.

## **Dialectical Behavior Therapy (DBT)**

### Key Readings

Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.

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.

Shaw Welch, S., Rizvi, S., & Dimidjian, S. (2006). Mindfulness in dialectical behavior therapy (DBT) for borderline personality disorder. In R. A. Baer. (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. San Diego, CA: Elsevier Academic Press

## 2007



- Huss, D. B., & Baer, R. A. (2007). Acceptance and change: The integration of mindfulness-based cognitive therapy into ongoing dialectical behavior therapy in a case of borderline personality disorder with depression. *Clinical Case Studies*, 6(1), 17-33.
- Lindenboim, N., Comtois, K. A., & Linehan, M. M. (2007). Skills practice in dialectical behavior therapy for suicidal women meeting criteria for borderline personality disorder. *Cognitive and Behavioral Practice*, 14(2), 147-156.
- Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.
- Perseius, K., Kåver, A., Ekdahl, S., Åsberg, M., & Samuelsson, M. (2007). Stress and burnout in psychiatric professionals when starting to use dialectical behavioural therapy in the work with young self-harming women showing borderline personality symptoms. *Journal of Psychiatric and Mental Health Nursing*, 14(7), 635-643.
- Stone, S. D. (2007). Using dialectical behavior therapy in clinical practice: Client empowerment, social work values. In T. Ronen & A. Freeman (Eds.) *Cognitive behavior therapy in clinical social work practice* (pp. 147-165). New York: Springer Publishing Co.

## 2006

- Chapman, A. L. (2006). Dialectical behavior therapy: Current indications and unique elements. *Psychiatry*, 3(9), 62-68.
- 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.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 217-236). San Diego, CA: Elsevier Academic Press.
- Shaw Welch, S., Rizvi, S., & Dimidjian, S. (2006). Mindfulness in dialectical behavior therapy (DBT) for borderline personality disorder. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 117-139). San Diego, CA: Elsevier Academic Press.
- 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.

## 2005

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.

McQuillan, A., Nicastro, R., Guenot, F., Girard, M., Lissner, C., & Ferrero, F. (2005). Intensive dialectical behavior therapy for outpatients with borderline personality disorder who are in crisis. *Psychiatric Services, 56*(2), 193-197.

#### 2004

Robins, C. J., Schmidt, H., & Linehan, M. M. (2004). Dialectical behavior therapy: Synthesizing radical acceptance with skillful means. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 30-44). New York: Guilford Press.

#### 2002

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

Robins, C. J. (2002). Zen principles and mindfulness practice in dialectical behavior therapy. *Cognitive and Behavioral Practice, 9*(1), 50-57.

#### 2000

Miller, A. L., Wyman, S. E., Huppert, J. D., Glassman, S. L., & Rathus, J. H. (2000). Analysis of behavioral skills utilized by suicidal adolescents receiving dialectical behavior therapy. *Cognitive and Behavioral Practice, 7*(2), 183-187.

#### 1999

Wiser, S., & Telch, C. F. (1999). Dialectical behavior therapy for binge-eating disorder. *Journal of Clinical Psychology, 55*(6), 755-768.

#### 1998

Simpson, E. B., Pistorello, J., Begin, A., Costello, E., Levinson, J., Mulberry, S., et al. (1998). Use of dialectical behavior therapy in a partial hospital program for women with borderline personality disorder. *Psychiatric Services, 49*(5), 669-673.

Wiser, S., & Telch, C. F. (1999). Dialectical behavior therapy for binge-eating disorder. *Journal of Clinical Psychology, 55*(6), 755-768.

#### 1993

Linehan, M. M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.

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

#### Key Readings

Coffman, S. J., Dimidjian, S., & Baer, R. A. (2006). Mindfulness-based cognitive therapy for prevention of depressive relapse. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 31-50). San Diego, CA: Elsevier Academic 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.

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

#### 2007

Coelho, H. F., Canter, P. H., & Ernst, E. (2007). Mindfulness-based cognitive therapy: Evaluating current evidence and informing future research. *Journal of Consulting and Clinical Psychology, 75*(6), 1000-1005.

Huss, D. B., & Baer, R. A. (2007). Acceptance and change: The integration of mindfulness-based cognitive therapy into ongoing dialectical behavior therapy in a case of borderline personality disorder with depression. *Clinical Case Studies, 6*(1), 17-33.

Kenny, M. A., & Williams, J. M. G. (2007). Treatment-resistant depressed patients show a good response to mindfulness-based cognitive therapy. *Behaviour Research and Therapy, 45*(3), 617-625.

Kingston, T., Dooley, B., Bates, A., Lawlor, E., & Malone, K. (2007). Mindfulness-based cognitive therapy for residual depressive symptoms. *Psychology and Psychotherapy: Theory, Research and Practice, 80*(2), 193-203.

Ree, M. J., & Craigie, M. A. (2007). Outcomes following mindfulness-based cognitive therapy in a heterogeneous sample of adult outpatients. *Behaviour Change, 24*(2), 70-86.

Smith, A., Graham, L., & Senthinathan, S. (2007). Mindfulness-based cognitive therapy for recurring depression in older people: A qualitative study. *Aging & Mental Health, 11*(3), 346-357.

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

## 2006

Coffman, S. J., Dimidjian, S., & Baer, R. A. (2006). Mindfulness-based cognitive therapy for prevention of depressive relapse. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 31-50). San Diego, CA: Elsevier Academic Press.

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.

Semple, R. J., Lee, J., & Miller, L. F. (2006). Mindfulness-based cognitive therapy for children. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 143-166). San Diego, CA: Elsevier Academic Press.

Waller, B., Carlson, J., & Englar-Carlson, M. (2006). Treatment and relapse prevention of depression using mindfulness-based cognitive therapy and adlerian concepts. *Journal of Individual Psychology*, 62(4), 443-454.

Williams, J. M. G., Duggan, D. S., Crane, C., & Fennell, M. J. V. (2006). Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behavior. *Journal of Clinical Psychology*, 62(2), 201-210.

## 2005

Baer, R. A., Fischer, S., & Huss, D. B. (2005). Mindfulness-based cognitive therapy applied to binge eating: A case study. *Cognitive and Behavioral Practice*, 12(3), 351-358.

## 2004

Ma, S. H., & Teasdale, J. D. (2004). Mindfulness-based cognitive therapy for depression: Replication and exploration of differential relapse prevention effects. *Journal of Consulting and Clinical Psychology*, 72(1), 31-40.

Scherer-Dickson, N. (2004). Current developments of metacognitive concepts and their clinical implications: Mindfulness-based cognitive therapy for depression. *Counselling Psychology Quarterly*, 17(2), 223-234.

Segal, Z. V., Teasdale, J. D., & Williams, J. M. G. (2004). Mindfulness-based cognitive therapy: Theoretical rationale and empirical status. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 45-65). New York: Guilford Press.

Teasdale, J. D. (2004). Mindfulness-based cognitive therapy. In J. Yiend (Ed.), *Cognition, emotion and psychopathology: Theoretical, empirical and clinical directions* (pp. 270-289). New York: Cambridge University Press.

### 2003

Rohan, K. J. (2003). Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse and overcoming resistance in cognitive therapy. *Psychiatry: Interpersonal and Biological Processes*, 66(3), 272-281.

### 2002

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.

Teasdale, J. D., Moore, R. G., Hayhurst, H., Pope, M., Williams, S., & Segal, Z. V. (2002). Metacognitive awareness and prevention of relapse in depression: Empirical evidence. *Journal of Consulting and Clinical Psychology*, 70(2), 275-287.

### 2001

Mason, O., & Hargreaves, I. (2001). A qualitative study of mindfulness-based cognitive therapy for depression. *British Journal of Medical Psychology*, 74(2), 197-212.

### 2000

Teasdale, J. D., Segal, Z. V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. M., & Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68(4), 615-623.

Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Soulsby, J. (2000). Mindfulness-based cognitive therapy reduces overgeneral autobiographical memory in formerly depressed patients. *Journal of Abnormal Psychology*, 109(1), 150-155.

### 1999

Teasdale, J. D. (1999). Emotional processing, three modes of mind and the prevention of relapse in depression. *Behaviour Research and Therapy*, 37(1), S53-S77.

### 1995

Teasdale, J. D., Segal, Z., & 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.

**Mindfulness-Based Stress Reduction (MBSR)**Key Readings

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

Kabat-Zinn, J. (2003). Mindfulness-based stress reduction (MBSR). *Constructivism in the Human Sciences*, 8(2), 73-107.

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: Delta Trade Paperback/Bantam Dell.

2008

Dobkin, P. (2008). Mindfulness-based stress reduction: What processes are at work? *Complementary Therapies in Clinical Practice*, 14(1), 8-16.

2007

Carlson, L., Speca, M., Faris, P., & Patel, K. (2007). One year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients. *Brain, Behavior, and Immunity*, 21(8), 1038-1049.

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.

Mackenzie, M. J., Carlson, L. E., Munoz, M., & Speca, M. (2007). A qualitative study of self-perceived effects of mindfulness-based stress reduction (MBSR) in a psychosocial oncology setting. *Stress and Health: Journal of the International Society for the Investigation of Stress*, 23(1), 59-69.

Pradhan, E., Baumgarten, M., Langenberg, P., Handwerker, 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.

Rosenzweig, S., Reibel, D., Greeson, J., Edman, J., Jasser, S., McMearty, K., et al. (2007). Mindfulness-based stress reduction is associated with improved glycemic control in type 2 diabetes mellitus: a pilot study. *Alternative Therapies in Health and Medicine*, 13(5), 36-38.

Samuelson, M., Carmody, J., Kabat-Zinn, J., & Bratt, M. A. (2007). Mindfulness-based stress reduction in massachusetts correctional facilities. *The Prison Journal*, 87(2), 254-268.

Shapiro, S. L., Brown, K. W., & Biegel, G. M. (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology, 1*(2), 105-115.

Walach, H., Nord, E., Zier, C., Dietz-Waschkowski, B., Kersig, S., & Schüpbach, H. (2007). Mindfulness-based stress reduction as a method for personnel development: A pilot evaluation. *International Journal of Stress Management, 14*(2), 188-198.

## 2006

Drummond, M. S. (2006). Conceptualizing the efficacy of mindfulness of bodily sensations in the mindfulness-based interventions. *Constructivism in the Human Sciences, 11*, 2-29.

Minor, H. G., Carlson, L. E., Mackenzie, M. J., Zernicke, K., & Jones, L. (2006). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health care, 43*(1), 91-109.

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.

Shigaki, C. L., Glass, B., & Schopp, L. H. (2006). Mindfulness-based stress reduction in medical settings. *Journal of Clinical Psychology in Medical Settings, 13*(3), 209-216.

Smith, A. (2006). "Like waking up from a dream": Mindfulness training for older people with anxiety and depression. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 191-215). San Diego, CA: Elsevier Academic Press.

Specia, M., Carlson, L. E., Mackenzie, M. J., & Angen, M. (2006). Mindfulness-based stress reduction (MBSR) as an intervention for cancer patients. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 239-261). San Diego, CA: Elsevier Academic Press.

Williams, K. (2006). Mindfulness-based stress reduction (MBSR) in a worksite wellness program. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 361-376). San Diego, CA: Elsevier Academic Press.

## 2005

Brantley, J. (2005). Mindfulness-based stress reduction. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 131-145). New York: Springer Science.

- Carlson, L. E., & Garland, S. N. (2005). Impact of mindfulness-based stress reduction (MBSR) on sleep, mood, stress and fatigue symptoms in cancer outpatients. *International Journal of Behavioral Medicine, 12*(4), 278-285.
- Ellis, A. (2006). Rational emotive behavior therapy and the mindfulness based stress reduction training of Jon Kabat-Zinn. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 24*(1), 63-78.
- Kabat-Zinn, J. (2005). Bringing mindfulness to medicine: An interview with Jon Kabat-Zinn, PhD. Interview by Karolyn Gazella. *Advances in Mind-Body Medicine, 21*(2), 22-27.
- 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: Delta Trade Paperback/Bantam Dell.
- Plews-Ogan, M., Owens, J. E., Goodman, M., Wolfe, P., & Schorling, J. (2005). A pilot study evaluating mindfulness-based stress reduction and massage for the management of chronic pain. *Journal of General Internal Medicine, 20*(12), 1136-1138.
- Shapiro, S. L., Astin, J. A., Bishop, S. R., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: Results from a randomized trial. *International Journal of Stress Management, 12*(2), 164-176.
- 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.

## 2004

- Carlson, L. E., Speca, M., Patel, K. D., & Goodey, E. (2004). Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients. *Psychoneuroendocrinology, 29*(4), 448-474.
- Chang, V. Y., Paresh, O., Caldwell, R., Glasgow, N., Abramson, M., Luskin, F., et al. (2004). The effects of a mindfulness-based stress reduction program on stress, mindfulness self-efficacy, and positive states of mind. *Stress and Health: Journal of the International Society for the Investigation of Stress, 20*(3), 141-147.
- Cohen-Katz, J. (2004). Mindfulness-based stress reduction and family systems medicine: A natural fit. *Families, Systems, & Health, 22*(2), 204-206.
- Cohen-Katz, J., Wiley, S., Capuano, T., Baker, D., & Shapiro, S. (2004). The effects of mindfulness-based stress reduction on nurse stress and burnout: A quantitative and qualitative study. *Holistic Nursing Practice, 18*(6), 302-308.



Robert-McComb, J., Tacon, A., Randolph, P., & Caldera, Y. (2004). A pilot study to examine the effects of a mindfulness-based stress-reduction and relaxation program on levels of stress hormones, physical functioning, and submaximal exercise responses. *Journal of Alternative and Complementary Medicine*, 10(5), 819-827.

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.

Tacón, A. M., Caldera, Y. M., & Ronaghan, C. (2004). Mindfulness-based stress reduction in women with breast cancer. *Families, Systems, & Health*, 22(2), 193-203.

### 2003

Carlson, L. E., Speca, M., Patel, K. D., & Goodey, E. (2003). Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress, and immune parameters in breast and prostate cancer outpatients. *Psychosomatic Medicine*, 65(4), 571-581.

Kabat-Zinn, J. (2003). Mindfulness-based stress reduction (MBSR). *Constructivism in the Human Sciences*, 8(2), 73-107.

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M. J., & Cropey, 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.

Marcus, M. T., Fine, M., Moeller, F. G., Khan, M. M., Pitts, K., & Swank, P. R. et al. (2003). Change in stress levels following mindfulness-based stress reduction in a therapeutic community. *Addictive Disorders & Their Treatment*, 2(3), 63-68.

Proulx, K. (2003). Integrating mindfulness-based stress reduction. *Holistic Nursing Practice*, 17(4), 201-208.

Shapiro, S. L., Bootzin, R. R., Figueredo, A. J., Lopez, A. M., & Schwartz, G. E. (2003). The efficacy of mindfulness-based stress reduction in the treatment of sleep disturbance in women with breast cancer: An exploratory study. *Journal of Psychosomatic Research*, 54(1), 85-91.

### 2002

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

Weissbecker, I., Salmon, P., Studts, J. L., Floyd, A. R., Dedert, E. A., & Sephton, S. E. (2002). Mindfulness-based stress reduction and sense of coherence among women with fibromyalgia. *Journal of Clinical Psychology in Medical Settings*, 9(4), 297-307.

## 2001

Kabat-Zinn, J., & Hosmer, D. (2001). "A critical view": Comment. *Advances in Mind-Body Medicine*, 17(1), 70-77.

Reibel, D. K., Greeson, J. M., Brainard, G. C., & Rosenzweig, S. (2001). Mindfulness-based stress reduction and health-related quality of life in a heterogeneous patient population. *General Hospital Psychiatry*, 23(4), 183-192.

Williams, K. A., Kolar, M. M., Reger, B. E., & Pearson, J. C. (2001). Evaluation of a wellness-based mindfulness stress reduction intervention: A controlled trial. *American Journal of Health Promotion*, 15(6), 422-432.

Young, L., Bruce, A., Turner, L., & Linden, W. (2001). Evaluation of mindfulness-based stress reduction intervention. *The Canadian Nurse*, 97(6), 23-26.

## 2000

Specia, M., Carlson, L. E., Goodey, E., & Angen, M. (2000). A randomized, wait-list controlled clinical trial: The effect of a mindfulness meditation-based stress reduction program on mood and symptoms of stress in cancer outpatients. *Psychosomatic Medicine*, 62(5), 613-622.

## 1998

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M. J., Cropley, T. G., et al. (1998). 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 photochemotherapy (PUVA). *Psychosomatic Medicine*, 60(5), 625-632.

Salmon, P. G., Santorelli, S. F., & Kabat-Zinn, J. (1998). Intervention elements promoting adherence to mindfulness-based stress reduction programs in the clinical behavioral medicine setting. In S. A. Shumaker, E. B. Schron, J. K. Ockene, & W. L. McBee (Eds.), *The handbook of health behavior change* (2nd Ed., pp. 239-266). New York: Springer Publishing Co.

## 1997

Roth, B. (1997). Mindfulness-based stress reduction in the inner city. *Advances*, 13(4), 50-58.

## 1995

Miller, J., Fletcher, K., & Kabat-Zinn, J. (1995). Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders. *General Hospital Psychiatry, 17*(3), 192-200.

### 1993

Kaplan, K. H., Goldenberg, D. L., & Galvin-Nadeau, M. (1993). The impact of a meditation-based stress reduction program on fibromyalgia. *General Hospital Psychiatry, 15*(5), 284-289.

## **Mindfulness Meditation and Training**

### Key Readings

Fulton, P. R. (2005). Mindfulness as clinical training. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 55-72). New York: Guilford Press.

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.

Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *The Canadian Journal of Psychiatry / La Revue canadienne de psychiatrie, 52*(4), 260-266.

### 2008

Morone, N., Greco, C., & Weiner, D. (2008). Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study. *Pain, 134*(3), 310-319.

### 2007

Barnhofer, T., Duggan, D., Crane, C., Hepburn, S., Fennell, M. J. V., & Williams, J. M. G. (2007). Effects of meditation on frontal  $\alpha$ -asymmetry in previously suicidal individuals. *Neuroreport: For Rapid Communication of Neuroscience Research, 18*(7), 709-712.

Ivanovski, B., & Malhi, G. S. (2007). The psychological and neurophysiological concomitants of mindfulness forms of meditation. *Acta Neuropsychiatrica, 19*(2), 76-91.

- Jain, S., Shapiro, S. L., Swanick, S., Roesch, S. C., Mills, P. J., Bell, I., et al. (2007). A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction. *Annals of Behavioral Medicine*, 33(1), 11-21.
- Jha, A. P., Krompinger, J., & Baime, M. J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive, Affective & Behavioral Neuroscience*, 7(2), 109-119.
- Krisanaprakornkit T., Witoonchart C., & Krisanaprakornkit W. (2007). Meditation therapies for attention deficit/hyperactivity disorder. *Cochrane Database of Systematic Reviews*, 2, CD006507.
- Matchim, Y., & Armer, J. (2007). Measuring the psychological impact of mindfulness meditation on health among patients with cancer: A literature review. *Oncology Nursing Forum*, 34(5), 1059-1066.
- Thompson, B. L., & Waltz, J. (2007). Everyday mindfulness and mindfulness meditation: Overlapping constructs or not? *Personality and Individual Differences*, 43(7), 1875-1885.
- Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *The Canadian Journal of Psychiatry / La Revue canadienne de psychiatrie*, 52(4), 260-266.

## 2006

- 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.
- Ditto, B., Eclache, M., & Goldman, N. (2006, December). Short-term autonomic and cardiovascular effects of mindfulness body scan meditation. *Annals of Behavioral Medicine*, 32(3), 227-234.
- Deshmukh, V. (2006). Neuroscience of meditation. *The Scientific World Journal*, 6, 2239-2253.
- Krisanaprakornkit, T., Krisanaprakornkit, W., Piyavhatkul, N., & Laopaiboon, M. (2006). Meditation therapy for anxiety disorders. *Cochrane Database of Systematic Reviews*, 1, CD004998.
- Marlatt, G. A. (2006). Mindfulness meditation: Reflections from a personal journey. *Current Psychology: Developmental, Learning, Personality, Social*, 25(3), 155-172.
- Ostafin, B. D., Chawla, N., Bowen, S., Dillworth, T. M., Witkiewitz, K., & Marlatt, G. A. (2006). Intensive mindfulness training and the reduction of psychological distress: A preliminary study. *Cognitive and Behavioral Practice*, 13(3), 191-197.

Ott, M., Norris, R., & Bauer-Wu, S. (2006). Mindfulness meditation for oncology patients: A discussion and critical review. *Integrative Cancer Therapies*, 5(2), 98-108.

Smith, A. (2006). "Like waking up from a dream": Mindfulness training for older people with anxiety and depression. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 191-215). San Diego, CA: Elsevier Academic Press.

Tophoff, M. M. (2006). Sensory awareness as a method of mindfulness training within the perspective of person-centered psychotherapy. *Person-Centered and Experiential Psychotherapies*, 5(2), 127-137.

Yuen, E. J., & Baime, M. J. (2006). Meditation and healthy aging. In E. R. Mackenzie & B. Rakel (Eds.), *Complementary and alternative medicine for older adults: A guide to holistic approaches to healthy aging* (pp. 233-270). New York: Springer Publishing.

## 2005

Birnbaum, L., & Birnbaum, A. (2005). The technique of guided mindfulness meditation in suicide. In J. Merrick & G. Zalsman (Eds.), *Suicidal behavior in adolescence: An international perspective* (pp. 331-348). London: Freund Publishing House.

Fulton, P. R. (2005). Mindfulness as clinical training. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 55-72). New York: Guilford Press.

Germer, C. K. (2005). Teaching mindfulness in therapy. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 113-129). New York: Guilford Press.  
Source

Smith, J. C. (2005). *Relaxation, meditation, and mindfulness: A mental health practitioner's guide to new and traditional approaches*. New York: Springer Publishing Co.

## 2004

Alterman, A. I., Koppenhaver, J. M., Mulholland, E., Ladden, L. J., & Baime, M. J. (2004). Pilot trial of effectiveness of mindfulness meditation for substance abuse patients. *Journal of Substance Use*, 9(6), 259-268.

Davidson, R. J. (2004). "Alterations in brain and immune function produced by mindfulness meditation": Comment response. *Psychosomatic Medicine*, 66(1), 147-148.

Davidson, R. J., & Kabat-Zinn, J. (2004). "Alterations in brain any immune function produced by mindfulness meditation: Three caveats": Comment response. *Psychosomatic Medicine*, 66(1), 149-152.

- Marlatt, G. A., Witkiewitz, K., Dillworth, T. M., Bowen, S. W., Parks, G. A., Macpherson, L. M., et al. (2004). Vipassana meditation as a treatment for alcohol and drug use disorders. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 261-287). New York: Guilford Press.
- Parks, G. A., & Marlatt, G. A. (2004). Review of transcendental meditation in criminal rehabilitation and crime prevention. *The Behavior Therapist*, 27(8), 179-182.
- Ramel, W., Goldin, P. R., Carmona, P. E., & McQuaid, J. R. (2004). The effects of mindfulness meditation on cognitive processes and affect in patients with past depression. *Cognitive Therapy and Research*, 28(4), 433-455.
- Sagula, D., & Rice, K. G. (2004). The effectiveness of mindfulness training on the grieving process and emotional well-being of chronic pain patients. *Journal of Clinical Psychology in Medical Settings*, 11(4), 333-342.
- 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.
- Smith, J. C. (2004). Alterations in brain and immune function produced by mindfulness meditation: Three caveats. *Psychosomatic Medicine*, 66(1), 148-149.
- Tophoff, M. (2004). Mindfulness-training: Exploring personal change through sensory awareness. *Constructivism in the Human Sciences*, 9(1), 43-52.
- Travis, F., & Arenander, A. (2004). EEG asymmetry and mindfulness meditation. *Psychosomatic Medicine*, 66(1), 147.

## 2003

- Bankart, C. P. (2003). A western psychologist's inquiry into the nature of right effort. *Constructivism in the Human Sciences*, 8(2), 63-72.
- Bonadonna, R. (2003). Meditation's impact on chronic illness. *Holistic Nursing Practice*, 17(6), 309-319.
- Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., & Santorelli, S. F. et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564-570.
- 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.

Singh, N. N., Wahler, R. G., Adkins, A. D., Myers, R. E., & The Mindfulness Research Group. (2003). Soles of the feet: A mindfulness-based self-control intervention for aggression by an individual with mild mental retardation and mental illness. *Research in Developmental Disabilities, 24*(3), 158-169.

Tacón, A. M., McComb, J., Caldera, Y., & Randolph, P. (2003). Mindfulness meditation, anxiety reduction, and heart disease: A pilot study. *Family & Community Health, 26*(1), 25-33.

## 2002

Majumdar, M., Grossman, P., Dietz-Waschkowski, B., Kersig, S., & Walach, H. (2002). Does mindfulness meditation contribute to health? Outcome evaluation of a German sample. *Journal of Alternative and Complementary Medicine, 8*(6), 719.

## 2001

Pettinati, P. (2001, March). Meditation, yoga, and guided imagery. *The Nursing Clinics of North America, 36*(1), 47-56.

Wallace, B. A. (2001). Intersubjectivity in indo-tibetan buddhism. *Journal of Consciousness Studies, 8*(5-7), 209-230.

## 1999

Dunn, B. R., Hartigan, J. A., & Mikulas, W. L. (1999). Concentration and mindfulness meditations: Unique forms of consciousness? *Applied Psychophysiology and Biofeedback, 24*(3), 147-165.

Marlatt, G. A., & Kristeller, J. L. (1999). *Mindfulness and meditation*. Washington, DC: American Psychological Association.

Valentine, E. R., & Sweet, P. L. G. (1999). Meditation and attention: A comparison of the effects of concentrative and mindfulness meditation on sustained attention. *Mental Health, Religion & Culture, 2*(1), 59-70.

Wallace, B. A. (1999). The Buddhist tradition of samatha: Methods for refining and examining consciousness. *Journal of Consciousness Studies, 6*(2-3), 175-187.

## 1998

Easterlin, B. L., & Cardeña, E. (1998-1999). Cognitive and emotional differences between short- and long-term vipassana meditators. *Imagination, Cognition and Personality, 18*(1), 69-81.

Walloch, C. L. (1998). Neuro-occupation and the management of chronic pain through mindfulness meditation. *Occupational Therapy International, 5*(3), 238-248.

1997

Astin, J. A. (1997). Stress reduction through mindfulness meditation: Effects on psychological symptomatology, sense of control, and spiritual experiences. *Psychotherapy and Psychosomatics*, 66(2), 97-106.

Barbieri, P. (1997). Habitual desires: The destructive nature of expressing your anger. *International Journal of Reality Therapy*, 17(1), 17-23.

1996

Barbieri, P. (1996). Confronting stress: Integrating control theory and mindfulness to cultivate our inner resources through mind/body health methods. *Journal of Reality Therapy*, 15(2), 3-13.

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

1995

Miller, J., Fletcher, K., & Kabat-Zinn, J. (1995). Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders. *General Hospital Psychiatry*, 17(3), 192-200.

Teasdale, J. D., Segal, Z., & 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.

1994

Young, S. (1994). Purpose and method of vipassana meditation. *The Humanistic Psychologist*, 22(1), 53-61.

1993

Miller, J. J. (1993). The unveiling of traumatic memories and emotions through mindfulness and concentration meditation: Clinical implications and three case reports. *Journal of Transpersonal Psychology*, 25(2), 169-180.

1992

Kabat-Zinn, J., Massion, A., Kristeller, J., Peterson, L., Fletcher, K., Pbert, L., et al. (1992). Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. *The American Journal of Psychiatry*, 149(7), 936-943.

1990



Delmonte, M. M. (1990). Meditation and change: Mindfulness versus repression. *Australian Journal of Clinical Hypnotherapy and Hypnosis*, 11(2), 57-63.

Epstein, M. (1990). Psychodynamics of meditation: Pitfalls on the spiritual path. *Journal of Transpersonal Psychology*, 22(1), 17-34.

Tart, C. T. (1990). Extending mindfulness to everyday life. *Journal of Humanistic Psychology*, 30(1), 81-106.

### 1989

Alexander, C. N., Langer, E. J., Newman, R. I., Chandler, H. M., & Davies, J. L. (1989). Transcendental meditation, mindfulness, and longevity: An experimental study with the elderly. *Journal of Personality and Social Psychology*, 57(6), 950-964.

Delmonte, M. (1989). Meditation, the unconscious, and psychosomatic disorders. *International Journal of Psychosomatics: Official Publication of The International Psychosomatics Institute*, 36(1-4), 45-52.

### 1988

Forte, M., Brown, D. P., & Dysart, M. (1988). Differences in experience among mindfulness meditators. *Imagination, Cognition and Personality*, 7(1), 47-60.

Greene, Y. N., & Hiebert, B. (1988). A comparison of mindfulness meditation and cognitive self-observation. *Canadian Journal of Counselling*, 22(1), 25-34.

### 1987

Delmonte, M. M. (1987). Constructivist view of meditation. *American Journal of Psychotherapy*, 41(2), 286-298.

Delmonte, M. M. (1987). Meditation: Contemporary theoretical approaches. In M. A. West (Ed.), *The psychology of meditation* (pp. 39-58). New York: Clarendon Press/Oxford University Press.

### 1986

Kenny, V., & Delmonte, M. (1986). Meditation as viewed through personal construct theory. *Journal of Contemporary Psychotherapy*, 16(1), 4-22.

### 1985

Forte, M., Brown, D., & Dysart, M. (1985). Through the looking glass: Phenomenological reports of advanced meditators at visual threshold. *Imagination, Cognition and Personality*, 4(4), 323-338.

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.

1984

Brown, D., Forte, M., & Dysart, M. (1984). Differences in visual sensitivity among mindfulness meditators and non-meditators. *Perceptual and Motor Skills*, 58(3), 727-733.

Brown, D., Forte, M., & Dysart, M. (1984). Visual sensitivity and mindfulness meditation. *Perceptual and Motor Skills*, 58(3), 775-784.

1983

Boorstein, S. (1983). The use of bibliotherapy and mindfulness meditation in a psychiatric setting. *Journal of Transpersonal Psychology*, 15(2), 173-179.

Brown, D., Forte, M., Rich, P., & Epstein, G. (1983). Phenomenological differences among self hypnosis, mindfulness meditation, and imaging. *Imagination, Cognition and Personality*, 2(4), 291-309.

1982

Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4(1), 33-47.

1980

Brown, D. P., & Engler, J. (1980). The stages of mindfulness meditation: A validation study. *Journal of Transpersonal Psychology*, 12(2), 143-192.

1979

Kornfield, J. (1979). Intensive insight meditation: A phenomenological study. *Journal of Transpersonal Psychology*, 11(1), 41-58.

1977

Walsh, R. N. (1977). Initial meditative experiences: I. *Journal of Transpersonal Psychology*, 9(2), 151-192.

**Psychotherapy Integration**

Key readings

Germer, C. K., Siegel, R. D., & Fulton, P. R. (Eds.). (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.

Marlatt, G. A., & Kristeller, J. L. (1999). Mindfulness and meditation. In W. R. Miller (Ed.), *Integrating spirituality into treatment: Resources for practitioners* (pp. 67-84). Washington, DC: American Psychological Association.

Martin, J. R. (1997). Mindfulness: A proposed common factor. *Journal of Psychotherapy Integration*, 7(4), 291-312.

Teasdale, J. D., Segal, Z., & 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.

2007

Koons, C. R. (2007). The use of mindfulness interventions in cognitive behavior therapies. In T. Ronen & A. Freeman (Eds.), *Cognitive behavior therapy in clinical social work practice* (pp. 167-186). New York: Springer Publishing Co.

Longmore, R. J., & Worrell, M. (2007). Do we need to challenge thoughts in cognitive behavior therapy? *Clinical Psychology Review*, 27(2), 173-187.

Stone, S. D. (2007). Using dialectical behavior therapy in clinical practice: Client empowerment, social work values. In T. Ronen & A. Freeman (Eds.), *Cognitive behavior therapy in clinical social work practice* (pp. 147-165). New York: Springer Publishing Co.

Toneatto, T., Vettese, L., & Nguyen, L. (2007). The role of mindfulness in the cognitive-behavioural treatment of problem gambling. *Journal of Gambling Issues*, 19, 91-100.

2006

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.

Eliot, E. (2006). Meditation off the cushion: Helping clients using mind training. *Annals of the American Psychotherapy Association*, 9(4), 8-15.

Ellis, A. (2006). Rational emotive behavior therapy and the mindfulness based stress reduction training of Jon Kabat-Zinn. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 24(1), 63-78.

- French, J. (2006). Self within the matrix: Buddhist narrative and a group-analytic paradigm. *Group Analysis*, 39(2), 243-256.
- Kitchen, K., & Gayner, B. (2006). The heart of mindfulness and its role in psychotherapy. *Focus*, 21(8), 4-6.
- Lynn, S. J., Das, L. S., Hallquist, M. N., & Williams, J. C. (2006). Mindfulness, acceptance, and hypnosis: Cognitive and clinical perspectives. *International Journal of Clinical and Experimental Hypnosis*, 54(2), 143-166.
- Monti, D. A., Peterson, C., Kunkel, E. J. S., Hauck, W. W., Pequignot, E., Rhodes, L., et al. (2006). A randomized, controlled trial of mindfulness-based art therapy (MBAT) for women with cancer. *Psycho-oncology*, 15(5), 363-373.
- Roemer, L., Salters-Pedneault, K., & Orsillo, S. M. (2006). Incorporating mindfulness- and acceptance-based strategies in the treatment of generalized anxiety disorder. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 51-74). San Diego, CA: Elsevier Academic Press.
- Shigaki, C. L., Glass, B., & Schopp, L. H. (2006). Mindfulness-based stress reduction in medical settings. *Journal of Clinical Psychology in Medical Settings*, 13(3), 209-216.
- Stanley, S., Reitzel, L. R., Wingate, L. R., Cukrowicz, K. C., Lima, E. N., & Joiner, T. E., Jr. (2006). Mindfulness: A primrose path for therapists using manualized treatments? *Journal of Cognitive Psychotherapy*, 20(3), 327-335.
- Waller, B., Carlson, J., & Englar-Carlson, M. (2006). Treatment and relapse prevention of depression using mindfulness-based cognitive therapy and adlerian concepts. *Journal of Individual Psychology*, 62(4), 443-454.
- Whitfield, H. J. (2006). Towards case-specific applications of mindfulness-based cognitive-behavioural therapies: A mindfulness-based rational emotive behaviour therapy. *Counselling Psychology Quarterly*, 19(2), 205-217.

## 2005

- Chadwick, P., Taylor, K. N., & Abba, N. (2005). Mindfulness groups for people with psychosis. *Behavioural and Cognitive Psychotherapy*, 33(3), 351-359.
- Connelly, J. (2005). Narrative possibilities: Using mindfulness in clinical practice. *Perspectives in Biology and Medicine*, 48(1), 84-94.
- Dowd, E. T. (2005). Cognitive behavior therapy: Evidence and new directions. *Journal of Cognitive and Behavioral Psychotherapies*, 5(1), 95-108.

- Fulton, P. R., & Siegel, R. D. (2005). Buddhist and western psychology: Seeking common ground. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 28-51). New York: Guilford Press.
- Germer, C. K. (2005). Mindfulness: What is it? What does it matter? In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 3-27). New York: Guilford Press.
- Germer, C. K. (2005). Teaching mindfulness in therapy. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 113-129). New York: Guilford Press.
- Lau, M. A., & McMain, S. F. (2005). Integrating mindfulness meditation with cognitive and behavioural therapies: The challenge of combining acceptance- and change-based strategies. *The Canadian Journal of Psychiatry / La Revue canadienne de psychiatrie*, 50(13), 863-869.
- Levitt, J. T., & Karekla, M. (2005). Integrating acceptance and mindfulness with cognitive behavioral treatment for panic disorder. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 165-188). New York: Springer Science.
- Orsillo, S. M., Roemer, L., & Holowka, D. W. (2005). Acceptance-based behavioral therapies for anxiety: Using acceptance and mindfulness to enhance traditional cognitive-behavioral approaches. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 3-35). New York: Springer Science.
- Schwartz, J. M., Gulliford, E. Z., Stier, J., & Thienemann, M. (2005). Mindful awareness and self-directed neuroplasticity: Integrating psychospiritual and biological approaches to mental health with a focus on obsessive-compulsive disorder. In S. G. Mijares, G. S. Khalsa (Eds.), *The psychospiritual clinician's handbook: Alternative methods for understanding and treating mental disorders* (pp. 281-300). New York: Haworth Press.
- Segall, S. R. (2005). Mindfulness and self-development in psychotherapy. *Journal of Transpersonal Psychology*, 37(2), 143-163.
- Siegel, R. D. (2005). Psychophysiological disorders: Embracing pain. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 173-196). New York: Guilford Press.
- Styron, C. W. (2005). Positive psychology: Awakening to the fullness of life. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 262-282). New York: Guilford Press.
- Smith, J. C. (2005). *Relaxation, meditation, and mindfulness: A mental health practitioner's guide to new and traditional approaches*. New York: Springer Publishing Co.

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.

Wells, A. (2005). Detached mindfulness in cognitive therapy: A metacognitive analysis and ten techniques. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23(4), 337-355.

## 2004

Brody, L. R., & Park, S. H. (2004). Narratives, mindfulness, and the implicit audience. *Clinical Psychology: Science and Practice*, 11(2), 147-154.

Gardner, F. L., & Moore, Z. E. (2004). A mindfulness-acceptance-commitment-based approach to athletic performance enhancement: Theoretical considerations. *Behavior Therapy*, 35(4), 707-723.

Orsillo, S. M., Roemer, L., Lerner, J. B., & Tull, M. T. (2004). Acceptance, mindfulness, and cognitive-behavioral therapy: Comparisons, contrasts, and application to anxiety. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 66-95). New York: Guilford Press.

Ott, M. (2004). Mindfulness meditation: A path of transformation and healing. *Journal of Psychosocial Nursing and Mental Health Services*, 42(7), 22-29.

Rao, P. V. K., & Sridevi, K. (2004). Sakshin (witness): A directive principle for psychotherapy. *Journal of Indian Psychology*, 22(1), 1-5.

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.

Segal, Z. V., Teasdale, J. D., & Williams, J. M. G. (2004). Mindfulness-based cognitive therapy: Theoretical rationale and empirical status. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 45-65). New York: Guilford Press.

Smith, A. (2004). Clinical uses of mindfulness training for older people. *Behavioural and Cognitive Psychotherapy*, 32(4), 423-430.

Wilson, G. T. (2004). Acceptance and change in the treatment of eating disorders: The evolution of manual-based cognitive-behavioral therapy. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 243-260). New York: Guilford Press.

## 2003

Holroyd, J. (2003). The science of meditation and the state of hypnosis. *American Journal of Clinical Hypnosis*, 46(2), 109-128.

Khong, B. S. L. (2003). Buddhism and psychotherapy: Experiencing and releasing dis-ease. *Constructivism in the Human Sciences*, 8(2), 37-56.

Pierce, J. (2003). Mindfulness based reality therapy (MBRT). *International Journal of Reality Therapy*, 23(1), 20-23.

## 2002

Antony, M. M. (2002). Enhancing current treatments for anxiety disorders. *Clinical Psychology: Science and Practice*, 9(1), 91-94.

Borkovec, T. D. (2002). Life in the future versus life in the present. *Clinical Psychology: Science and Practice*, 9(1), 76-80.

Craske, M. G., & Hazlett-Stevens, H. (2002). Facilitating symptom reduction and behavior change in GAD: The issue of control. *Clinical Psychology: Science and Practice*, 9(1), 69-75.

Crits-Christoph, P. (2002). Psychodynamic-interpersonal treatment of generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 9(1), 81-84.

Frank, K. A. (2002). Comment on Horowitz's (2002) "self- and relational observation." *Journal of Psychotherapy Integration*, 12(2), 128-138.

Hayes, S. C. (2002). Acceptance, mindfulness, and science. *Clinical Psychology: Science and Practice*, 9(1), 101-106.

Hayes, S. C. (2002). Buddhism and acceptance and commitment therapy. *Cognitive and Behavioral Practice*, 9(1), 58-66.

Herbert, C. (2002). A CBT-based therapeutic alternative to working with complex client problems: Comment. *European Journal of Psychotherapy, Counselling and Health*, 5(2), 135-144.

Horowitz, M. J. (2002). Self- and relational observation. *Journal of Psychotherapy Integration*, 12(2), 115-127.

Kim, J., & Kramer, G. (2002). Insight dialogue meditation with anxiety problems. *Gestalt!*, 6(1)

Kumar, S. M. (2002). An introduction to Buddhism for the cognitive-behavioral therapist. *Cognitive and Behavioral Practice*, 9(1), 40-43.

- Martin, J. R. (2002). The common factor of mindfulness--an expanding discourse: Comment on horowitz (2002). *Journal of Psychotherapy Integration, 12*(2), 139-142.
- Marlatt, G. A. (2002). Buddhist philosophy and the treatment of addictive behavior. *Cognitive and Behavioral Practice, 9*(1), 44-49.
- Robins, C. J. (2002). Zen principles and mindfulness practice in dialectical behavior therapy. *Cognitive and Behavioral Practice, 9*(1), 50-57.
- Roemer, L., & Orsillo, S. M. (2002). Expanding our conceptualization of and treatment for generalized anxiety disorder: Integrating mindfulness/acceptance-based approaches with existing cognitive-behavioral models. *Clinical Psychology: Science and Practice, 9*(1), 54-68.
- Toneatto, T. (2002). A metacognitive therapy for anxiety disorders: Buddhist psychology applied. *Cognitive and Behavioral Practice, 9*(1), 72-78.
- Wells, A. (2002). GAD, metacognition, and mindfulness: An information processing analysis. *Clinical Psychology: Science and Practice, 9*(1), 95-100.

## 2000

- Lundh, L. (2000). An integrative model for the analysis and treatment of insomnia. *Scandinavian Journal of Behaviour Therapy, 29*(3-4), 118-126.
- Marks, I., & Dar, R. (2000). Fear reduction by psychotherapies: Recent findings, future directions. *British Journal of Psychiatry, 176*, 507-511.
- Norum, D. (2000). Mindful solutions: A journey of awareness. *Journal of Systemic Therapies, 19*(1), 16-19.
- Wolford, R. (2000). The spiritual dimensions of gestalt therapy. *Gestalt!*, 4(3), np.

## 1999

- Marlatt, G. A., & Kristeller, J. L. (1999). Mindfulness and meditation. In W. R. Miller (Ed.), *Integrating spirituality into treatment: Resources for practitioners* (pp. 67-84). Washington, DC: American Psychological Association.
- 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.

## 1998

- Robbins, M. (1998). *Therapeutic presence in holistic psychotherapy*. London: Jessica Kingsley Publishers.



1997

Kern, R. S., Kuehnel, T. G., Teuber, J., & Hayden, J. L. (1997). Multimodal cognitive-behavior therapy for borderline personality disorder with self-injurious behavior. *Psychiatric Services*, 48(9), 1131-1133.

Martin, J. R. (1997). Mindfulness: A proposed common factor. *Journal of Psychotherapy Integration*, 7(4), 291-312.

1996

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

1995

Teasdale, J. D., Segal, Z., & 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.

1993

Gilchrist, R., & Mikulas, W. L. (1993). A chakra-based model of group development. *Journal for Specialists in Group Work*, 18(3), 141-150.

1991

Atwood, J. D., & Maltin, L. (1991). Putting eastern philosophies into western psychotherapies. *American Journal of Psychotherapy*, 45(3), 368-382.

Tart, C. T., & Deikman, A. J. (1991). Mindfulness, spiritual seeking and psychotherapy. *Journal of Transpersonal Psychology*, 23(1), 29-52.

1989

Delmonte, M. (1989). Meditation, the unconscious, and psychosomatic disorders. *International Journal of Psychosomatics: Official Publication of the International Psychosomatics Institute*, 36(1-4), 45-52.

1988

Chinen, A. (1988). Modes of understanding and mindfulness in clinical medicine. *Theoretical Medicine*, 9(1), 45-71.

1986

Kokoszka, A. (1986). Limitations of a psychobiological concept of the integration of psychotherapy and meditation. *American Journal of Psychiatry*, 143(10), 1315.

1985

Kutz, I. (1985). Meditation as an adjunct to psychotherapy: An outcome study. *Psychotherapy and Psychosomatics*, 43(4), 209-218.

Kutz, I., Borysenko, J. Z., & Benson, H. (1985). Meditation and psychotherapy: A rationale for the integration of dynamic psychotherapy, the relaxation response, and mindfulness meditation. *American Journal of Psychiatry*, 142(1), 1-8.

1980

Boorstein, S. (1980). Lightheartedness in psychotherapy. *Journal of Transpersonal Psychology*, 12(2), 105-115.

1975

Deatherage, G. (1975). The clinical use of "mindfulness" meditation techniques in short-term psychotherapy. *Journal of Transpersonal Psychology*, 7(2), 133-143.

## NEUROSCIENCE AND PHYSIOLOGICAL EFFECTS

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.

Technical notes: the following list of subcategories should be target-linked to the appropriate heading in the citations list below. Additionally, several words (underlined) in the paragraph above should link directly to other pages (Mindfulness Meditation and Training is a subcategory of the Mindfulness-Based Treatment category).

[Attention](#)  
[Neurological Correlates](#)  
[Physiological Correlates](#)  
[Self-Regulation](#)

### **Attention**

#### 2007

Brefczynski-Lewis, J. A., Lutz, A., Schaefer, H. S., Levinson, D. B., & Davidson, R. J. (2007). Neural correlates of attentional expertise in long-term meditation practitioners. *Proceedings of the National Academy of Sciences of the United States of America*, *104*(27), 11483-11488.

Jha, A. P., Krompinger, J., & Baime, M. J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive, Affective & Behavioral Neuroscience*, *7*(2), 109-119.

Pagnoni, G., & Cekic, M. (2007). Age effects on gray matter volume and attentional performance in Zen meditation. *Neurobiology of Aging*, *28*(10), 1623-1627.

Zylowska, L., Ackerman, D. L., Yang, M. H., Futrell, J. L., Horton, N. I., Hale, S., Pataki, C., Smalley, S. L. (2007). Mindfulness meditation training in adults and adolescents with ADHD: A feasibility study. *Journal of Attention Disorders*, np.

#### 2006

Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., & Bowman, C. J. et al. (2006). Incremental validity of mindfulness-based attention in relation to the concurrent prediction of anxiety and depressive symptomatology and perceptions of health. *Cognitive Behaviour Therapy*, 35(3), 148-158.

#### 2004

Bögels, S. M., & Mansell, W. (2004). Attention processes in the maintenance and treatment of social phobia: Hypervigilance, avoidance and self-focused attention. *Clinical Psychology Review*, 24(7), 827-856.

Teasdale, J. D. (2004). Mindfulness-based cognitive therapy. In J. Yiend (Ed.), *Cognition, emotion and psychopathology: Theoretical, empirical and clinical directions* (pp. 270-289). New York: Cambridge University Press.

#### 1995

LaBerge, D. (1995). *Attentional processing: The brain's art of mindfulness*. Cambridge, MA: Harvard University Press.

Teasdale, J. D., Segal, Z., & 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.

#### 1994

Street, W. R. (1994). Attitude-behavior congruity, mindfulness, and self-focused attention: A behavior-analytic reconstruction. *Behavior Analyst*, 17(1), 145-153.

#### 1982

Speeth, K. R. (1982). On psychotherapeutic attention. *Journal of Transpersonal Psychology*, 14(2), 141-160.

#### 1977

Davidson, R. J., & Goleman, D. J. (1977). The role of attention in meditation and hypnosis: A psychobiological perspective on transformations of consciousness. *International Journal of Clinical and Experimental Hypnosis*, 25(4), 291-308.

### **Neurological Correlates**

#### 2008

Chan, A., Han, Y., & Cheung, M. (2008). Electroencephalographic (EEG) Measurements of Mindfulness-based Triarchic Body-pathway Relaxation Technique: A Pilot Study. *Applied Psychophysiology and Biofeedback*, 33(1), 39-47.

## 2007

Barnhofer, T., Duggan, D., Crane, C., Hepburn, S., Fennell, M. J. V., & Williams, J. M. G. (2007). Effects of meditation on frontal  $\alpha$ -asymmetry in previously suicidal individuals. *Neuroreport: For Rapid Communication of Neuroscience Research*, 18(7), 709-712.

Creswell, J. D., Way, B. M., Eisenberger, N. I., & Lieberman, M. D. (2007). Neural correlates of dispositional mindfulness during affect labeling. *Psychosomatic Medicine*, 69(6), 560-565.

Ivanovski, B., & Malhi, G. S. (2007). The psychological and neurophysiological concomitants of mindfulness forms of meditation. *Acta Neuropsychiatrica*, 19(2), 76-91.

Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: Norton.

## 2006

Deshmukh, V. (2006). Neuroscience of meditation. *The Scientific World Journal*, 6, 2239-2253.

Ryback, D. (2006). Self-determination and the neurology of mindfulness. *Journal of Humanistic Psychology*, 46(4), 474-493.

## 2005

Claxton, G. (2005). Mindfulness, learning and the brain. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23(4), 301-314.

Lazar, S. W., Kerr, C. E., Wasserman, R. H., Gray, J. R., Greve, D. N., Treadway, M. T., et al. (2005). Meditation experience is associated with increased cortical thickness. *Neuroreport: For Rapid Communication of Neuroscience Research*, 16(17), 1893-1897.

Schwartz, J. M., Gulliford, E. Z., Stier, J., & Thienemann, M. (2005). Mindful awareness and self-directed neuroplasticity: Integrating psychospiritual and biological approaches to mental health with a focus on obsessive-compulsive disorder. In S. G. Mijares, & G. S. Khalsa (Eds.), *The psychospiritual clinician's handbook: Alternative methods for understanding and treating mental disorders* (pp. 281-300). New York: Haworth Press.

## 2004

Davidson, R. J. (2004). "Alterations in brain and immune function produced by mindfulness meditation": Comment response. *Psychosomatic Medicine*, 66(1), 147-148.

Davidson, R. J., & Kabat-Zinn, J. (2004). "Alterations in brain and immune function produced by mindfulness meditation: Three caveats": Comment response. *Psychosomatic Medicine*, 66(1), 149-152.

Lutz, A., Greischar, L. L., Rawlings, N. B., Ricard, M., & Davidson, R. J. (2004). Long-term meditators self-induce high-amplitude gamma synchrony during mental practice. *Proceedings of the National Academy of Sciences of the United States of America*, 101(46), 16369-16373.

O'Neill, J., & Schwartz, J. M. (2004). The role of volition in OCD therapy: Neurocognitive, neuroimaging, and neuroplastic aspects. *Clinical Neuropsychiatry: Journal of Treatment Evaluation*, 1(1), 13-31.

Smith, J. C. (2004). Alterations in brain and+ immune function produced by mindfulness meditation: Three caveats. *Psychosomatic Medicine*, 66(1), 148-149.

Travis, F., & Arenander, A. (2004). EEG asymmetry and mindfulness meditation. *Psychosomatic Medicine*, 66(1), 147.

### 2003

Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564-570.

### 2002

Corrigan, F. M. (2002). Mindfulness, dissociation, EMDR and the anterior cingulate cortex: A hypothesis. *Contemporary Hypnosis*, 19(1), 8-17.

### 2000

Anderson, C. M. (2000). From molecules to mindfulness: How vertically convergent fractal time fluctuations unify cognition and emotion. *Consciousness & Emotion*, 1(2), 193-226.

Lazar, S. W., Bush, G., Gollub, R. L., Fricchione, G. L., Khalsa, G., & Benson, H. (2000). Functional brain mapping of the relaxation response and meditation. *Neuroreport: For Rapid Communication of Neuroscience Research*, 11(7), 1581-1585.

## **Physiological Correlates**

### 2007

Ivanovski, B., & Malhi, G. S. (2007). The psychological and neurophysiological concomitants of mindfulness forms of meditation. *Acta Neuropsychiatrica*, *19*(2), 76-91.

## 2006

Ditto, B., Eclache, M., & Goldman, N. (2006). Short-term autonomic and cardiovascular effects of mindfulness body scan meditation. *Annals of Behavioral Medicine*, *32*(3), 227-234.

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.

## 2005

Takahashi, T., Murata, T., Hamada, T., Omori, M., Kosaka, H., Kikuchi, M., et al. (2005). Changes in EEG and autonomic nervous activity during meditation and their association with personality traits. *International Journal of Psychophysiology*, *55*(2), 199-207.

Telles, S., Mohapatra, R. S., & Naveen, K. V. (2005). Heart rate variability spectrum during vipassana mindfulness meditation. *Journal of Indian Psychology*, *23*(2), 1-5.

## 2004

Robert McComb, J., Tacon, A., Randolph, P., & Caldera, Y. (2004). A pilot study to examine the effects of a mindfulness-based stress-reduction and relaxation program on levels of stress hormones, physical functioning, and submaximal exercise responses. *Journal of Alternative and Complementary Medicine*, *10*(5), 819-827.

## 2003

Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, *65*(4), 564-570.

## 1985

Forte, M., Brown, D., & Dysart, M. (1985). Through the looking glass: Phenomenological reports of advanced meditators at visual threshold. *Imagination, Cognition and Personality*, *4*(4), 323-338.

## 1984

Brown, D., Forte, M., & Dysart, M. (1984). Differences in visual sensitivity among mindfulness meditators and non-meditators. *Perceptual and Motor Skills*, *58*(3), 727-733.

Brown, D., Forte, M., & Dysart, M. (1984). Visual sensitivity and mindfulness meditation. *Perceptual and Motor Skills, 58*(3), 775-784.

### **Self-Regulation**

#### 2007

Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: Norton.

#### 2006

Arch, J. J., & Craske, M. G. (2006). Mechanisms of mindfulness: Emotion regulation following a focused breathing induction. *Behaviour Research and Therapy, 44*(12), 1849-1858.

Kamholz, B. W., Hayes, A. M., Carver, C. S., Gulliver, S. B., & Perlman, C. A. (2006). Identification and evaluation of cognitive affect-regulation strategies: Development of a self-report measure. *Cognitive Therapy and Research, 30*(2), 227-262.

#### 2005

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.

Wells, A. (2005). Detached mindfulness in cognitive therapy: A metacognitive analysis and ten techniques. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 23*(4), 337-355.

#### 2004

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.

#### 2002

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.

Mennin, D. S., Heimberg, R. G., Turk, C. L., & Fresco, D. M. (2002). Applying an emotion regulation framework to integrative approaches to generalized anxiety disorder. *Clinical Psychology: Science and Practice, 9*(1), 85-90.



2001

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.

2000

Shapiro, S. L., & Schwartz, G. E. R. (2000). Intentional systemic mindfulness: An integrative model for self-regulation and health. *Advances in Mind-Body Medicine, 16*(2), 128-134.

Shapiro, S. L., & Schwartz, G. E. (2000). The role of intention in self-regulation: Toward intentional systemic mindfulness. In M. Boekaerts, P. R. Pintrich, & M. Zeidner (Eds.), *Handbook of self-regulation* (pp. 253-273). San Diego, CA: Academic Press.

1985

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.

1977

Davidson, R. J., & Goleman, D. J. (1977). The role of attention in meditation and hypnosis: A psychobiological perspective on transformations of consciousness. *International Journal of Clinical and Experimental Hypnosis, 25*(4), 291-308.

## 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 [Health Care 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 more 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.

Technical notes: the following list of populations and settings should be target-linked to the appropriate heading in the citations list below.

[Bilingual](#)  
[Children & Adolescents](#)  
[Educational](#)  
[Health Care Providers](#)  
[Heterogeneous](#)  
[Inner City](#)  
[Inpatient](#)  
[Marriage and Relationships](#)  
[Mindfulness Meditators](#)  
[Older Adults](#)  
[Parents](#)  
[Prison](#)  
[Teachers](#)  
[Workplace](#)

### **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.

## 2004

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.

## 2002

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.

## 1997

Roth, B., & Creaser, T. (1997). Mindfulness meditation-based stress reduction: Experience with a bilingual inner-city program. *The Nurse Practitioner*, 22(3), 150.

## **Children & Adolescents**

### 2008

Sibinga, E., Stewart, M., Magyari, T., Welsh, C., Hutton, N., & Ellen, J. (2008). Mindfulness-based stress reduction for HIV-infected youth: a pilot study. *Explore*, 4(1), 36-37.

### 2007

Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.

Singh, N. N., Lancioni, G. E., Joy, S. D. S., Winton, A. S. W., Sabaawi, M., Wahler, R. G., et al. (2007). Adolescents with conduct disorder can be mindful of their aggressive behavior. *Journal of Emotional and Behavioral Disorders*, 15(1), 56-63.

### 2006

Fisher, R. (2006). Still thinking: The case for meditation with children. *Thinking Skills and Creativity*, 1(2), 146-151.

Minor, H. G., Carlson, L. E., Mackenzie, M. J., Zernicke, K., & Jones, L. (2006). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health Care*, 43(1), 91-109.

Semple, R. J., Lee, J., & Miller, L. F. (2006). Mindfulness-based cognitive therapy for children. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 143-166). San Diego, CA: Elsevier Academic Press.

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.

## 2005

Birnbaum, L. (2005). Adolescent aggression and differentiation of self: Guided mindfulness meditation in the service of individuation. *The Scientific World Journal*, 5, 478-489.

Bootzin, R. R., & Stevens, S. J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology Review*, 25(5), 629-644.

Goodman, T. A. (2005). Working with children: Beginners mind. In C. K. Germer, R. D. Siegel & P. R. Fulton (Eds.), *Mindfulness and psychotherapy* (pp. 197-219). New York: Guilford Press.

Greco, L. A., Blackledge, J. T., Coyne, L. W., & Ehrenreich, J. (2005). Integrating acceptance and mindfulness into treatments for child and adolescent anxiety disorders: Acceptance and commitment therapy as an example. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 301-322). New York: Springer Science.

Napoli, M., Krech, P. R., & Holley, L. C. (2005). Mindfulness training for elementary school students: The attention academy. *Journal of Applied School Psychology*, 21(1), 99-125.

Semple, R. J., Reid, E. F. G., & Miller, L. (2005). Treating anxiety with mindfulness: An open trial of mindfulness training for anxious children. *Journal of Cognitive Psychotherapy*, 19(4), 379-392.

Wall, R. B. (2005). Tai chi and mindfulness-based stress reduction in a Boston public middle school. *Journal of Pediatric Health Care*, 19(4), 230-237.

## 2002

Ott, M. (2002, September). Mindfulness meditation in pediatric clinical practice. *Pediatric Nursing*, 28(5), 487-490.

## 2000

Miller, A. L., Wyman, S. E., Huppert, J. D., Glassman, S. L., & Rathus, J. H. (2000). Analysis of behavioral skills utilized by suicidal adolescents receiving dialectical behavior therapy. *Cognitive and Behavioral Practice, 7*(2), 183-187.

## **Educational**

### 2006

Kurash, C., & Schaul, J. (2006). Integrating mindfulness meditation within a university counseling center setting. *Journal of College Student Psychotherapy, 20*(3), 53-67.

Murphy, M. C. (2006). Taming the anxious mind: An 8-week mindfulness meditation group at a university counseling center. *Journal of College Student Psychotherapy, 21*(2), 5-13.

### 2005

Birnbaum, L. (2005). Adolescent aggression and differentiation of self: Guided mindfulness meditation in the service of individuation. *The Scientific World Journal, 5*, 478-489.

Napoli, M., Krech, P. R., & Holley, L. C. (2005). Mindfulness training for elementary school students: The attention academy. *Journal of Applied School Psychology, 21*(1), 99-125.

Wall, R. B. (2005). Tai chi and mindfulness-based stress reduction in a Boston public middle school. *Journal of Pediatric Health Care, 19*(4), 230-237.

### 2004

Holland, D. (2004). Integrating mindfulness meditation and somatic awareness into a public educational setting. *Journal of Humanistic Psychology, 44*(4), 468-484.

Napoli, M. (2004). Mindfulness training for teachers: A pilot program. *Complementary Health Practice Review, 9*(1), 31-42.

## **Health Care Providers**

### 2008

Davies, W. (2008). Mindful meditation: healing burnout in critical care nursing. *Holistic Nursing Practice, 22*(1), 32-36.

Grepmaier, L., Mitterlehner, F., & Nickel, M. (2008). Promotion of mindfulness in psychotherapists in training. *Psychiatry Research, 158*(2), 265-265.

Schure, M. B., Christopher, J., & Christopher, S. (2008). Mind-body medicine and the art of self-care: Teaching mindfulness to counseling students through yoga, meditation, and qigong. *Journal of Counseling & Development, 86*(1), 47-56.

## 2007

Gehart, D. R., & McCollum, E. E. (2007). Engaging suffering: Towards a mindful re-visioning of family therapy practice. *Journal of Marital & Family Therapy, 33*(2), 214-226.

Grepmaier, L., Mitterlehner, F., Loew, T., Bachler, E., Rother, W., & Nickel, M. (2007). Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: A randomized, double-blind, controlled study. *Psychotherapy and Psychosomatics, 76*(6), 332-338.

Grepmaier, L., Mitterlehner, F., Loew, T., & Nickel, M. (2007). Promotion of mindfulness in psychotherapists in training: Preliminary study. *European Psychiatry, 22*(8), 485-489.

Shapiro, S. L., Brown, K. W., & Biegel, G. M. (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology, 1*(2), 105-115.

Rothaupt, J. W., & Morgan, M. M. (2007). Counselors' and counselor educators' practice of mindfulness: A qualitative inquiry. *Counseling and Values, 52*(1), 40-54.

## 2006

Berceli, D., & Napoli, M. (2006). A proposal for a mindfulness-based trauma prevention program for social work professionals. *Complementary Health Practice Review, 11*(3), 153-165.

Christopher, J. C., Christopher, S. E., Dunnagan, T., & Schure, M. (2006). Teaching self-care through mindfulness practices: The application of yoga, meditation, and qigong to counselor training. *Journal of Humanistic Psychology, 46*(4), 494-509.

Epstein-Lubow, G. P., Miller, I. W., & McBee, L. (2006). Mindfulness training for caregivers. *Psychiatric Services, 57*(3), 421.

Grepmaier, L., Mitterlehner, F., Rother, W., & Nickel, M. (2006). Promotion of mindfulness in psychotherapists in training and treatment results of their patients. *Journal of Psychosomatic Research, 60*(6), 649-650.

- Mackenzie, C., Poulin, P., & Seidman-Carlson, R. (2006). A brief mindfulness-based stress reduction intervention for nurses and nurse aides. *Applied Nursing Research, 19*(2), 105-109.
- Minor, H. G., Carlson, L. E., Mackenzie, M. J., Zernicke, K., & Jones, L. (2006). Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work in Health Care, 43*(1), 91-109.
- Rothwell, N. (2006). The different facets of mindfulness. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 24*(1), 79-86.
- Schenström, A., Rönnerberg, S., & Bodlund, O. (2006). Mindfulness-based cognitive attitude training for primary care staff: A pilot study. *Complementary Health Practice Review, 11*(3), 144-152.
- Singh, N. N., Singh, S. D., Sabaawi, M., Myers, R. E., & Wahler, R. G. (2006). Enhancing treatment team process through mindfulness-based mentoring in an inpatient psychiatric hospital. *Behavior Modification, 30*(4), 423-441.
- Stanley, S., Reitzel, L. R., Wingate, L. R., Cukrowicz, K. C., Lima, E. N., & Joiner, T. E., Jr. (2006). Mindfulness: A primrose path for therapists using manualized treatments? *Journal of Cognitive Psychotherapy, 20*(3), 327-335.

## 2005

- Bruce, A., & Davies, B. (2005). Mindfulness in hospice care: Practicing meditation-in-action. *Qualitative Health Research, 15*(10), 1329-1344.
- Galantino, M. L., Baime, M., Maguire, M., Szapary, P. O., & Farrar, J. T. (2005). Association of psychological and physiological measures of stress in health-care professionals during an 8-week mindfulness meditation program: Mindfulness in practice. *Stress and Health: Journal of the International Society for the Investigation of Stress, 21*(4), 255-261.
- Shapiro, S. L., Astin, J. A., Bishop, S. R., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: Results from a randomized trial. *International Journal of Stress Management, 12*(2), 164-176.

## 2004

- Beddoe, A., & Murphy, S. (2004). Does mindfulness decrease stress and foster empathy among nursing students? *The Journal of Nursing Education, 43*(7), 305-312.
- Cohen-Katz, J., Wiley, S., Capuano, T., Baker, D., & Shapiro, S. (2004). The effects of mindfulness-based stress reduction on nurse stress and burnout: A quantitative and qualitative study. *Holistic Nursing Practice, 18*(6), 302-308.

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.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Wahler, R. G., Singh, J., & Sage, M. (2004). Mindful caregiving increases happiness among individuals with profound multiple disabilities. *Research in Developmental Disabilities, 25*(2), 207-218.

### 2003

Epstein, R. M. (2003a). Mindful practice in action (I): Technical competence, evidence-based medicine, and relationship-centered care. *Families, Systems, & Health, 21*(1), 1-9.

Epstein, R. M. (2003b). Mindful practice in action (II): Cultivating habits of mind. *Families, Systems, & Health, 21*(1), 11-17.

Hirst, I. S. (2003). Perspectives of mindfulness. *Journal of Psychiatric and Mental Health Nursing, 10*(3), 359-366.

Horton-Deutsch, S. L., & Horton, J. M. (2003). Mindfulness: Overcoming intractable conflict. *Archives of Psychiatric Nursing, 17*(4), 186-193.

Rosenzweig, S., Reibel, D. K., Greeson, J. M., Brainard, G. C., & Hojat, M. (2003). Mindfulness-based stress reduction lowers psychological distress in medical students. *Teaching and Learning in Medicine, 15*(2), 88-92.

Williamson, P. R. (2003). Commentary: Mindfulness in medicine, mindfulness in life. *Families, Systems, & Health, 21*(1), 18-20.

### 1999

Connelly, J. (1999). Being in the present moment: Developing the capacity for mindfulness in medicine. *Academic Medicine, 74*(4), 420-424.

Epstein, R. M. (1999). Mindful practice. *JAMA: Journal of the American Medical Association, 282*(9), 833-839.

### 1998

Rybak, C. J., & Russell-Chapin, L. A. (1998). The teaching well: Experience, education and counselling. *International Journal for the Advancement of Counselling, 20*(2), 131-139.

Shapiro, S. L., Schwartz, G. E., & Bonner, G. (1998). Effects of mindfulness-based stress reduction on medical and premedical students. *Journal of Behavioral Medicine, 21*(6), 581-599.



**Heterogeneous**

Reibel, D. K., Greeson, J. M., Brainard, G. C., & Rosenzweig, S. (2001). Mindfulness-based stress reduction and health-related quality of life in a heterogeneous patient population. *General Hospital Psychiatry, 23*(4), 183-192.

**Inner City****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.

**2004**

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.

**2002**

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.

**1997**

Roth, B. (1997). Mindfulness-based stress reduction in the inner city. *Advances, 13*(4), 50-58.

Roth, B., & Creaser, T. (1997). Mindfulness meditation-based stress reduction: Experience with a bilingual inner-city program. *The Nurse Practitioner, 22*(3), 150.

**Inpatient****2007**

York, M. (2007). A qualitative study into the experience of individuals involved in a mindfulness group within an acute inpatient mental health unit. *Journal of Psychiatric and Mental Health Nursing*, 14(6), 603-608.

## 2006

Gaudiano, B. A., & Herbert, J. D. (2006). Acute treatment of inpatients with psychotic symptoms using acceptance and commitment therapy: Pilot results. *Behaviour Research and Therapy*, 44(3), 415-437.

Gaudiano, B. A., & Herbert, J. D. (2006). Believability of hallucinations as a potential mediator of their frequency and associated distress in psychotic inpatients. *Behavioural and Cognitive Psychotherapy*, 34(4), 497-502.

Singh, N. N., Singh, S. D., Sabaawi, M., Myers, R. E., & Wahler, R. G. (2006). Enhancing treatment team process through mindfulness-based mentoring in an inpatient psychiatric hospital. *Behavior Modification*, 30(4), 423-441.

## 2004

Day, P. O., & Horton-Deutsch, S. (2004). Using mindfulness-based therapeutic interventions in psychiatric nursing practice-part I: Description and empirical support for mindfulness-based interventions. *Archives of Psychiatric Nursing*, 18(5), 164-169.

Day, P. O., & Horton-Deutsch, S. (2004). Using mindfulness-based therapeutic interventions in psychiatric nursing practice-part II: Mindfulness-based approaches for all phases of psychotherapy-clinical case study. *Archives of Psychiatric Nursing*, 18(5), 170-177.

York, M. (2007). A qualitative study into the experience of individuals involved in a mindfulness group within an acute inpatient mental health unit. *Journal of psychiatric and mental health nursing*, 14(6), 603-608.

## 2002

Singh, N. N., Wahler, R. G., Sabaawi, M., Goza, A. B., Singh, S. D., Molina, E. J., et al. (2002). Mentoring treatment teams to integrate behavioral and psychopharmacological treatments in developmental disabilities. *Research in Developmental Disabilities*, 23(6), 379-389.

Singh, N. N., Wechsler, H. A., Curtis, W. J., Sabaawi, M., Myers, R. E., & Singh, S. D. (2002). Effects of role-play and mindfulness training on enhancing the family friendliness of the admissions treatment team process. *Journal of Emotional and Behavioral Disorders*, 10(2), 90-98.

## **Marriage and Relationships**

2007

- 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.
- Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2007). Self-expansion as a mediator of relationship improvements in a mindfulness intervention. *Journal of Marital & Family Therapy, 33*(4), 517-528.
- Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: Norton.
- Wachs, K., & Cordova, J. V. (2007). Mindful relating: Exploring mindfulness and emotion repertoires in intimate relationships. *Journal of Marital & Family Therapy, 33*(4), 464-481.

2006

- Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2006). Mindfulness-based relationship enhancement (MBRE) in couples. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 309-331). San Diego, CA: Elsevier Academic Press.
- Rathus, J. H., Cavanaugh, N., & Passarelli, V. (2006). Dialectical behavior therapy (DBT): A mindfulness-based treatment for intimate partner violence. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 333-358). San Diego, CA: Elsevier Academic Press.

2005

- Burpee, L. C., & Langer, E. J. (2005). Mindfulness and marital satisfaction. *Journal of Adult Development, 12*(1), 43-51.

2004

- Carson, J. W., Carson, K. M., Gil, K. M., & Baucom, D. H. (2004). Mindfulness-based relationship enhancement. *Behavior Therapy, 35*(3), 471-494.
- Christensen, A., Sevier, M., Simpson, L. E., & Gattis, K. S. (2004). Acceptance, mindfulness, and change in couple therapy. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 288-309). New York: Guilford Press.
- Fruzzetti, A. E., & Iverson, K. M. (2004). Mindfulness, acceptance, validation, and "individual" psychopathology in couples. In S. C. Hayes, V. M. Follette & M. M. Linehan (Eds.),

*Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 168-191). New York: Guilford Press.

### **Medical**

Salmon, P. G., Santorelli, S. F., & Kabat-Zinn, J. (1998). Intervention elements promoting adherence to mindfulness-based stress reduction programs in the clinical behavioral medicine setting. In S. A. Shumaker, E. B. Schron, J. K. Ockene, & W. L. McBee (Eds.), *The handbook of health behavior change* (2nd Ed., pp. 239-266). New York: Springer Publishing Co.

Shigaki, C. L., Glass, B., & Schopp, L. H. (2006). Mindfulness-based stress reduction in medical settings. *Journal of Clinical Psychology in Medical Settings*, 13(3), 209-216.

### **Mindfulness Meditators**

#### 1988

Forte, M., Brown, D. P., & Dysart, M. (1988). Differences in experience among mindfulness meditators. *Imagination, Cognition and Personality*, 7(1), 47-60.

#### 1985

Forte, M., Brown, D., & Dysart, M. (1985). Through the looking glass: Phenomenological reports of advanced meditators at visual threshold. *Imagination, Cognition and Personality*, 4(4), 323-338.

#### 1984

Brown, D., Forte, M., & Dysart, M. (1984). Differences in visual sensitivity among mindfulness meditators and non-meditators. *Perceptual and Motor Skills*, 58(3), 727-733.

#### 1983

Brown, D., Forte, M., Rich, P., & Epstein, G. (1983). Phenomenological differences among self hypnosis, mindfulness meditation, and imaging. *Imagination, Cognition and Personality*, 2(4), 291-309.

#### 1980

Brown, D. P., & Engler, J. (1980). The stages of mindfulness meditation: A validation study. *Journal of Transpersonal Psychology*, 12(2), 143-192.

1979

Kornfield, J. (1979). Intensive insight meditation: A phenomenological study. *Journal of Transpersonal Psychology, 11*(1), 41-58.

**Older Adults**2007

Smith, A., Graham, L., & Senthinathan, S. (2007). Mindfulness-based cognitive therapy for recurring depression in older people: A qualitative study. *Aging & Mental Health, 11*(3), 346-357.

2006

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.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 217-236). San Diego, CA: Elsevier Academic Press.

Oken, B., Zajdel, D., Kishiyama, S., Flegal, K., Dehen, C., Haas, M., et al. (2006). Randomized, controlled, six-month trial of yoga in healthy seniors: Effects on cognition and quality of life. *Alternative Therapies in Health and Medicine, 12*(1), 40-47.

Smith, A. (2006). "Like waking up from a dream": Mindfulness training for older people with anxiety and depression. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 191-215). San Diego, CA: Elsevier Academic Press.

Yuen, E. J., & Baime, M. J. (2006). Meditation and healthy aging. In E. R. Mackenzie & B. Rakel (Eds.), *Complementary and alternative medicine for older adults: A guide to holistic approaches to healthy aging* (pp. 233-270). New York: Springer Publishing Co.

2004

Smith, A. (2004). Clinical uses of mindfulness training for older people. *Behavioural and Cognitive Psychotherapy, 32*(4), 423-430.

1989

Alexander, C. N., Langer, E. J., Newman, R. I., Chandler, H. M., & Davies, J. L. (1989). Transcendental meditation, mindfulness, and longevity: An experimental study with the elderly. *Journal of Personality and Social Psychology, 57*(6), 950-964.

**Parents**2007

Altmaier, E., & Maloney, R. (2007). An initial evaluation of a mindful parenting program. *Journal of Clinical Psychology, 63*(12), 1231-1238.

Dawe, S., & Harnett, P. (2007). Reducing potential for child abuse among methadone-maintained parents: Results from a randomized controlled trial. *Journal of Substance Abuse Treatment, 32*(4), 381-390.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Singh, J., Curtis, W. J., Wahler, R. G., et al. (2007). Mindful parenting decreases aggression and increases social behavior in children with developmental disabilities. *Behavior Modification, 31*(6), 749-771.

2006

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Fisher, B. C., Wahler, R. G., McAleavey, K., et al. (2006). Mindful parenting decreases aggression, noncompliance, and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders, 14*(3), 169-177.

2005

Dumas, J. E. (2005). Mindfulness-based parent training: Strategies to lessen the grip of automaticity in families with disruptive children. *Journal of Clinical Child and Adolescent Psychology, 34*(4), 779-791.

Eyberg, S. M., & Graham-Pole, J. R. (2005). Mindfulness and behavioral parent training: Commentary. *Journal of Clinical Child and Adolescent Psychology, 34*(4), 792-794.

**Prison**2007

Samuelson, M., Carmody, J., Kabat-Zinn, J., & Bratt, M. A. (2007). Mindfulness-based stress reduction in Massachusetts correctional facilities. *The Prison Journal, 87*(2), 254-268.

2006

Bowen, S., Witkiewitz, K., Dillworth, T. M., Chawla, N., Simpson, T. L., Ostafin, B. D., et al. (2006). Mindfulness meditation and substance use in an incarcerated population. *Psychology of Addictive Behaviors, 20*(3), 343-347.

**Workplace**

Flaxman, P. E., & Bond, F. W. (2006). Acceptance and commitment therapy (ACT) in the workplace. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 377-402). San Diego, CA: Elsevier Academic Press.

Williams, K. (2006). Mindfulness-based stress reduction (MBSR) in a worksite wellness program. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 361-376). San Diego, CA: Elsevier Academic Press.

Zolnierczyk, D. (2004). Perceived job stressors and mindfulness-based cognitive stress management intervention: The role of type A and reactivity. *Polish Psychological Bulletin*, 35(1), 25-33.