

## MINDFULNESS BIBLIOGRAPHY

### Research Articles:

#### MINDFULNESS RESEARCH, GENERAL

- Allen, Micha, Dietz, Martin, Blair, Karina S., van Beek, Martijn, Rees, Geraint, Vesterfaard-Poulsen, Peter, Lutz, Antoine, & Roepstorff, Andreas. (2012). Cognitive-Affective Neural Plasticity Following Active-Controlled Mindfulness Intervention. *The Journal of Neuroscience*, 32(44), 15601-15610.
- Davis, Daphne, M., & Hayes, Jeffrey, A. (2011). *What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research*. *Psychotherapy*, 48(2), 198-208.
- Holzel, B.K., Lazar, S.W., Gard, T., Schuman-Olivier, Z., Vago, D.R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on Psychological Science*, 6, 537-559.
- Loucks, Eric B., Britton, Willoughby B., Howe, Chanelle J., Eaton, Charles B., Buka, Stephen L. (2015). Positive Associations of Dispositional Mindfulness with Cardiovascular Health: the New England Family Study. *International Journal of Behavioral Medicine*, 22(4), 540-550.
- Papies, E.K., Barsalou, L.W., & Custers, R. (2012). Mindful Attention Prevents Mindless Impulses. *Social Psychological and Personality Science*, 3, 291-299.
- Papies, E.K., Pronk, T.M., Keesman, M., & Barsalou, L.W. (2015). The Benefits of Simply Observing: Mindful Attention Modulates the Link Between Motivation and Behavior. *Journal of Personality and Social Psychology*, 108, 148-170.

#### Mindfulness-Based Stress Reduction - MBSR

- 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.
- Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., Urbanowski, F., Harrington, A., Bonus, K., & Sheridan, J. F. (2003). Alterations in Brain and Immune Function Produced by Mindfulness Meditation. *Psychosomatic Medicine*, 65, 564-570.
- Gallegos, A. M., Hoerger, M., Talbot, N. L., Moynihan, J. A., & Duberstein, P. R. (2013). Emotional benefits of mindfulness-based stress reduction in older adults: The moderating roles of age and depressive symptom severity. *Aging & Mental Health*, 17(7), 823-829. doi: 10.1080/13607863.2013.799118
- Kabat-Zinn, J., Lipworth, L. and Burney, R (1985). The Clinical Use of Mindfulness Meditation for the Self-Regulation of Chronic Pain, *Journal Behavioral Medicine*, 8:163-190.

- Kabat-Zinn, J., Lipworth, L., Burney, R. and Sellers, W. (1986). Four year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance. *Clinical Journal of Pain* 2:159-173.
- Sass, S. M., Berenbaum, H., & Abrams, E. M. (2013). Discomfort with emotion moderates distress reduction in a brief mindfulness intervention. *International Journal of Behavioral Consultation and Therapy*, 7(4), 24-27.
- Shapiro, S. L., Brown, K. W., Thoresen, C., & Plante, T. G. (2011). The moderation of mindfulness-based stress reduction effects by trait mindfulness: Results from a randomized controlled trial. *Clinical Psychology*, 67(3), 267-277. doi: 10.1002/jclp.20761
- Holzel, B.K., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S.M., Gard, T., & Lazar, S.W. (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Research* 191(1):36-43.

### Mindfulness-Based Cognitive Therapy for Depression - MBCT

- Farb, N. Anderson, A., Mayberg, H., Bean, J., McKeon, D. & Segal, Z.V. (2010). Mindfulness Training Alters Neural Response to Sad Mood Provocation in a Mixed Clinical Sample. *Emotion*, 10(1), 25-33.
- Kuyken, W., Byford, S., Taylor, R.S., Watkins, E., Holden, E., White, K., Barrett, B., Bying, R., Evans, A., Mullan, E. Teasdale, J.D. (2008). Mindfulness-Based Cognitive Therapy to Prevent Relapse in Recurrent Depression. *Journal of Consulting Clinical Psychology*, 76(6), 966-78.
- Segal, Z.V., Bieling, P., Young, T., MacQueen, G., Cooke, R., Martin, L., Bloch, R., & Levitan, R.D. (2010). Antidepressant Monotherapy vs. Sequential Pharmacotherapy and Mindfulness-Based Cognitive Therapy or Placebo for Relapse Prophylaxis in Recurrent Depression. *American Medical Association*, 16(12), 1256-1264.
- Teasdale, J.D., Segal, Z.V., Williams, J.M.G., Ridgeway, V., Soulsby, J., & Lau, M. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68, 615-623.

### Mindfulness-Based Relapse Prevention - MBRP

- Bowen, S., PhD; Witkiewitz, K., Clifasefi, S. L., Grow, G., Chawla, N., Hsu, S. H., Carroll, H. A., Harrop, E., Collins, S. E., Lustyk, M. K., & Larimer, M. E. (2014). Relative Efficacy of Mindfulness-Based Relapse Prevention, Standard Relapse Prevention, and Treatment as Usual for Substance Use Disorders: A Randomized Clinical Trial. *JAMA Psychiatry* 71(5):547-56.
- Bowen, S., & Enkema, M. C. (2014). Relationship between dispositional mindfulness and substance use: Findings from a clinical sample. *Addictive Behaviors*, 39(3), 532-537.
- Witkiewitz, Katie, Marlatt, G. Alan, & Walker, Denise. (2005). Mindfulness-Based Relapse Prevention for Alcohol and Substance Use Disorders. *Journal of Cognitive Psychotherapy* 19(3), 211-228.

Witkiewitz, K., Lustyk, M. B., & Bowen, S. (2013). Retraining the addicted brain: A review of hypothesized neurobiological mechanisms of mindfulness-based relapse prevention. *Psychology Of Addictive Behaviors, 27*(2), 351-365.

### Mindful Self-Compassion - MSC

Braehler, C., Gumley, A., Harper, J., Wallace, S., Norrie, J., & Gilbert, P. (2013). Exploring change processes in compassion focused therapy in psychosis: Results of a feasibility randomized controlled trial. *British Journal of Clinical Psychology, 52*(2), 199-214.

Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal of Clinical Psychology, 69*(8), 856-867.

Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the Mindful Self-Compassion program. *Journal Of Clinical Psychology, 69*(1), 28-44.

Pauley, G. & McPherson, S. (2010). The experience and meaning of compassion and self-compassion for individuals with depression or anxiety. *Psychology and Psychotherapy: Theory, Research and Practice, 83*, 129–143.

### Mindful Eating

Loucks, Eric B., Britton, Willoughby B., Howe, Chanelle J., Gutman, Roe, Gilman, Stephen E., Brewer, Judson, Eaton, Charles B., Buka, Stephen L. (2015). Associations of Dispositional Mindfulness with Obesity and Central Adiposity: the New England Family Study. *International Journal of Behavioral Medicine, 2015*; DOI: 10.1007/s12529-015-9513-z

Rodriguez, Irene Mateos, Cowdrey, Felicity A., & Park, Rebecca J. (2013). Is There a Place for Mindfulness in the Treatment of Anorexia Nervosa? *Advances in Eating Disorders, 2*(1), 42-52.

Mason AE, Epel ES, Kristeller J, Moran PJ, Dallman M, Lustig RH, Acree M, Bacchetti P, Laraia BA, Hecht FM, Daubenmier J. Effects of a Mindfulness-Based Intervention on Mindful Eating, Sweets Consumption, and Fasting Glucose Levels in Obese Adults: Data from the SHINE Randomized Controlled Trial. *Journal of Behavioral Medicine, 2015 Nov 12*.

## Books:

### MINDFULNESS, GENERAL

McCown, Donald, Reibel, Diane, Micozzi, Marc S. (2011). ***Teaching Mindfulness: A Practical Guide for Clinicians and Educators***. New York: Springer.

Willard, Christopher, & Saltzman, Amy. (2015). ***Teaching Mindfulness Skills to Kids and Teens***. New York: Guilford Press.

Wolf, Christiane, and Serpa, J. Greg (2015). ***A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by Session Program for Mental Health Professionals and Health Care Providers***. Oakland, CA: New Harbinger Publications.

## **Mindfulness-Based Stress Reduction**

Kabat-Zinn, J. (2009). *Full Catastrophe Living: Using the Wisdom of Body & Mind to Face Stress, Pain, & Illness*. New York: Delta/Random House.

## **Mindfulness-Based Cognitive Therapy for Depression**

Segal, Z.V., Williams, J.M.G., & Teasdale, J.D. (2013). *Mindfulness-Based Cognitive Therapy for Depression*. New York: Guilford.

Williams, J.M.G., Teasdale, J.D., Segal, Z.V., & Kabat-Zinn, J. (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*. New York: Guilford.

## **Mindfulness-Relapse Prevention**

Bowen, S., Chawla, N., & Marlatt, G. A. (2011). *Mindfulness-Based Relapse Prevention: A Clinician's Guide*. New York: Guilford.

## **Mindful Self-Compassion**

Germer, Christopher K. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford.

Germer, Christopher K., Seigel, Ronald D., Eds. (2012). *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*. New York: Guilford.

Neff, K. (2011). *Self-Compassion: Stop Beating Yourself Up & Leave Insecurity Behind*. New York: William Morrow.

## **Mindful Eating**

Bays, J. C. (2009). *Mindful Eating: A Guide to Rediscovering a Healthy & Joyful Relationship with Food*. Boston: Shambhala.

Wansink, Brian. (2010). *Mindless Eating: Why We Eat More Than We Think*. London: Bantam.

## **General Sites and Institutions on Mindfulness:**

University of Massachusetts Center for Mindfulness [www.umassmed.edu/cfm/](http://www.umassmed.edu/cfm/)

University of California San Diego Center for Mindfulness [mindfulness.ucsd.edu/](http://mindfulness.ucsd.edu/)

Greater Good: The Science of a Meaningful Life [www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu)

Centre for Mindfulness Research and Practice: [www.bangor.ac.uk/mindfulness](http://www.bangor.ac.uk/mindfulness)

The Centre for Mindfulness Studies: [www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)

Mindful Self-Compassion (Christopher Germer) [www.mindfulselfcompassion.org/](http://www.mindfulselfcompassion.org/)

Center for Mindful Self-Compassion [www.mindfulselfcompassion.org/](http://www.mindfulselfcompassion.org/)

Kristin Neff [www.self-compassion.org](http://www.self-compassion.org)