

Selected Bibliography on Mindfulness and Therapy

Greg Johanson, Ph.D.

The Hakomi Institute of Boulder, Colorado

May 2009 Version

This is an ongoing project. Special thanks to Christopher Germer, Ph.D. and the Institute for Meditation and Psychotherapy for their many contributions. This bibliography does not try to include all the references to the broader Buddhist/therapy dialogue, which would extend it considerably. Also, more complete references for mindfulness in relation to physical and medical conditions, as well as neuroscience and physiological effects of mindfulness can be found in John C. Williams and Lidia Zylowska's "Mindfulness Bibliography Prepared for the Mindful Awareness Research Center Web Site." Additional references and corrections to this list are welcomed, and may be sent to the author at

2523 West Lunt, Chicago, Illinois 60645-3201, USA
(773) 338-9606 greg@gregjohanson.net

- Aaronson, H. (1998). Review of *Psychotherapy and Buddhism: Toward an integration*, by Jeffrey Rubin. *Journal of Buddhist Ethics*, 5, 63-73.
- Ackerman, D., Kabat-Zinn, J., O'Donohue, J., & Siegel, D. J. (2006). *Mind and moment: Mindfulness, neuroscience, and the poetry of transformation in everyday life*. Available at <http://www.mindsightinstitute.com>.
- 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, 255-262.
- Agency for Healthcare Research and Quality, (2007). Meditation practices for health: State of the research. *U.S. Department of Health and Human Services, Evidence Report/Technology Assessment, Number 155*.
- Aiken, G. (2006). The potential effect of mindfulness meditation on the cultivation of empathy in psychotherapy: A qualitative inquiry. (Doctoral dissertation, Saybrook Graduate School and Research Center).
- Alexander, C, Langer, E., Newman, R., Chandler, H., & Davies, J. (1989). Transcendental meditation, mindfulness, and longevity: An experimental study with the elderly. *Journal of Personality and Social Psychology*, 57, 950-964.
- Alexander, W. (1997). *Cool water: Alcoholism, mindfulness, and ordinary recovery*. Boston: Shambhala.
- Alfano, C. (2005). Traversing the caesura: Transcendent attunement in Buddhist meditation and psychoanalysis. *Contemporary Psychoanalysis*, 41, 223-247.
- Allen, N., 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, 285-294.
- Allen, N. B. & Knight, W. (2005). Mindfulness, compassion for self, and compassion for others. In P. Gilbert (Ed.), *Compassion: Conceptualizations, research and use in psychotherapy* (pp. 239-262). New York: Routledge.
- Allen, N., Chambers, R., Knight, W., Blashki, G., Ciechomcki, L., Hassad, C., et al. (2006). Mindfulness-based psychotherapies: A review of conceptual foundations, empirical evidence and practical considerations. *Australian and New Zealand Journal of Psychiatry*, 40, 285-294.
- Alterman, A., Koppenhaver, J., Mulholland, E., Ladden, L., & Baime, M. (2004). Pilot trial of effectiveness of mindfulness meditation for substance abuse patients. *Journal of Substance Use*, 9, 259-268.
- Altmaier, E., & Maloney, R. (2007). An initial evaluation of a mindful parenting program. *Journal of Clinical Psychology*, 63, 1231-1238.
- Andersen, A. (2007). Stories I tell my patients: Where are you when you are eating? *Eating Disorders: The Journal of Treatment & Prevention*. 15, 279-280.
- Anderson, C. M. (2000). From molecules to mindfulness: How vertically convergent fractal time fluctuations unify cognition and emotion. *Consciousness & Emotion*, 1, 193-226.

- Anderson, D. (2005). Empathy, psychotherapy integration, and meditation: A Buddhist contribution to the common factors movement. *Journal of Humanistic Psychology, 45*(4), 483-502.
- Andresen, J. (2000). Meditation meets behavioral medicine. *Journal of Consciousness Studies, 7*, 17-74.
- Antony, M. (2002). Enhancing current treatments for anxiety disorders. *Clinical Psychology: Science and Practice, 9*(1), 91-94.
- Antony, M., & Swinson, R. (2000). *Phobic disorders and panic in adults: A guide to assessment and treatment*. Washington, DC: American Psychological Association.
- Araas, T. (2008). Associations of mindfulness, perceived stress, and health behaviors in college freshmen. Ph.D. dissertation, Arizona State University, United States – Arizona. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3303258).
- Aranow, P. (1998). Some parallels between meditation and psychotherapy. In *Psychotherapy and meditation: Cultivating insight and compassion*. Symposium conducted by the New England Educational Institute, Eastham MA.
- Aronson, H. (2004). *Buddhist practice on Western ground*. Boston: Shambhala Press.
- Arch, J., & Craske, M. (2006). Mechanisms of mindfulness: Emotion regulation following a focused breathing induction. *Behaviour Research and Therapy, 44*, 1849-1858.
- Arnou, B., & Constantino, M. (2003). Effectiveness of psychotherapy and combination treatment for chronic depression. *Journal of Clinical Psychology, 59*, 893-905.
- Arntz, A. (2002). Cognitive therapy versus interoceptive exposure as treatment of panic disorder without agoraphobia. *Behaviour Research and Therapy, 40*, 325-341.
- Aron, L. (1998). The clinical body and the reflexive mind. In Aron, L. & Anderson, F. S. (Eds.). *Relational perspectives on the body*. Hillsdale, NJ: The Analytic Press, pp. 3-38.
- Aronson, H. (2004). *Buddhist practice on Western ground*. Boston: Shambhala Press.
- Astin, J. A. (1997). Stress reduction through mindfulness meditation. *Psychotherapy and Psychosomatics, 66*, 97-106.
- Atwood, J. D., & Maltin, L. (1991). Putting eastern philosophies into western psychotherapies. *American Journal of Psychotherapy, 45*, 368-382.
- *Auerbach, H., & Johnson, M. (1977). Research on the therapist's level of experience. In A. S. Gurman & A. M. Razin (Eds.), *Effective psychotherapy: A handbook of research*. (missing: page numbers) New York: Pergamon Press.
- Austin, J. (2006). *Zen-brain reflections*. Cambridge, MA: MIT Press.
- Austin, J. (1998). *Zen and the brain*. Cambridge, MA: MIT Press.
- Bach, P. A., Guadiano, 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.
- Bach, P., & Hayes, S. C. (2002). The use of Acceptance and Commitment Therapy to prevent the rehospitalization of psychotic patients: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 70*, 1129-1139.
- Baehr, J. (2009). Buddhist practice-based psychotherapy. *Journal of Spirituality in Mental Health, 11*, 107-125.
- Baer, R. (Ed.) (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. Burlington, MA: Academic Press.
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice, 10*, 125-143.
- Baer, R., Fischer, S., & Huss, D. (2005a). Mindfulness-based cognitive therapy applied to binge eating: A case study. *Cognitive and Behavioral Practice, 12*, 351-358.
- Baer, R., Fischer, S., & Huss, D. (2005b). Mindfulness and acceptance in the treatment of disordered eating. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 23*, 281-300.
- Baer, R. A. & Krietemeyer, J. (2006). Overview of mindfulness- and acceptance-based treatment approaches. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications* (pp. 3-30). Burlington, MA: Academic Press.
- Baer, R., Smith, G., & Allen, K. (2004). Assessment of mindfulness by self-report: The Kentucky Inventory of Mindfulness Skills. *Assessment, 11*, 191-206.

- Baer, R., Smith, G., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*, 27-45.
- Baer, R. A., Smith, G. T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., Walsh, E., Duggan, D., & Williams, J. M. G. (2008). Construct validity of the Five Facet Mindfulness Questionnaire in meditating and nonmeditating samples. *Assessment, 15*, 329-342.
- Bankart, C. P. (2006). *Freeing the angry mind: How men can use mindfulness and reason to save their lives and relationships*. Oakland, CA: New Harbinger.
- Bankart, C. P. (2003). A western psychologist's inquiry into the nature of right effort. *Constructivism in the Human Sciences, 8*(2), 63-72.
- Bargh, J.A. & Chartrand, T.L. (1999). The unbearable automaticity of being. *American Psychologist, 54*, 462-479.
- 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.
- Barlow, D. H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic, (2nd Ed.)*. New York: Guilford Press.
- Barman, N. (2005). Transitional outpatient treatment program design for juveniles ages 14-20. (Doctoral dissertation, Carlos Albizu University).
- Barnhofer, T., Duggan, D., Crane, C., Hepburn, S., Fennell, M., & Williams, J. (2007). Effects of meditation on frontal alpha-asymmetry in previously suicidal individuals. *Neuroreport: For Rapid Communication of Neuroscience Research, 18*, 709-712.
- Barnes, S., Brown, K. W., Krusemark, E., Campbell, W. K., & Rogge, R. D. (in press). The role of mindfulness in romantic relationship satisfaction and responses to relationship stress. *Journal of Marital and Family Therapy, 33*, 482-500.
- Barnes, V. A., Davis, H. C., Murzynowski, J. B., & Treiber, F. A. (2004). Impact of meditation on resting and ambulatory blood pressure and heart rate in youth. *Psychosomatic Medicine, 66*, 909-914.
- Barstow, C. (1985). An overview of the Hakomi method of psychotherapy. *Hakomi Forum, 2*, 8-18.
- Bastis, M. (2000). *Peaceful dwelling: Meditations for healing and living*. Boston: Tuttle.
- Batchelor, S. (1997). *Buddhism without Beliefs*. New York: Riverhead Books.
- Batten, B. S. L. (2007). Recovering from abuse: A comparison of three paths. *Nursing Science Quarterly, 20*, 342 - 348.
- 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
- Baumann, N. & Kuhl, J. (2005). How to resist temptation: The effects of external control versus autonomy support on self-regulatory dynamics. *Journal of Personality, 73*, 443-470.
- Baumeister, R. E. & Sommer, K. L. (1997). Consciousness, free choice, & automaticity. In R. S. Wyer (Ed.), *Advances in Social Cognition 10*, 75-82).
- Bayda, E. (2003). *At home in the muddy water: A guide to finding peace within everyday chaos*. Boston: Shambhala.
- Beauchemin, J., Hutchins, T. L., and Patterson, F. (2008). Mindfulness meditation may lessen anxiety, promote social skills, and improve academic performance among adolescents with learning disabilities. *Complementary Health Practice Review, 13*, 34 - 45.
- Beck, M. Manual-based group intervention for disordered eating: The innovative practice of integrating DBT, positive psychology, and yoga. Ph.D. dissertation, State University of New York at Buffalo, United States – New York. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3307613).
- Becker, C. B. & Zayfert, C. (2001). Integrating DBT-based techniques and concepts to facilitate exposure treatment for PTSD. *Cognitive and Behavioral Practice, 8*, 107-122.
- Becker, D., & Shapiro, D. (1981). Physiological responses to clicks during Zen, Yoga, and TM meditation. *Psychophysiology 18*, 694-699.
- 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.

- Bedard, 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, 722-731.
- Beddoe, A., & Murphy, S. (2004). Does mindfulness decrease stress and foster empathy among nursing students? *The Journal of Nursing Education*, 43, 305-312.
- Begley, S. (2007). *Train you mind, change your brain*. New York: Ballantine Books.
- Beidel, D. C., & Turner, S. M. (1986). A critique of the theoretical bases of cognitive-behavioral theories and therapy. *Clinical Psychology Review*, 6, 177-197.
- Bein, T. (2006). *Mindful therapy: A guide for therapists and helping professionals*. Somerville, MA: Wisdom.
- Bein, T., & Bein, B. (2003). *Find the center within: The healing way of mindfulness meditation*. Hoboken, NJ: John Wiley & Sons.
- Bein, T., & Bein, B. (2002). *Mindful recovery: A spiritual path to healing from addiction*. Hoboken, NJ: John Wiley & sons.
- Beitel, M., Ferrer, E., & Cecero, J. J. (2005). Psychological mindedness and awareness of self and others. *Journal of Clinical Psychology*, 61, 739-750.
- Bell, L. G. (2009). Mindful psychotherapy. *Journal of Spirituality in Mental Health*, 11, 126-144.
- Bell, L. G. (1998). Start with meditation. In T. S. Nelson & T. S. Trepper (Eds.) *101 more interventions in family therapy* (pp. 52-56). New York: Haworth.
- Benett-Goleman, T. (1988). Mindfulness therapy. *The Inquiring Mind*, 5, 22.
- Benett-Goleman, T. (2001). *Emotional alchemy: How the mind can heal the heart*. New York: Harmony Books.
- Benson, H. (1975). *The relaxation response*. New York: Morrow.
- Benson, H., & Klipper, M. (2000). *The relaxation response*. New York: Avon.
- Benson, H., Beary, J., & Carol, M. (1974). The relaxation response. *Psychiatry*, 37, 37-46.
- Benz-Chartrand, D. (1996). Evoking essence. *Hakomi Forum*, 12, 23-30.
- Benz-Chartrand, D. (1995). Updating the foundation of Hakomi. *Hakomi Forum*, 11, 53-58
- Benz-Chartrand, D. (1987). Yoga and Hakomi: Two friends meet. *Hakomi Forum*, 5, 38-39.
- Benz-Chartrand, D., & Weis, H. (1989). *To the core of your experience*. Charlottesville, VA: Luminas Press.
- Berceli, D. and Napoli, M. (2006). A proposal for a mindfulness-based trauma prevention program for social work professionals. *Complementary Health Practice Review*, 11, 153 - 165.
- Bien, T. (2006). *Mindful therapy*. Boston: Wisdom Publications.
- Bien, T., & Bien, B. (2002). *Mindful recovery: A spiritual path to healing from addiction*. New York: Wiley.
- Birnbaum, L. (2005). Adolescent aggression and differentiation of self: Guided mindfulness meditation in the service of individuation. *The Scientific World Journal*, 5, 478-489.
- 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.
- Bishop, S. (2002). What do we really know about mindfulness-based stress reduction? *Psychosomatic Medicine*, 64, 71-84.
- Bishop, S., Lau, M., Shapiro, S., Carlson, L., Anderson, N., Carmody, J., et al. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice*, 11, 230-241.
- Bishop, S., et al (2003). Clarifying the construct of mindfulness in the context of emotion regulation and the process of change in therapy. *Clinical Psychology: Science and Practice*, 11, 255-262.
- Bishop, S. (2002). What do we really know about mindfulness-based stress reduction? *Psychosomatic Medicine*, 64, 71-84.
- Bishop, S., Lau, M., Shapiro, S., Carlson, L., Anderson, N., Carmody, J., et al. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice*, 11, 230-241.
- Blanc, M. Returning to the source: Using mindfulness and depth psychology to transform symptoms of depression. M.A. dissertation, Pacifica Graduate Institute, United States – California. Retrieved July 18, 2009, from dissertations & Theses: Full Text. (Publication No. AAT 1465833).

- Blennerhassett, R. C., & O'Raghallaigh, J. W. (2005). Dialectical behaviour therapy in the treatment of borderline personality disorder. *British Journal of Psychiatry, 186*, 278-280.
- Block-Lerner, J., Adair, C.I., 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*, 501-516.
- 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.
- Bobrow, J. (2003). Moments of truth—truths of moment. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue* (pp. 199-220). Boston: Wisdom Publications.
- Boccio, F. (2004). *Mindfulness yoga*. Somerville, MA: Wisdom Publications.
- Boegels, 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*, 827-856.
- Boegels, S., Sijbers, G., & Vonken, M. (2006). Mindfulness and task concentration training for social phobia: A pilot study. *Journal of Cognitive Psychotherapy: An International Quarterly, 20*(1), 33-44.
- Bogart, G. (1991). The use of meditation in psychotherapy: A review of the literature. *American Journal of Psychotherapy, 45*, 383-413.
- Bohus, M., Haaf, B., Stiglmayr, C., Pohl, U., Bohme, R., & Linehan, M. (2000). Evaluation of inpatient dialectical-behavioral therapy for borderline personality disorder: A prospective study. *Behaviour Research and Therapy, 38*, 875-887.
- Bohus, M., Haaf, B., Simms, T., Limberger, M., Schmahl, C., Unckel, C., et al. (2004). Effectiveness of inpatient dialectical-behavioral therapy for borderline personality disorder: A controlled trial. *Behaviour Research and Therapy, 42*, 487-499.
- Bonadonna, R. (2003). Meditation's impact on chronic illness. *Holistic Nurse Practitioner, 17*, 309-319.
- Bond, F. W., & Bunce, D. (2000). Mediators of change in emotion-focused and problem-focused worksite stress management interventions. *Journal of Occupational Health Psychology, 5*, 156-163.
- Bondolfi, G. (2005). Mindfulness and anxiety disorders: Possible developments. *Constructivism in the Human Sciences, 10*(1), 45-52.
- Boorstein, S. (2006). *Road sage: Mindfulness techniques for drivers*. Audio CD. Louisville, CO: Sounds True.
- Boorstein, S. (2002). *Pay attention, for goodness' sake: Practicing the perfections of the heart—the Buddhist path of kindness*. New York: Ballantine Books.
- Boorstein, S. (1996). *Transpersonal psychotherapy*. Albany, NY: State University of New York Press.
- Boorstein, S. (1996). *Don't just do something, sit there: A mindfulness retreat with Sylvia Boorstein*. San Francisco. Harper.
- Boorstein, S. (1994). Insight: Some considerations regarding its potential and limitations. *Journal of Transpersonal Psychology, 26*, 95-105.
- Boorstein, S. (1983). The use of bibliotherapy and mindfulness meditation in a psychiatric setting. *Journal of Transpersonal Psychology, 15*, 173-179.
- Boorstein, S. (1980). Lightheartedness in psychotherapy. *Journal of Transpersonal Psychology, 12*, 105-115.
- Bootzin, R. R., & Stevens, S. J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology Review, 25*, 629-644.
- Borkovic, T. D. (2002). Life in the future versus life in the present. *Clinical Psychology: Science and Practice, 9*, 76-80.
- Borkovic, 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.
- Borysenko, J., Kutz, I., & 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.

- Borysenko, J., Kutz, I., Leserman, J., Dorrington, C., Mirrison, C., & Benson, H. (1985). Meditation as an adjunct to psychotherapy: A follow-up study. *Psychotherapy and Psychosomatics*, 43, 209-218.
- Bowen, S. (2009). Effects of mindfulness-based instructions on negative affect, urges and smoking. Ph.D. dissertation, University of Washington, United States – Washington, Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3328375).
- Bowen, S., Witkiewitz, K., Dillworth, T., Chawla, N., Simpson, T., Ostafin, B., et al. (2006). Mindfulness meditation and substance use in an incarcerated population. *Psychology of Addictive Behaviors*, 20, 343-347.
- 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, 343-347.
- 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. *Annals of Behavioral Medicine*, 33(1), 11-21.
- Brach, T. (2005). *Radical self-acceptance: A Buddhist guide to freeing yourself from shame*. Audio CD. Louisville, CO: Sounds True.
- Brach, T. (2003). *Radical acceptance: Embracing your life with the heart of a Buddha*. New York: Bantam/Dell.
- Brahm, A. (2006). *Mindfulness, bliss, and beyond: A meditator's handbook*. Boston: Wisdom Publications.
- 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.
- Brantley, J. (2003). *Calming your anxious mind: How mindfulness and compassion can free you from anxiety, fear, and panic*. Oakland, CA: New Harbinger.
- Brazier, D. (1995). *Zen Therapy*. New York: Wiley.
- Brenner, M., & Homonoff, E. (2004). Zen and clinical social work: A spiritual approach to practice. *Families in Society: The Journal of Contemporary Social Services*, 85, 261-269.
- 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, 275-299.
- Brock, T. C., Green, M. C., Reich, C. A., & Evans, L. M. (1996). The *Consumer Reports* study of psychotherapy: Invalid is invalid. *American Psychologist*, 51, 1083.
- Broderick, P. (2005). Mindfulness and coping with dysphoric mood: Contrasts with rumination and distraction. *Cognitive Therapy and Research*, 29, 501-510.
- Brodsky, B. S., & Stanley, B. (2002). Dialectical behavior therapy for borderline personality disorder. *Psychiatric Annals*, 32, 347-356.
- Brody, L. R., & Park, S. H. (2004). Narratives, mindfulness, and the implicit audience. *Clinical Psychology: Science and Practice*, 11, 147-154.
- Brotto, L. A., Basson, R., Luria, M. (2008). A mindfulness-based group psychoeducational intervention targeting sexual arousal disorder in women. *Journal of Sexual Medicine*, 5, 1646-1659.
- Brown, B. (1999). *Soul without shame: A guide to liberating yourself from the judge within*. Boston: Shambala.
- Brown, D. P. (1986). The stages of meditation in cross-cultural perspective. In K. Wilber, J. Engler, & D. Brown (Eds.), *Transformation of Consciousness*. Boston: Shambhala.
- Brown, D. P. (1977). A model for the levels of concentrative meditation. *International Journal of Clinical and Experimental Hypnosis*, 25, 236-273.
- Brown, D. P., & Engler, J. (1980). The stages of mindfulness meditation: A validation study. *Journal of Transpersonal Psychology*, 12, 143-192.
- Brown, D., Forte, M., & Dysart, M. (1984a). Visual sensitivity and mindfulness meditation. *Perceptual Motor Skill*, 85, 775-784.
- Brown, D., Forte, M., & Dysart, M. (1984b). Differences in visual sensitivity among mindfulness meditators and non-meditators. *Perceptual and Motor Skills*, 58, 727-733.
- Brown, D. Forte, M., Rich, P., & Epstein, G. (1983). Phenomenological differences among self hypnosis, mindfulness meditation, and imaging. *Imagination, Cognition and Personality*, 2, 291-309.

- Brown, K. W. & Kasser, T. (2005). Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle. *Social Indicators Research, 74*, 349-368.
- Brown, K. W. & Ryan, R. M. (2004a). Fostering healthy self-regulation from within and without: A Self-Determination Theory perspective. In P.A. Linley & S. Joseph (Eds.), *Positive psychology in practice* (pp. 105-124). New York: Wiley.
- Brown, K. W., & Ryan, R. M. (2004b). Perils and promise in defining and measuring mindfulness: Observations from experience. *Clinical Psychology: Science and Practice, 11*, 242-248.
- 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*, 822-848.
- Brown, K. W., Ryan, R. M., Creswell, J. D., & Niemiec, C. (in press). Beyond me: Mindful responses to social threat. In H.A. Wayment & J.J. Bauer (Eds.), *The quiet ego: Research and theory on the benefits of transcending egoistic self-interest*. Washington, DC: American Psychological Association.
- Bruce, A., and Davies, B. (2005). Mindfulness in hospice care: Practicing meditation-in-action. *Qualitative Health Research, 15*, 1329 - 1344.
- Buchheld, N., Grossman, P., & Walach, H. (2001). Measuring mindfulness and insight meditation (Vipassana) and meditation based psychotherapy: The development of the Freiburg Mindfulness Inventory (FMI). *Journal for Meditation and Meditation Research, 1*, 11-34.
- Buck, R., & Morley, S. (2006). A daily process design study of attentional pain control strategies in the self-management of cancer pain. *European Journal of Pain, 10*, 385-398.
- Burgdorf, J., & Panksepp, J. (2006). The neurobiology of positive emotions. *Neuroscience and Behavioral Reviews, 30*, 173-187.
- Burgoon, J. K., Berger, C. R. & Waldron, V. R. (2000). Mindfulness and interpersonal communication. *Journal of Social Issues, 56*, 105-127.
- Burnard, P. (1987). Meditation: Uses and methods in psychiatric nurse education. *Nurse Education Today, 7*, 187-191.
- Burns, J. W. (2006). The role of attentional strategies in moderating links between acute pain induction and subsequent psychological stress: Evidence for symptom-specific reactivity among patients with chronic pain versus healthy nonpatients. *Emotion, 6*, 180-192.
- Burpee, L. C. & Langer, E. J. (2005). Mindfulness and marital satisfaction. *Journal of Adult Development, 12*(1), 43-51.
- Campbell-Sills, L., Barlow, D. H., Brown, T. A., & Hofmann, S. G. (2006). Effects of suppression and acceptance on emotional responses of individuals with anxiety and mood disorders. *Behaviour Research and Therapy, 44*, 1251-1263.
- Burpee, L., & Langer, E. (2005). A study investigating the relationships among mindfulness, marital satisfaction, and perceived spousal similarity. *Journal of Adult Development, 12*(1), 43-51.
- Cahn, B.R., & Polich, J. (2006). Meditation states and traits: EEG, ERP, and neuroimaging studies. *Psychological Bulletin, 132*, 180-211.
- Cameron, O. G. (2001). Interoception: The inside story—a model for psychosomatic processes. *Psychosomatic Medicine, xx*, 697-710.
- Campos, P. (2002). Special series: Integrating Buddhist philosophy with cognitive and behavioral practice. *Cognitive and Behavioral Practice, 9*, 38-40.
- Capuzzi, D., & Stauffer, M. D. (2007). *Using meditation and mindfulness to increase therapeutic presence*. Learning Institute presented at the annual convention of the American Counselors Association, Detroit, MI.
- Capuzzi, D., & Stauffer, M. D. (2006). *Using meditation and mindfulness to increase therapeutic presence*. Learning institute presented at the annual American Counselors Association's Convention, Montreal, Canada.
- Cardaciotto, L. A., Herbert, J. D., Forman, E. M., Moitra, E., and Farrow, V. (2008). The assessment of present-moment awareness and acceptance: The Philadelphia Mindfulness Scale. *Assessment, 15*, 204 - 223.
- Carlson, L., & Brown, K. (2005). Validation of the Mindful Attention Awareness Scale in a cancer population. *Journal of Psychosomatic Research, 58*(1), 29-33.
- Carlson, L., & 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*,

- 278-285.
- 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*, 1038-1049.
- Carlson, L., Speca, M., Patel, K., & 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*, 571-81.
- Carlson, L., Speca, M., Patel, K., & 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*, 448-474.
- Carlson, L. E., 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*, 112-123.
- Carson, J. (2006). Loving-kindness meditation findings not related to baseline differences. *Journal of Holistic Nursing, 24*(1), 5-6.
- 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.
- Carson, J., Carson, K., Gil, K., & Baucom, D. (2007). Self-expansion as a mediator of relationship improvements in a mindfulness intervention. *Journal of Marital and Family Therapy, 33*, 517-528.
- Carson, J., Carson, K., Gil, K., & Baucom, D. (2004). Mindfulness-based relationship enhancement. *Behavior Therapy, 35*, 471-494.
- Carson, J., Keefe, F., Lynch, T., Carson, K., Goli, V., Fras, A., et al. (2005). Loving-kindness meditation for chronic low back pain. *Journal of Holistic Nursing, 23*, 287-304.
- Carson, S., & Langer, E. (2004). Mindful practice for clinicians and patients. In L. Haus (Ed.), *Handbook of Primary Care Psychology* (pp. 173-186). London: Oxford University Press.
- Carver, C. S. & Scheier, M. F. (1998). *On the self-regulation of behavior*. New York: Cambridge University Press.
- Carver, C. S. & Scheier, M. F. (1981). *Attention and self-regulation: A control-theory approach to human behavior*. New York: Springer-Verlag.
- Chadwick, P., Taylor, K., & Abba, N. (2005). Mindfulness groups for people with psychosis. *Behavioural and Cognitive Psychotherapy, 33*, 351-359.
- Chambless, D., Baker, M., Baucom, D., Beutler, L., Calhoun, K., Crits-Christoph, P., et al. (1998). Update on empirically validated therapies, II. *The Clinical Psychologist, 51*(1) 3-16.
- Chambless, D. L., & Hollon, S. D. (1998). Defining empirically supported therapies. *Journal of Consulting and Clinical Psychology, 66*, 7-18.
- Chambless, D. L., Sanderson, W. C., Shoham, V., Johnson, S. B., Pope, K. S., et al. (1996). An update on empirically validated therapies. *Clinical Psychologist, 49*, 5-18.
- Chang, V. Y., Palesh, O., Caldwell, R., Glasgow, N., Abramson, M., Luskin, F., et al. (2004). The effects of a mindfulness-based stress reeducation 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*, 141-147.
- Chanowitz, B., & Langer, E. (1980). Knowing more (or less) than you can show: Understanding control through the mindlessness/mindfulness distinction. In M. E. P. Seligman & J. Garber (Eds.), *Human helplessness*. New York: Academic Press.
- Chapman, A. L. (2006). Dialectical behavior therapy: Current indications and unique elements. *Psychiatry, 3*(9), 62-68.
- Childs, D. (2007). Mindfulness and the psychology of presence. *Psychology and Psychotherapy: Theory, Research and Practice, 80*, 367-376.
- Chinen, A. (1988). Modes of understanding and mindfulness in clinical medicine. *Theoretical Medicine, 9*(1), 45-71.
- Chodron, P. (2002). *Comfortable with uncertainty*. Boston: Shambhala Publications.

- Chodreon, P. (2001a). *The places that scare you: A guide to fearlessness in difficult times*. Boston: Shambhala Publications.,
- Chodron, P. (2001b). *The wisdom of no escape and the path of loving-kindness*. Boston: Shambhala Publications.
- Christensen, A., Atkins, D. C., Yi, J., Baucom, D. H., & George, W. H. (2006). Couple and individual adjustment for two years following a randomized clinical trial comparing traditional versus integrative behavioral couple therapy. *Journal of Consulting and Clinical Psychology, 74*, 1180-1191.
- Christensen, A., & Jacobson, N. (2000). *Reconcilable differences*. New York: Guilford Press.
- 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. 288-310). New York: Guilford Press.
- Christopher, J. C., Christopher, S. E., Dunnagan, T. and Schure, M. (2006). Teaching self-care through mindfulness practices: The application of yoga, meditation, and Qigong to counselor training. *Journal of Humanistic Psychology, 46*, 494 - 509.
- Chung, C. Y. (1990). Psychotherapist and expansion of awareness. *Psychotherapy and Psychosomatics, 53*(1-4), 28-32.
- 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*, 79-106.
- 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*, 107-130.
- Cicetti, R. (2005). A journey towards awakening. *Hakomi Forum, 14-15*, 79-84.
- Cioffi, D. (1991). Beyond attentional strategies: A cognitive-perceptual model of somatic interpretation. *Psychological Bulletin, 109*, 25-41.
- Cioffi, D. (1993). Sensate body, directive mind: Physical sensations and mental control. In D. M. Wegner & J. W. Pennebaker (Eds.), *Handbook of mental control* (pp. 410-442). Upper Saddle River, NJ: Prentice-Hall.
- Claxton, G. (2005). Mindfulness, learning and the brain. *Journal of Rational-Emotive & Cognitive Behavior Therapy, 23*, 301-314.
- 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*, 1000-1005.
- Coffey, K. (2008). Making Hakomi more transpersonal. *Hakomi Forum, 19-20-21*, 85-100.
- Coffey, K. A. and Hartman, M. (2008). Mechanisms of action in the inverse relationship between mindfulness and psychological distress. *Complementary Health Practice Review, 13*, 79 - 91.
- 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.
- Cohen, G. (2008). *Storms can't hurt the sky: A Buddhist path through divorce*. Philadelphia, PA: Perseus Books.
- Cohen, R. S., & Johanson, G. J. (2003). Editor's introduction to the first edition: Why self leadership? *Journal of Self Leadership, 1*, 3-8.
- Cohen-Katz, J. (2004). Mindfulness-base stress reduction and family systems medicine: A natural fit. *Families, Systems, & Health, 22*, 204-206.
- Cohen-Katz, J., Wiley S. D., Capuano T., Baker D. M., Kimmel S., & Shapiro S. (2005). The effects of mindfulness-based stress reduction on nurse stress and burnout, Part II: A quantitative and qualitative study. *Holistic Nursing Practice, 19*, 26-35.
- 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*, 302-308.
- Cole, D. (2006). Modified Hakomi: Coaching clients with IFS and Hakomi skills. *Hakomi Forum, 16-17*, 89-98.
- Cole, J. D. & Ladas-Gaskin, C. (2007). *Mindfulness centered therapies: An integrative approach*. Seattle, WA: Silver Birch Press.

- Connelly, J. (2005). Narrative possibilities: Using mindfulness in clinical practice. *Perspectives in Biology and Medicine*, 48(1), 84-94.
- Connelly, J. (1999). Being in the present moment: Developing the capacity for mindfulness in medicine. *Academic Medicine*, 74, 420-424.
- Cooper, P. C. (1999). Buddhist meditation and countertransference: A case study. *American Journal of Psychoanalysis*, 59, 71-85.
- Cornell, A. W., & McGavin, B. (2005). *The radical acceptance of everything: Living a Focusing life*. Berkeley, CA: Calluna Press.
- Corrigan, F. (2004). Psychotherapy as assisted homeostasis: Activation of emotional processing mediated by the anterior cingulate cortex. *Medical Hypotheses*, 63, 968-973.
- Corrigan, F. M. (2002). Mindfulness, dissociation, EMDR and the anterior cingulate cortex: A hypothesis. *Contemporary Hypnosis*, 19(1), 8-17.
- Courtin, R. (2009). *Mindfulness: Can you teach it without practicing it?* Hunter Institute of Mental Health. Retrieved January 1, 2009, from <http://www.himh.org.au/site/index.cfm?display=107312>.
- Cowen, V. S. (2004). Interview with John A. Astin, Ph.D. *Complementary Health Practice Review*, 9, 5 - 10.
- Coyne, L. W., Cheron, D., & Ehrenreich, J. T. (2008). Assessment of acceptance and mindfulness processes in youth. In L. A. Greco & S. C. Hayes (Eds.), *Acceptance and mindfulness treatments for children and adolescents: A practitioner's guide* (pp. 37-59). Oakland, CA: New Harbinger Publications.
- Craig, A. D. (2003). Interoception: The sense of the physiological condition of the body. *Current Opinions in Neurobiology*, 13, 500-505.
- Cramer, K. M. (2000). Comparing the relative fit of various factor models of the self-consciousness scale in two independent samples. *Journal of Personality Assessment*, 75, 295-307.
- Crane, R., & Elias, D. (2006). Being with what is. *Therapy Today*, 17(10), 31-33.
- Craven, J. (1989). Meditation and psychotherapy. *Canadian Journal of Psychiatry*, 34, 648-653.
- Creswell, J. D., Way, B. M., Eisenberger, N. I., & Lieberman, M. D. (2007). Neural correlates of dispositional mindfulness during affect labeling. *Psychosomatic Medicine*, 69, 560-565.
- Creswell, J. D., Eisenberger, N. I., & Lieberman, M. D. (2006). Neurobehavioral correlates of mindfulness during social exclusion. Manuscript in preparation.
- Crook, J., & Fontana, D. (1990). *Space in mind: East-West psychology and contemporary Buddhism*. Dorset: Element Books.
- Csikszentmihalyi, M. (1997). *Finding Flow: The psychology of engagement with everyday life*. New York: Basic Books.
- Csikszentmihalyi, M. (1991). *Flow: the psychology of optimal experience*. New York: Harper Collins.
- Cullen, M. (2006). Mindfulness: The heart of Buddhist meditation? *Inquiring Mind*, 22, 4-7, 28-29.
- Curry, S. J., Marlatt, G. A., Gordon, J., & Baer, J. S. (1988). A comparison of alternative theoretical approaches to smoking cessation and relapse. *Health Psychology*, 7, 545-556.
- 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.
- Dahl, J., Wilson, K., Luciano, C., & Hayes, S. (2005). *Acceptance and Commitment Therapy for chronic pain*. Reno, NV: Context Press.
- Dahl, J, Wilson, K. G., & Nilsson, A. (2004). Acceptance and Commitment Therapy and the treatment of persons at risk for long-term disability resulting from stress and pain symptoms: A preliminary randomized trial. *Behavior Therapy* 35, 785-802.
- Dalai Lama. (2001). *An open heart: Practicing compassion in everyday life*. Boston: Little Brown and Co.
- Dalai Lama (1997). *Healing anger: the power of patience from a Buddhist perspective*. Ithaca, NY: Snow Lion Publications.
- Dalai Lama, & Cutler, H. (1998). *The art of happiness*. New York: Riverhead Books.
- Dall, M. (1995). Dancing in Neverland: Hakomi therapy from a client's perspective. *Hakomi Forum*, 11, 37-40.
- Dalrymple, K. L. (2006). Acceptance and commitment therapy for generalized social anxiety disorder: A pilot study. *Dissertation Abstracts International*, 66 (10), 6267B.
- Dalrymple, K. L., and Herbert, J. D. (2007). Acceptance and Commitment Therapy for generalized social anxiety disorder: A pilot study. *Behavior Modification*, 31, 543 - 568.

- Davidson, R. J. (2004). "Alterations in brain and immune function produced by mindfulness meditation": Comment response. *Psychosomatic Medicine*, 66(1), 147-148.
- Davidson, R. (2003). Affective neuroscience and psychophysiology: Toward a synthesis. *Psychophysiology*, 40, 655-665.
- Davidson, R. J. (2003). The protean brain. In D. Goleman (Ed.), *Destructive emotions and how we can overcome them: A dialogue with the Dalai Lama*. London: Bloomsbury.
- Davidson, R. J., & Goleman, D. J. (1977). The role of attention in meditation and hypnosis: A psychobiological perspective on transformations of consciousness. *The International Journal of Clinical and Experimental Hypnosis*, 25, 291-308.
- Davidson, R., & Harrington, A. (2002). *Visions of compassion: Western scientists and Tibetan Buddhists examine human nature*. Oxford: Oxford University Press.
- Davidson, R., & Kabat-Zinn, J. (2004). Alterations in brain and immune function produced by mindfulness meditation: Three caveats. Comment. Response to letter by J. Smith. *Psychosomatic Medicine*, 66(1), 149-152.
- Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65, 564-570.
- Davis, J., Fleming, M., Bonus, K., & Baker, T. (2007). A pilot study on mindfulness based stress reduction for smokers. *BMC Complementary and Alternative Medicine*, 25(7), 2.
- Davis, K. Effect of mindfulness meditation and home-based resistance exercise on weight loss, weight loss behaviors, and psychosocial correlates in overweight adults. Ph.D. dissertation, University of Pittsburgh, United States – Pennsylvania. Retrieved July 18, 2009, from Dissertations & Theses: Full text. (Publication No. AAT 3335744).
- 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.
- Davis, W. (2008). Mindful meditation: Healing burnout in critical care nursing. *Holistic Nursing Practice*, 22(1), 32-36.
- 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, 381-390.
- Day, P., & Horton-Deutsch, S. (2004a). Using mindfulness-based therapeutic interventions in psychiatric nursing practice: Part I: Description and empirical support for mindfulness-based interventions. *Archives of Psychiatric Nursing*, 18, 164-169.
- Day, P., & Horton-Deutsch, S. (2004b). 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, 170-177.
- Deatherage, G. (1975). The clinical use of "mindfulness" meditation techniques in short-term psychotherapy. *Journal of Transpersonal Psychology*, 7, 133-143.
- DeBerry, S. (1982). The effects of meditation relaxation on anxiety and depression in a geriatric population. *Psychotherapy: Theory, Research, and Practice*, 19, 512-521.
- Decety, J., & Chaminade, T. (2003). When the self represents the other: A new cognitive neuroscience view on psychological identification. *Consciousness and Cognition*, 12, 577-596.
- deCharms, C. (1998). *Two views of mind: Abhidharma and brain science*. Ithaca, NY: Snow Lion Publications.
- Deepak, K., Manchanda, S., & Maheshwari, M. (1994). Meditation improves clinicoelectroencephalographic measures in drug-resistant epileptics. *Biofeedback and Self-Regulation*, 19, 25-40.
- Deikman, A. J. (1996). 'I' = awareness. *Journal of Consciousness Studies*, 3, 350-356.
- Deikman, A. (1982). *The observing self: Mysticism and psychotherapy*. Boston: Beacon Hill Press.
- Deikman, A. (1966). Deautomatization and the mystic experience. *Psychiatry*, 29, 324-38.
- Delmonte, M. (2003). Mindfulness and the de-construction of attachments. *Constructivism in the Human Sciences* 8, 151-171.
- Delmonte, M. M. (1990). Meditation and change: Mindfulness versus repression. *Australian Journal of Clinical Hypnotherapy and Hypnosis*, 11(2), 57-63.
- Delmonte, M. (1989). Meditation, the unconscious and psychosomatic disorders. *International Journal of Psychosomatics: Official Publication of the International Psychosomatics Institute*, 36, 45-52.

- Delmonte, M. (1988). Personality correlates of meditation practice: Frequency and dropout in an outpatient population. *Journal of Behavioral Medicine, 11*, 593-597.
- Delmonte, M. (1987a). Constructivist view of meditation. *American Journal of Psychotherapy, 41*, 286-298.
- Delmonte, M. (1987b). Meditation: Contemporary theoretical approaches. In M. A. West (Ed.), *The psychology of meditation* (pp. 39-58). New York: Clarendon Press/Oxford University Press.
- Delmonte, M. (1986). Meditation as a clinical intervention strategy: A brief review. *International Journal of Psychosomatics, 33*(3), 9-12.
- Delmonte, M. (1985). Meditation and anxiety reduction: A literature review. *Clinical Psychology Review, 5*, 91-102.
- Delmonte, M. (1984). Electrocortical activity and related phenomenon associated with meditation practice: A literature review. *International Journal of Neuroscience, 24*, 217-231.
- Delmonte, M. (1984). Response to meditation in terms of physiological behavior and self report measures. *International Journal of Psychosomatics, 31*(2), 3-17.
- Delmonte, M., & Kenny, V. (1987). Conceptual models and functions of meditation in psychotherapy. *Journal of Contemporary Psychotherapy, 17*(1), 38-59.
- Deshmukh, V. (2006). Neuroscience of meditation. *The Scientific World Journal, 6*, 2239-2253.
- de Silva, P. (1990). Meditation and beyond: Buddhism and psychotherapy. In M. G. T. Kwee (Ed.), *International Conference on Psychotherapy, Meditation, and Health*, (pp. 165-182). London: East-West Publications.
- Desmond, L. (2004). *Baby Buddhas: A guide for teaching meditation to children*. Kansas City: Andrews McMeel Publishing.
- Didonna, F. (2008). *Clinical handbook of mindfulness*. London: Springer Publications.
- Dimeff, L., & Linehan, M. M. (2001). Dialectical behavior therapy in a nutshell. *California Psychologist, 34*, 10-13.
- 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*, 166-71.
- Ditto, B., Eclache, M., & Goldman, N. (2006). Short-term autonomic and cardiovascular effects of mindfulness body scan meditation. *Annals of Behavioral Medicine, 32*, 227-34.
- Dobkin, P. (2008). Mindfulness-based stress reduction: What processes are at work? *Complementary Therapies in Clinical Practice 14*(1), 8-16.
- Doss, B., Thum, Y., Sevier, M., Atkins, D., & Christensen, A. (2005). Improving relationships: Mechanisms of change in couple therapy. *Journal of Consulting and Clinical Psychology, 73*, 624-633.
- Dowd, E. T. (2005). Cognitive behavior therapy: Evidence and new directions. *Journal of Cognitive and Behavioral Psychotherapies, 5*(1), 95-108.
- 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.
- 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.
- Dumas, J. (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*, 779-791.
- Dunn, B. R., Hartigan, J. A., & Mikulas, W. L. (1999). Concentration and mindfulness meditations: Unique forms of consciousness? *Applied Psychophysiology and Bio-feedback, 24*, 147-165.
- Dwivedi, K. N. (2006). An eastern perspective on change. *Clinical Child Psychology and Psychiatry, 11*, 205 - 212.
- Eagle, J. Engaging the “wise mind” of a teen: Incorporating mindfulness practice into a group therapy protocol for anxious adolescents. Psy.D. dissertation, Massachusetts School of Professional Psychology, United States – Massachusetts. Retrieved July 18, 2009, from Dissertations & Theses: Full text. (Publication No. AAT 3322246).
- Easterlin, B. L., & Cardena, E. (1998-99). Cognitive and emotional differences between short- and long-term vipassana meditators. *Imagination, Cognition and Personality 18*(1), 69-81
- Eifert, G., McKay, M., & Forsyth, J. (2006). *ACT on life not on anger*. Oakland, CA: New Harbinger Publications.
- Eifert, G., & Forsyth, J. (2005). *Acceptance and Commitment Therapy for anxiety disorders*. Oakland, CA: New Harbinger Publications.

- Eifert, G. H., & Heffner, M. (2003). The effects of acceptance versus control contexts on avoidance of panic-related symptoms. *Journal of Behavior Therapy and Experimental Psychiatry, 34*, 293-312.
- Eisman, J. (2006). Shifting states of consciousness: The Re-Creation of the Self approach to transformation. *Hakomi Forum, 16-17*, 63-70.
- Ekman, P., Davidson, R., Richard, M., & Wallace, B. (2005). Buddhist and psychological perspectives on emotions and well-being. *Current Directions in Psychological Science, 14*, 59-63.
- 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.
- Emavardhana, T., & Tori, C. D. (1997). Changes in self-concept, ego defense mechanisms, and religiosity following seven-day Vipassana meditation retreats. *Journal for the Scientific Study of Religion, 36*, 194-206.
- Engler, J. (2003). Being somebody and being nobody: A reexamination of the understanding of self in psychoanalysis and Buddhism. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue*, (pp. 35-79). Boston: Wisdom Publications.
- Engler, J. (1992). Therapeutic aims in psychotherapy and meditation: Developmental stages in the representation of self. *Hakomi Forum, 9*, 31-50.
- Engler, J. (1986). Therapeutic aims in psychotherapy and meditation: Developmental stages in the representation of self. In K. Wilber, J. Engler, & D. Brown, *Transformations of consciousness: Conventional and contemplative perspectives on development*. Boston: Shambhala.
- Engler, J. (1983). Buddhist Satipatthana-Vipassana meditation and an object relations model of developmental-therapeutic change: A clinical case study. (Doctoral dissertation, University of Chicago).
- Engler, J. (1981). Vicissitudes of the self according to psychoanalysis and Buddhism: A spectrum model of object relations development. *Psychoanalysis and Contemporary Thought, 6*, 29-72.
- Engler, J., & Brown, D. (1986). The stages of mindfulness meditation: A validation study, parts I and II. In K. Wilber, J. Engler, & D. Brown, *Transformations of consciousness: Conventional and contemplative perspectives on development*. Boston: Shambhala.
- Epstein, M. (2007). *Psychotherapy without a self*. New Haven, CT: Yale University Press.
- Epstein, M. (2005). *Open to desire*. New York: Gotham Books/Penguin.
- Epstein, M. (2001) *Going on being: Buddhism and the way of change*. New York: Broadway Books.
- Epstein, M. (1998) *Going to pieces without falling apart*. New York: Broadway Press.
- Epstein, M. (1995). *Thoughts without a thinker*. New York: Basic Books.
- Epstein, M. (1990). Psychodynamics of meditation: Pitfalls on the spiritual path. *Journal of Transpersonal Psychology, 22*(1), 17-34.
- Epstein, M. (1989). Forms of emptiness: Psychodynamic, meditative and clinical perspectives. *Journal of Transpersonal Psychology, 2*, 61-71.
- Epstein, M., & Lief, J. (1981). Psychiatric complications of meditation practice. *Journal of Transpersonal Psychology, 13*(2), 137-147.
- Epstein, R. M. (2003a). Mindful practice in action (1): Technical competence, evidence-based medicine, and relationship-centered care. *Families, Systems, & Health, 21*(1), 1-9.
- Epstein, R. M. (2003b). Mindful practice in action (11): Cultivating habits of mind. *Families, Systems, & Health, 21*(1), 11-17.
- Epstein, R. M. (2001). Just being. *The Western Journal of Medicine, 174*(1), 63-65.
- Epstein, R. M. (1999). Mindful practice. *Journal of the American Medical Association, 282*, 833-839.
- Epstein-Lubow, G. P., Miller, I. W., & McBee, L. (2006). Mindfulness training for caregivers. *Psychiatric Services, 57*, 421.
- Evans, I. M. (2005). Catching the third wave of behavior therapy: A review of Georg H. Eifert and John P. Forsyth, *Acceptance & commitment therapy for anxiety disorders: A practitioner's treatment guide to using mindfulness, acceptance, and values-based behavior change strategies*. *PsycCRITIQUES, 50*(49).
- Eyberg, S., & Graham-Pole, J. (2005). Mindfulness and behavioral parent training: Commentary. *Journal of Clinical Child and Adolescent Psychology, 34*, 792-794.
- Falkenstrom, F. (2007). The psychodynamics of self-observation. *Psychoanalytic Dialogues, 17*, 551-574.
- Farb, N. A. S., Segal, Z. V., Mayberg, H., Bean, J., Mckee, D., Fatima, Z., & Anderson, A. K. (2007).

- Attending to the present: Mindfulness meditation reveals distinct neural modes of self-reference. *Journal of Social, Cognitive, and Affective Neuroscience*, 2, 248-258.
- Fargoso, C. M., Grinberg, Z. J., Perez, M. A. G., Ortiz, C. A., & Loyo, J. R. (1999). Effects of meditation on brain electrical activity. *Revista Mexicana de Psicología*, 16(1), 101-115.
- Fasano-Ramos, M. (2004). Mindful meals: A holistic approach to eating. *Beginnings (American Holistic Nurses' Association)*, 24(1), 1-1.
- Faucheaux, D., & Weiss, H. (1999). Training psychotherapists in the almost impossible task of just paying attention. *Hakomi Forum*, 13, 1-6.
- Feinstein, D. (1990). Transference and countertransference in the here-and-now therapies. *Hakomi Forum*, 8, 7-14.
- Feldenkrais, M. (1972). *Awareness through movement*. New York: Harper & Row.
- Feldman Barrett, L., Gross, J., Chistensen, T. C., & Benvenuto, M. (2001). Knowing what you're feeling and knowing what to do about it: Mapping the relation between emotion differentiation and emotion regulation. *Cognition & Emotion*, 15, 713-724.
- 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, 177-190.
- Fennell, M. (2004). Depression, low self-esteem and mindfulness. *Behaviour Research and Therapy*, 42, 1053-1067.
- Fernandez-Duque, D., Baird, J. A., & Posner, M. I. (2000). Executive attention and metacognitive regulation. *Consciousness and Cognition*, 9, 288-307.
- Ferrucci, P., & Ferrucci, V. R., (Trans.) (2006). *The power of kindness: The unexpected benefits of leading a compassionate life*. New York: Penguin Group.
- Fields, R. (1992). *How the swans came to the lake: The narrative history of Buddhism in America*. Boston: Shambhala Publications.
- Finn, M. (1998). Tibetan Buddhism and comparative psychoanalysis. In A. Molino (Ed.), *The couch and the tree*. New York: North Point Press.
- *Finn, M. (1992). Transitional space and Tibetan Buddhism: The object relations of meditation. In M. Finn & J. Gartner (Eds.), *Object relations and religion*. (missing page numbers) Westport, CT: Praeger.
- Finucane, A., & Mercer, S. W. (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.
- Fisher, R. (2006). Still thinking: The case for meditation with children. *Thinking Skills and Creativity*, 1, 146-151.
- Fisher, R. (2002). *Experiential psychotherapy with couples: A guide for the creative pragmatist*. Phoenix, AZ: Zeig, Tucker & Theisen.
- Fisher, R. (1996). Using Hakomi in couples psychotherapy. *Hakomi Forum*, 12, 3-8.
- Fishman, B. (2002). *Emotional healing through mindfulness meditation*. Rochester, VT: Inner Traditions.
- 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.
- 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, 315-336.
- Follette, V. M., Palm, K. M., & Pearson, A. N. (2006). Mindfulness and trauma: Implications for treatment. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 24(1), 45-61.
- 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.
- Fonagy, P. & Target, M. (1997). Attachment and reflective function: Their role in selforganization. *Development and Psychopathology*, 9, 679-700.
- Forman, E. M., Herbert, J. D., Moitra, E., Yeomans, P. D., and Geller, P. A. (2007). A randomized controlled effectiveness trial of Acceptance and Commitment Therapy and Cognitive Therapy for anxiety and depression. *Behavior Modification*, 31, 772 - 799.

- Forsyth, J. & Eifert, G. (2007). *The mindfulness and acceptance workbook for anxiety*. Oakland, CA: New Harbinger Press.
- Forte, M., Brown, D. P., & Dysart, M. (1988). Differences in experience among mindfulness meditators. *Imagination, Cognition and Personality*, 7(1), 47-60.
- Forte, M., Brown, D., & Dysart, M. (1985). Through the looking glass: Phenomenological reports of advanced meditators at visual threshold. *Imagination, Cognition and Personality*, 4, 323-338.
- Fredenberg, J. R. (2002). *The Buddhist psychologist: An exploration into spirituality and psychotherapy*. *Dissertation Abstracts International*, 63 (04), 2055b. (UMI No. 3049731)
- French, J. (2006). Self within the matrix: Buddhist narrative and a group-analytic paradigm. *Group Analysis*, 39, 243-256.
- Fritz, G., & Mierzwa, J. (1983). Meditation: A review of literature relevant to therapist behavior and personality. *Psychotherapy in Private Practice*, 1(3), 77-87.
- Fromm, E., Suzuki, D. T., & DeMartino, R. (1960). *Zen Buddhism and psychoanalysis*. New York: Harper & Row.
- 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.
- 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.
- 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. 28-54). New York: Guilford Press.
- Galantino, M., Baime, M., Maguire, M., Szapary, P., & Farrer, J. (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, 255-261.
- Gardner, F., & Moore, Z. (2004). A mindfulness-acceptance-commitment-based approach to athletic performance enhancement: Theoretical considerations. *Behavior Therapy*, 35, 707-723.
- Garland, E. L. (2007). The meaning of mindfulness: A second-order cybernetics of stress, metacognition, and coping. *Complementary Health Practice Review*, 12, 15 - 30.
- 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.
- Gaudiano, B., & Herbert, J. (2006a). Acute treatment of inpatients with psychotic symptoms using Acceptance and Commitment Therapy : Pilot results. *Behaviour Research and Therapy*, 44, 415-437.
- Gaudiano, B., & Herbert, J. (2006b). Believability of hallucinations as a potential mediator of their frequency and associated distress in psychotic inpatients. *Behavioural and Cognitive Psychotherapy*, 34, 497-502.
- Gehart, D. R. & McCollum, E. E. (2007). Engaging suffering: Towards a mindful re-visioning of family therapy practice. *Journal of Marital & Family Therapy*, 33, 214-226.
- Gendlin, E. T. (1996). *Focusing-oriented psychotherapy: A manual of the experiential method*. New York: Guilford Press.
- Gendlin, E. T. (1986). *Let your body interpret your dreams*. Wilmette, IL: Chiron Publications.
- Germer, C. (2006). You gotta have heart. *Psychotherapy Networker*, 30(1), 54-59, 65.
- Germer, C. (2006). Getting along: Loving the other without losing yourself. *Tricycle*, Spring, 25-27.
- Germer, C. (2005a). 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. (2005b). 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.
- Germer, C. (2005c). 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.
- Germer, C., Siegel, R., & Fulton, P. (Eds.) (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.
- Gerza, J. (2005). The integrated mindfulness model (IMM). *Transpersonal Psychology Review*, 9(1), 68-79.
- Gifford, E., Hayes, S., & Strosahl, K. (2004). Examples of ACT components. Retrieved July 23, 2004 from <http://www.acceptanceandcommitmenttherapy/resources/components.html>.

- Gifford, E. V., Kohlenberg, B. S., Hayes, S. C., Antonuccio, D. O., Piasecki, M. M., Rasumssen-Hall, M. L. Et al. (2004). Acceptance theory-based treatment for smoking cessation: An initial trial of Acceptance and Commitment Therapy. *Behavior Therapy*, 35, 689-705.
- Gilbert, P. (2005). *Compassion: Conceptualizations, research and use in psychotherapy*. London: Routledge.
- Gilbert, P. (2004). A pilot exploration of the use of compassionate images in a group of self-critical people. *Memory*, 12, 507-516.
- Gilbert, P. & Procter, S. (2006). Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach. *Clinical Psychology and Psychotherapy*, 13, 353-379.
- Gilligan, S. (1997). *The courage to love: Principles and practices of self-relations psychotherapy*. New York: W. W. Norton & Co.
- Ginter, P. (2003). Brief report: IFS and mindfulness meditation. *Journal of Self Leadership*, 1, 59-60.
- Glaser, A. (2005). *A call to compassion: Bringing Buddhist practices of the heart into the soul of psychology*. Berwick, ME: Nicloas-Hays.
- Goldner, M. (2004). Review of the video *Mindfulness and meditation*. *Complementary Health Practice Review*, 9(3), 213-214.
- Goldstein, J. (2002). *One dharma: The emerging Western Buddhism*. New York: HarperCollins.
- Goldstein, J. (1993). *Insight meditation: The practice of freedom*. Boston: Shambhala Publications.
- Goldstein, J. & Kornfeld, J. (1987). *Seeking the heart of wisdom: The path of insight meditation*. Boston: Shambhala.
- Goleman, D. (2003). *Destructive emotions: How can we overcome them?* New York: Bantam Dell.
- Goleman, D. (1997). *Healing emotions*. Boston: Shambhala Publications.
- Goleman, D. (1990). The psychology of meditation. In M. G. T. Kwee (Ed.), *Proceedings of the First International Conference on Psychotherapy, Meditation and Health*, (pp. 19-35). London: East-West Publications.
- Goleman, D. (1988). *The meditative mind: The varieties of meditative experience*. New York: Tarcher/Putnam Books.
- Goleman, D. (1984). The Buddha on meditation and states of consciousness. In D. S. Shapiro & R. N. Walsh (Eds.), *Meditation: Classic and contemporary perspectives*. New York: Aldine.
- Goleman, D. (1977). *The varieties of meditative experience*. New York: E. P. Dutton.
- Goleman, D. (1971). Meditation as meta-therapy. *Journal of Transpersonal Psychology*, 3, 1-25.
- Goleman, D., & Schwartz, G. E. (1984). Meditation as an intervention in stress reactivity. In D. H. Shapiro, Jr., & R. N. Walsh (Eds.), *Meditation: Classic and Contemporary Perspectives*, (pp. 77-88). New York: Aldine.
- Goleman, D., & Schwartz, G. E. (1976). Meditation as an intervention in stress reactivity. *Journal of Consulting and Clinical Psychology*, 44, 456-466.
- Goodman, T. A. (2005). Working with children: Beginner's mind. In C. K. Germer, R. D. Siegel, & P. R. Fulton (Eds.), *Mindfulness and psychotherapy*, (pp. 197-219). New York: Guilford Press.
- Gratz, K. L. & Gunderson, J. G. (2006). Preliminary data on an acceptance-based emotion regulation group intervention for deliberate self-harm among women with borderline personality disorder. *Behavior Therapy*, 37, 25-35.
- 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.
- Grayson, J. (2003). *Freedom from obsessive-compulsive disorder: A personalized recovery program for living with uncertainty*. New York: Jeremy P. Tarcher/Penguin.
- 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
- Green, E. J. (2008). Individuals in conflict: An Internal Family Systems approach. *The Family Journal*, 16, 125-131.

- Greene, Y. N. & Hiebert, B. (1988). A comparison of mindfulness meditation and cognitive self-observation. *Canadian Journal of Counselling, 22*(1), 25-34.
- Greenough, W. & Black, J. (1992). Induction of brain structure by experience: Substrates for cognitive development. In M. Gunnar & C.A. Nelson (Eds.), *Developmental behavioral neuroscience: The Minnesota symposium on child psychology 24*, 155-200). Hillsdale, NJ: Erlbaum.
- Greenspan, M. (2004). *Healing through the dark emotions*. Boston: Shambhala.
- Gregg, J. (2004). Development of an acceptance- based treatment for the self-management of diabetes. (Doctoral dissertation, University of Nevada, Reno).
- Gregg, J., et al. (2007). Improving diabetes self-management through acceptance, mindfulness, and values: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 75*, 336-343.
- Grepmair, 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*, 332-338.
- Grepmair, L., Mitterlehner, F., Loew, T., & Nickel, M. (2007). Promotion of mindfulness in psychotherapists in training: Preliminary study. *European Psychiatry, 22*, 485-489.
- Grepmair, L., Mitterlehner, F. & Nickel, M. (2008). Promotion of mindfulness in psychotherapists in training. *Psychiatry Research, 158*, 265-265.
- Grepmair, 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*, 649-650.
- Gross, C., Kreitzer, M., Russas, V., Treesak, C., Frazier, P., & Hertz, M. (2004). Mindfulness meditation to reduce symptoms after organ transplant: a pilot study. *Behaviour Research and Therapy, 42*, 1053-1069.
- Grossman, P. (in press). Mindfulness practice: A unique clinical intervention for the behavioral sciences. In T. Heidenreich & J. Michalak (Eds.), *Mindfulness and acceptance in psychotherapy*. Tuebingen, Germany: DVTG Press.
- Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research, 57*, 35-43.
- Groves, P., & Farmer, R. (1994). Buddhism and addictions. *Addiction Research, 2*, 183-194.
- Guevara, K. (1996). Creating organizations fit for the human spirit through Hakomi. *Hakomi Forum, 12*, 9-22.
- Gunaratana, B. (2002). *Mindfulness in plain English*. Somerville, MA: Wisdom Publications.
- Hailey, B. Dialectical behavior therapy in the treatment of anorexia nervosa: What is the anorexic's experience of replacing restrictive behavior with dialectical behavior therapy skills? Ph.D. dissertation, Pacifica Graduate Institute, United States – California. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3333559).
- Halifax, J. (2008). *Being with dying: Cultivating compassion and fearlessness in the presence of death*. Boston: Shambhala Press.
- Hall, P. D. (1999). The effect of meditation on the academic performance of African American college students. *Journal of Black Studies, 29*, 408 - 415.
- Hamilton, N., Kitzman, H., & Guyotte, S. (2006). Enhancing health and emotion: Mindfulness as a missing link between cognitive therapy and positive psychology. *Journal of Cognitive Psychotherapy, 20*, 123-134.
- Hanh, T. N. (1998). *The heart of the Buddha's teaching: Transforming suffering into peace, joy, and liberation*. Berkeley, CA: Parallax Press.
- Hanh, T. N. (1992). *Peace is every step*. New York: Bantam Books.
- Hanh, T. N. (1976). *The miracle of mindfulness*. Boston: Beacon Press.
- Hannan, S. E., & Tolin, D. F. (2005). An 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.
- Harley, R., Sprich, S., Safren, S., Jacobo, M., & Fava, M. (2008). Adaptation of dialectical behavior therapy skills training group for treatment-resistant depression. *Journal of Nervous and Mental Disease, 196*, 136-143.
- Hart, T. (2004). Opening the contemplative mind in the classroom. *Journal of Transformative Education, 2*, 28 - 46.

- Hart, W. (1987). *The art of living: Vipassana meditation as taught by S. N. Goenka*. San Francisco: Harper.
- Hassed, C. (2004). Bringing holism into mainstream biomedical education. *Journal of Alternative and Complementary Medicine, 10*, 405-407.
- Hayes, A. M., & 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*, 255-262.
- Hayes, S. C. (2004a). Acceptance and Commitment Therapy, relational frame theory, and the third wave of behavioral and cognitive therapies. *Behavior Therapy, 35*, 639-665.
- Hayes, S. C. (2004b). Acceptance and commitment therapy and the new behavior therapies: Mindfulness, acceptance, and relationship. In S. C. Hayes, V. M. Follette, & M. M. Linehan, (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*, (pp. 1-29). New York: Guilford Press.
- Hayes, S. C. (2002a). Buddhism and Acceptance and Commitment Therapy. *Cognitive and Behavioral Practice, 9*, 58-66.
- Hayes, S. C. (2002b). Acceptance, mindfulness, and science. *Clinical Psychology: Science and Practice, 9*(1), 101-106.
- Hayes, S. C. (1994). Content, context, and the types of psychological acceptance. In S. C. Hayes, N. S. Jacobson, V. M. Follette, & M.J. Dougher (Eds.), *Acceptance and change: Content and context in psychotherapy* (pp. 13-32). Reno, NV: Context Press.
- Hayes, S. C., Batten, s. V., Gifford, E. V., Wilson, K. G., Afari, N., & McCurry, S. M. (1999). *Acceptance and commitment therapy: An individual psychotherapy manual for the treatment of experiential avoidance*. Reno, NV: Context Press.
- Hayes, S. C., Bissett, R., Korn, Z., Zettle, R., Rosenfarb, I., Cooper, L., et al. (1999). The impact of acceptance versus control rationales on pain tolerance. *Psychological Record, 49*, 33-47.
- 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*, 821-835.
- Hayes, S., & 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*, 255-262.
- Hayes, S. C., Follette, V. M., & Linehan, M. M. (Eds.) (2004). *Mindfulness and Acceptance: Expanding the cognitive-behavioral tradition*. New York: Guilford Press.
- Hayes, S. C., & Greco, L. A. (2008). Acceptance and mindfulness for youth: It's time. In L. A. Greco, & S. C. Hayes (Eds.), *Acceptance and mindfulness treatments for children and adolescents: A practitioner's guide* (pp. 3-13). Oakland, CA: New Harbinger Publications.
- Hayes, S. C., Jacobson, N. S., Follette, V. M., & Dougher, M. J. (1994). *Acceptance and change: Content and context in psychotherapy*. Reno, NV: Context Press.
- Hayes, S. C., Luoma, J., Bond, F., Masuda, A. & Lillis, J. (2006). Acceptance and Commitment Therapy: Model, processes, and outcomes. *Behavior Research & Therapy, 44*, 1-25.
- Hayes, S., Masuda, A., Bissett, R., Luoma, J., & Guerrero, L. (2004). DBT, FAP, and ACT: How empirically oriented are the new behavior therapy technologies? *Behavior Therapy, 35*, 35-54.
- Hayes, S. C., Niccolls, R., Masuda, A., & Rye, A. K. (2002). Prejudice, terrorism and behavior therapy. *Cognitive and Behavioral Practice, 9*, 296-301.
- Hayes, S., & Shenk, C. (2004). Operationalizing mindfulness without unnecessary attachments. *Clinical Psychology: Science and Practice, 11*, 249-254.
- Hayes, S. C. with Smith, S. (2005). *Get out of your mind & into your life*. Oakland, CA: New Harbinger.
- Hayes, S. C., & Strosahl, K. D. (Eds.) (2005). *A practical guide to Acceptance and Commitment Therapy*. New York: Springer.
- Hayes, S., Strosahl, K., & Wilson, K. (1999). *Acceptance and Commitment Therapy: An experiential approach to behavior change*. New York: Guilford Press.
- Hayes, S., Strosahl, K., & Houts, A. (Eds.), (2005). *A practical guide to Acceptance and Commitment Therapy*. New York: Springer.
- Hayes, S. C., & Wilson, K. G. (2003). Mindfulness: Method and process. *Clinical Psychology: Science and Practice, 10*, 161-165.

- Hayes, S. C., Wilson, K. G., Gifford, E. V., Bissett, R., Piasecki, M., Batten, S. V., et al. (2004). A preliminary trial of twelve-step facilitation and Acceptance and Commitment Therapy with polysubstance-abusing methadone-maintained opiate addicts. *Behavior Therapy, 35*, 667-688.
- Heatherton, T. F., & Baumeister, R. F. (1991). Binge eating as escape from self-awareness. *Psychological Bulletin, 110*, 86-108.
- Heckler, R. A. & Johanson, G. J. (2006). Enhancing the immediacy and intimacy of the therapeutic relationship through the somatic dimension. In G. Marlock & H. Weiss (Eds.), *Handbook of Body-Psychotherapy* (pp. 500-509). Stuttgart, Germany: Schattauer.
- Herbert, J. D., & Cardaciotto, L. (2005). An acceptance and mindfulness-based perspective on social anxiety disorder in. In S. M. Orsillo & L. Roemer (Eds.), *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 189-212). New York: Springer Science
- Heffner, M. & Eifert, G. (2008). *The anorexia workbook: How to reclaim yourself, heal your suffering and reclaim your life*. Oakland, CA: New Harbinger.
- Heffner, M., Sperry, J., Eifert, G. H., & Detweiler, M. (2002). Acceptance and commitment therapy in the treatment of an adolescent female with anorexia nervosa: A case example. *Cognitive and Behavioral Practice, 9*, 232-236.
- 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*, 188-19.
- Herbert, C. (2002). A CBT-based therapeutic alternative to working with complex client problems: Comment. *European Journal of Psychotherapy, Counselling and Health, 5*, 135-144.
- Hermann, B. Dismantling an ACT-based intervention for work s tress: Do values really matter? Ph.D. dissertation, The University of Maine, United Sates – Maine. Retrieved July 18, 2009, from *Dissertations & Theses: Full text* (Publication No. AAT 3346239).
- Hesslinger, B., van Elst, L. T., Nyberg, E., Dykierek, P., Richter, H., Berner, M., et al. (2002). Psychotherapy of attention deficit hyperactivity disorder in adults: A pilot study using structured skills training program. *European Archives of Psychiatry and Clinical Neuroscience, 252*, 177-184.
- Hick, S. & Bien, T. (2008). *Mindfulness and the therapeutic relationship*. New York: Guilford Press.
- Hill, G. (1988). Jungian psychotherapy and meditation. *Inquiring Mind, 5*(1), 21.
- Hirst, I. S. (2003). Perspectives of mindfulness. *Journal of Psychiatric and Mental health Nursing, 10*, 359-366.
- Hodgins, H. S. & Knee, R. (2002). The integrating self and conscious experience. In E. L. Deci & R. M. Ryan (Eds.), *Handbook of Self-determination research* (pp. 87-100). Rochester, NY: University of Rochester Press.
- Hoelzel, B., & Ott, U. (2006). Relationships between meditation depth, absorption, meditation practice, and mindfulness: A latent variable approach. *Journal of Transpersonal Psychology, 38*, 179-199.
- 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.
- Holland, D. (2004). Integrating mindfulness meditation and somatic awareness into a public educational setting. *Journal of Humanistic Psychology, 44*, 468 - 484.
- Holmes, D. (1984). Meditation and somatic arousal reduction: A review of the experimental evidence. *American Psychologist, 39*(1), 1-10.
- Holowka, D. Experiential awareness and psychological well-being: Preliminary investigation of a proposed common factor. Ph.D. dissertation, University of Massachusetts Boston, United States – Massachusetts. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3348086).
- Holroyd, J. (2004). The science of meditation and the state of hypnosis. *Behavior Modification, 28*, 783-811.
- Hopkins, J. (2001). *Cultivating compassion*. New York: Broadway Books.
- Hoppes, K. (2006). The application of mindfulness-based cognitive interventions in the treatment of co-occurring addictive and mood disorders. *CNS Spectr, 11*, 829-851.
- Horney, K. (1998). Free associations and the use of the couch. In A. Molino (Ed.), *The couch and the tree: Dialogues in psychoanalysis and Buddhism*. New York: North Point Press.
- Horowitz, M. J. (2002). Self- and relational observation. *Journal of Psychotherapy Integration, 12*, 115-127.
- Horton-Deutsch, S. L., & Horton, J. M. (2003). Mindfulness: Overcoming intractable conflict. *Archives of Psychiatric Nursing, 17*, 186-193.

- Houghton, V. A quantitative study of the effectiveness of mindfulness-based stress reduction treatment, using an internet delivered self-help program for women with generalized anxiety disorder. Ph.D. dissertation, Capella University, United States – Minnesota. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3310709).
- Houshmand, Z., Livingston, R., & Wallace, A. (1999). *Consciousness at the crossroads: Conversations with the Dalai Lama on brain science and Buddhism*. Ithaca, NY: Snow Lion Publications.
- Huss, D., & Baer, R. (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.
- Hyden, B. (2009). Counseling presently: An investigation of mindfulness and anxiety in the psychotherapist. Ph.D. dissertation, Institute of Transpersonal Psychology, United States – California. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3324651).
- Ilardi, S. S., & Craighead, W. E. (1994). The role of nonspecific factors in cognitive-behavior therapy for depression. *Clinical Psychology: Science and Practice*, 1, 138-156.
- Imel, Z, Baldwin, S., Bonus, K., & MacCoon, D. (2008). Beyond the individual: Group effects in mindfulness-based stress reduction. *Psychotherapy Research*, 18, 735-742.
- Ingram, R. E., & Hollon, S. D. (1986). Cognitive therapy for depression from an information processing perspective. In R. E. Ingram (Ed.), *Information processing approaches to clinical psychology*, (pp. 261-284). Orlando, FL: Academic Press.
- Ito, J. R., Donovan, D. M., & Hall, J. J. (1988). Relapse prevention in alcohol aftercare: Effects on drinking outcome, change process and aftercare. *British Journal of Addiction*, 83, 171-181.
- Ivanovski, B., & Malhi, G. S. (2007). The psychological and neurophysiological concomitants of mindfulness forms of meditation. *Acta Neuropsychiatrica*, 19(2), 76-91.
- Jacobson, N. P. (1983). *Buddhism and the contemporary world: Change and self-correction*. Carbondale, IL: Southern Illinois University Press.
- Jacobson, N. & Christensen, A. (1996). *Acceptance and change in couple therapy: A therapist's guide to transforming relationships*. New York: Norton.
- Jacobson, N., Christensen, A., Prince, S., Cordova, J., & Eldridge, K. (2000). Integrative behavioral couple therapy: An acceptance-based, promising new treatment for couple discord. *Journal of Consulting and Clinical Psychology*, 68, 351-355.
- Jain, S., Shapiro, S., Swanick, S., Rowsch, S., Mills, P., 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, 11-21.
- Jha, A.P., Krompinger, J., & Baime, M.J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive, Affective & Behavioral Neuroscience*, 7, 109-119.
- Johanson, G. J. (2009a). Nonlinear science, mindfulness, and the body in Humanistic Psychotherapy. *The Humanistic Psychologist*, 37, 159-177.
- Johanson, G. J. (2009b). Psychotherapy, science, and spirit: Nonlinear Systems, Hakomi Therapy, and the Tao. *Journal of Spirituality in Mental Health*, 11, (in press).
- Johanson, G. J. (2009c). Humanistic Hakomi and its interface with non-linear science. *Hakomi Forum*, 22, 27-41.
- Johanson, G. J. (2006). A survey of the use of mindfulness in psychotherapy. *Annals of the American Psychotherapy Association*, 9(2), 15-23.
- Johanson, G. J. (1999a). "Far beyond psychoanalysis »: Freud's repetition compulsion. *Hakomi Forum*, 13, 27-41.
- Johanson, G. J. (1999b). Making grace specific. (Doctoral dissertation, Drew Graduate School, Madison, NJ).
- Johanson, G. J. (1996). The birth and death of meaning: Selective implications of linguistics for psychotherapy. *Hakomi Forum*, 12, 45-53.
- Johanson, G. J. (1994). Editorial: Getting self conscious. *Hakomi Forum*, 10, 1-2.
- Johanson, G. J. (1992). Editorial: Encouraging communion. *Hakomi Forum*, 9, 1-6.
- Johanson, G. J. (1988a). Editorial: A wider perspective. *Hakomi Forum*, 6, 4-7.
- Johanson, G. J. (1988b). A curious form of therapy: Hakomi. *Hakomi Forum*, 6, 18-31.
- Johanson, G. J. (1986a). Editorial: Taking it home with you. *Hakomi Forum*, 4, 1-6.

- Johanson, G. J. (1986b). Hakomi in the trenches. *Hakomi Forum*, 4, 7-17.
- Johanson, G. J. (1985a). The use of biofeedback by Hakomi therapists. *Hakomi Forum*, 2, 30-34.
- Johanson, G. J. (1985b). A note on Hakomi therapy and psychodrama. *Hakomi Forum*, 2, 26-29.
- Johanson, G. J. (1984a). Editorial: Watzlawick, Wilbur, and the work. *Hakomi Forum*, 1, 1-5.
- Johanson, G. J. (1984b). Editor's introduction. In G. J. Johanson (Ed.), *Feed my sheep: Sermons on contemporary issues in pastoral care*, (pp. 3-10). New York: Paulist Press.
- Johanson, G. J., and Kemp, S. (2009). Hakomi principles in relation to systems theory. *Hakomi Forum*, 22, 11-19.
- Johanson, G., & Kurtz, R. (1991). *Grace unfolding: Psychotherapy in the spirit of the Tao-te Ching*. New York: Bell Tower.
- Johanson, G., & Taylor, C. (1988). Hakomi therapy with seriously emotionally disturbed adolescents. In C. E. Schaefer (Ed.), *Innovative interventions in child and adolescent therapy*, (pp. 232-265). New York: John Wiley & Sons.
- Johansson, R. (1979). *The dynamic psychology of early Buddhism*. New York: Humanities Press.
- Jung, C. G. (1992). Psychological commentary on the *Tibetan Book of Great Liberation*. In D. Meckel & R. Moore (Eds.), *Self and liberation: The Jung-Buddhism dialogue*. New York: Paulist Press.
- Kabat-Zinn, J. (2005a). *Guided mindfulness meditation*. Series 1-3 (Compact disc). Lexington, MA: Stress Reduction CDs and Tapes.
- Kabat-Zinn, J. (2005b). *Coming to our senses*. New York: Hyperion.
- Kabat-Zinn, J. (2005c). Bringing mindfulness to medicine: An interview with Jon Kabat-Zinn, Ph.D. Interview by Karolyn Gazella. *Advances in Mind-Body Medicine*, 21(2), 22-27.
- Kabat-Zinn, J. (2003a). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10, 144-156.
- Kabat-Zinn, J. (2003b). *Coming to our senses: Healing ourselves and the world through mindfulness*. New York: Hyperion.
- Kabat-Zinn, J. (2003c). Mindfulness-based stress reduction (MBSR). *Constructivism in the Human Sciences*, 8, 73-107.
- Kabat-Zinn, J. (2000). Indra's net at work: The mainstreaming of Dharma practice in society. In G. Watson & S. Batchelor (Eds.), *The psychology of awakening: Buddhism, science, and our day-to-day lives*, (pp. 225-249). North Beach, ME: Weiser.
- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York: Hyperion.
- Kabat-Zinn, J. (1993). Mindfulness meditation: Health benefits of an ancient Buddhist practice. In Goleman, D. & Garin, J. (Eds.), *Mind/Body Medicine*. Yonkers, NY: Consumer Reports.
- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Dell Publishing.
- Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain. *General Hospital Psychiatry*, 4, 33-47.
- Kabat-Zinn, J., & Chapman-Waldrop, A. (1988). Compliance with an outpatient stress reduction program. *Journal of Behavioral Medicine*, 11, 333-352.
- Kabat-Zinn, J., Chapman, A., & Salmon, P. (1997). The relationship of cognitive and somatic components of anxiety to patient preference for alternative relaxation techniques. *Mind/Body Medicine*, 2, 101-109.
- Kabat-Zinn, M., & Hosmer, D. (2001). „A critical view:“ Comment. *Advances in Mind-Body Medicine*, 17(1), 70-77.
- Kabat-Zinn, M., & Kabat-Zinn, J. (1998). *Everyday blessings: The inner work of mindful parenting*. New York: Hyperion.
- Kabat-Zinn, J., Kristeller, J., Mahoney, M., DelMonte, M., et al (2003). A tribute to Yukata Haruki. *Constructivism in the Human Sciences: Special issue on Buddhist psychology, Mindfulness, Constructivism, and Psychotherapy*. 8(2).
- 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, 163-190.
- Kabat-Zinn, J., Lipworth, L., Burney, R. & 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.

- Kabat-Zinn, J., Massion, A. O., Kristeller, J., Peterson, L., Fletcher, K. E., Pbert, L., et al. (1992). Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. *American Journal of Psychiatry*, 149, 936-943.
- Kabat-Zinn, J., & Santorelli, S. F. (Eds.) (2001). *Mindfulness-based stress reduction professional training manual*. Worcester, MA: Center for Mindfulness in Medicine, Health Care, and Society.
- Kabat-Zinn, J., Wheeler, J. E., Light, T., Skillings, Z., Scharf, M. J., Cropley, T. G., et al. (2003). Part II: Influence of a mindfulness meditation-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemo-therapy (PUVA). *Constructivism in the Human Sciences*, 8, 85-106.
- Kabat-Zinn, J., Wheeler, J. E., Light, T., Skillings, Z., Scharf, M. J., Cropley, T. G., et al. (1998). Influence of a mindfulness meditation-based stress reduction intervention on skin clearing. *Psychosomatic Medicine*, 60, 625-632.
- Kakar, S. (1991). *The analyst and the mystic: Psychoanalytic reflections on religion and mysticism*. Chicago: University of Chicago Press.
- Kaklaus, R., Nimanheminda, S., Hoffman, L. & Jack, M. (2008). *Brilliant sanity: Buddhist approaches to psychotherapy*. Colorado Springs, CO: University of the Rockies Press.
- Kalupahana, D. (1987). *The principles of Buddhist psychology*. Albany: SUNY Press.
- Kane, K. E. (2006). The phenomenology of meditation for female survivors of intimate partner violence. *Violence Against Women*, 12, 501 - 518.
- Kaplan, A. H. (2006). Listening to the body: Pragmatic case studies in body-centered psychotherapy. (Doctoral dissertation, Rutgers University).
- Kaplan, A., & Schwartz, L. (2005a). Issues of attachment and sexuality: A case study from a clinical research study. *Hakomi Forum*, 14-15, 19-33.
- Kaplan, A., & Schwartz, L. (2005b). Issues of attachment and sexuality: Case studies from a clinical research study. In the Proceedings of the 2005 United States Association for Body Psychotherapy (USABP) Conference.
- 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, 284-289.
- Kapleau, P. (1979). *Zen Dawn in the West*. New York: Anchor Press/Doubleday.
- Karasu, T. B. (1999). Spiritual psychotherapy. *American Journal of Psychotherapy*, 53, 143-161.
- Katz, L. Y., and Cox, B. J. (2002). Dialectical Behavior Therapy for suicidal adolescent inpatients: A case study. *Clinical Case Studies*, 1, 81 - 92.
- Kaufman, K. Evaluating mindfulness as a new approach to athletic performance enhancement. Ph.D. dissertation, The Catholic University of America, United States -- District of Columbia. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3340661).
- Kavanagh, D., Andrade, J., & May, J. (2004). Beating the urge: implications of research into substance-related desires. *Advances in Mind-Body Medicine*, 20(2), 20-29.
- Kawai, H. (1996). *Buddhism and the art of psychotherapy*. College Station, TX: A&M University Press.
- Keller, R. (2005). Hakomi simplified 2004: A new view of Ron Kurtz's mindfulness-based psychotherapy. *Hakomi Forum*, 14-15, 518.
- Kelly, G. F. (1996). Using meditative techniques in psychotherapy. *Journal of Humanistic Psychology*, 36, 49 - 66.
- Kenny, M., & Williams, J. (2007). Treatment-resistant depressed patients show a good response to mindfulness-based cognitive therapy. *Behavior Research and Therapy*, 45, 617-625.
- Kenny, V., & Delmonte, M. (1986). Meditation as viewed through personal construct theory. *Journal of Contemporary Psychotherapy*, 16(1), 4-22.
- 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, 1131-1133.
- Kernis, M.H. & Goldman, B.M. (2006). A multicomponent conceptualization of authenticity: Theory and research. *Advances in Experimental Social Psychology*, 38, 283-357.
- Keogh, E., Bond, F., Hanmer, R., & Tilston, J. (2005). Comparing acceptance and control-based coping instructions on the cold-pressor pain experiences of healthy men and women. *European Journal of Pain*, 9, 591-598.
- Khong, B. S. L. (2009). Expanding the understanding of mindfulness: Seeing the tree and the forest. *The*

- Humanistic Psychologist*, 37, 117-136.
- Khong, B. S. L. (2007). The Buddha's influence in the therapy room. *Hakomi Forum*, 18, 11-18.
- Khong, B. S. L. (2006a). Augmenting cognitive-behavior therapy with Buddhist psychology. In M. G. T. Kwee, K. J. Gergen, & F. Koshikawa (Eds.), *Horizons in Buddhist psychology: Practice, research, and therapy*, (pp. 315-330). Taos, NM: Taos Institute Publications
- Khong, B. S. L. (2006b). Personal growth in and beyond therapy. *Constructivism in the Human Sciences*, 11(1), 7-19.
- Khong, B. S. L. (2005). Minding the mind's business (reprint). *Hakomi Forum*, 14-15, 33-42.
- Khong, B. S. L. (2004). Minding the mind's business. *The Humanistic Psychologist*, 32, 257-279.
- Khong, B. S. L. (2003a). Buddhism and psychotherapy: Experiencing and releasing dis-ease. *Constructivism in the Human Sciences*, 8(2), 37-56.
- Khong, B. S. L. (2003b). The Buddha teaches an attitude, not an affiliation. In S. R. Segall (Ed.), *Encountering Buddhism: Western psychology and Buddhist teachings* (pp. 61-74). New York: State University of New York Press.
- Khong, B. S. L. (2003c). Buddha, being, and the Black Forest. *The Humanistic Psychologist*, 31(4), 97-111.
- Khong, B. S. L. (2003d). Role of responsibility in Daseinsanalysis and Buddhism. In K. H. Dockett, G. R. Dudley-Grant, & C. P. Bankart (Eds.), *Psychology and Buddhism: From individual to global community*, (pp. 139-159). New York: Kluwer/Plenum Publishers.
- Khong, B. S. L. (1999). A comparative analysis of the concept of responsibility in Daseinsanalysis and Buddhists psychology. (Doctoral dissertation. Macquarie University, Sydney, Australia.)
- Khong, B. S. L. & Mruk, C. J. (2009). Editor's introduction to special issue on mindfulness in psychology. *The Humanistic Psychologist*, 37, 109-116.
- Kim, J. & Kramer, G. (2002). Insight dialogue meditation with anxiety problems. *Gestalt Therapists, Traumatic Experience, & Response to Anxiety*, 6(1).
- Kingston, J., Chadwick, P., Meron, D., & Skinner, T. (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, 297-300.
- 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, 193-203.
- Kishore, C., Verma, S. K., & Dhar, P. L. (1996). *Psychological effects of Vipassana on Tihar jail inmates: research report*. New Delhi: All India Institute of Medical Sciences.
- Kitchen, K., & Gayner, B. (2006). The heart of mindfulness and its role in psychotherapy. *Focus*, 21(8), 4-6.
- Kjaer, T. W., Bertelsen, C., Piccini, P., Brooks, D., Alving, J., & Lou, H. C. (2002). Increased dopamine tone during meditation-induced change of consciousness. *Cognitive Brain Research*, 13, 255-259.
- Klevnick, L. An exploration of the relationship between mindfulness and forgiveness. Ph.D. dissertation, University of Toronto (Canada), Canada. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT NR39772)
- Koerner, K., & Linehan, M. (2000). Research on dialectical behavior therapy for patients with borderline personality disorder. *Psychiatric Clinics of North America*, 23, 151-167.
- Koenig, K. (2005). Management of the depression-pain syndrome. *Journal of the American Psychiatric Nurses Association*, 11, 81 - 87.
- Kohlenberg, R. J., Hayes, S. C., & Tsai, M. (1993). Radical behavioral psychotherapy: Two contemporary examples. *Clinical Psychology Review*, 13, 579-592.
- Kokoszka, A. (1986). Limitations of a psychobiological concept of the integration of psychotherapy and meditation. *American Journal of Psychiatry*, 143, 1315.
- Kolodny, R. (2004). Why awareness works—and other insights from spiritual practice. *British Gestalt Journal*, 13, 92-99.
- 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.
- Koons, C. R., Robins, C. R., Tweed, J. L., Lynch, T. R., Gonzalez, A.M., Morse, J. Q., et al. (2001). Efficacy of dialectical behavior therapy in women veterans with borderline personality disorder. *Behavior Therapy* 32, 371-390.

- Kornfield, J. (2008). *Wise heart: A guide to the universal teachings of Buddhist psychology*. New York: Random House.
- Kornfield, J. (1993). *A Path with Heart*. New York: Bantam Books.
- Kornfield, J. (1993). Even the best meditators have old wounds to heal: Combining meditation and psychotherapy. In R. Walsh & F. Vaughan (Eds.), *Paths Beyond Ego*. New York: Tarcher/Putnam.
- Kornfield, J. (1990). *Buddhist meditation and consciousness research*. Sausalito, CA: Institute of Noetic Sciences.
- Kornfield, J. (1979). Intensive insight meditation: A phenomenological study. *Journal of Transpersonal Psychology, 11*, 41-58.
- Kornfield, J. & Siegel, D. (2008). *The wise heart and the mindful brain*. Saddle River, NJ: Mindsight Institute. www.mindsightinstitute.com.
- Kostanski, M., & Hased, C. (2008). Mindfulness as a concept and a process. *Australian Psychologist, 43*, 15-21.
- 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. *Behavior Therapy, 45*, 2518-2526.
- Kramer, J. (2004). *Buddha mom: A journey through mindful mothering*. New York: Jeremy P. Tarcher.
- Kramer, S. Z. (1995). *Transforming the inner and outer family: Humanistic and spiritual approaches to mind-body systems therapy*. New York: Haworth.
- Kreitzer, M. J., Gross, C. R., Ye, X., Russas, V., & Treesak, C. (2005). Longitudinal impact of mindfulness meditation on illness burden in solid-organ transplant recipients. *Progress in Transplants, 15*, 166-72.
- Krisanaprakornkit, T., Krisanaprakornkit, W., Piyavhatkul, N., & Laopaiboon, M. (2006). Meditation therapy for anxiety disorders. *Cochrane Database of Systematic Reviews, 1*, CD004998.
- Krisanaprakornkit, T., Witoonchart, C., & Krisanarakornkit, W. (2007). Meditation therapies for attention deficit/hyperactivity disorder. *Cochrane Database of Systematic Reviews, 2*, CD006507.
- Kristeller, J. L. (2003). Mindfulness,
- 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.
- Kristeller, J. L., & Hallett, C. B. (1999). An exploratory study of a meditation-based intervention for binge eating disorder. *Journal of Health Psychology, 4*, 357-363.
- Kristeller, J. L., & Hallett, C. B. (2002). "Mindfulness Meditation: A Treatment for Binge Eating Disorder." 7th International Conference of the Transnational Network for the Study of Physical Psychological and Spiritual Wellbeing. Wollongong, Australia. July, 2002.
- Kuipers, E. (2005). Evaluating cognitive behavior therapy for psychosis. *Clinical Psychology: Science and Practice, 12*(1), 65-67.
- Kumar, S. (2005). *Grieving mindfully: A compassionate and spiritual guide to coping with loss*. Oakland, CA: New Harbinger.
- Kumar, S. (2002). An introduction to Buddhism for the cognitive-behavioral therapist. *Cognitive and Behavioral Practice, 9*, 40-43.
- Kumar, S., Feldman, G., & Hayes, A. (2008). Changes in mindfulness and emotion regulation in an exposure-based cognitive therapy for depression. *Cognitive Therapy and Research, 32*, 734-744.
- Kurak, M. (2003). The relevance of the Buddhist theory of dependent co-origination to cognitive science. *Brain and Mind, 4*, 341-351.
- Kurash, C., & Schaul, J. (2006). Integrating mindfulness meditation within a university counseling center setting. *Journal of College Student Psychotherapy, 20*(3), 53-67.
- Kurtz, R. (2007). Three recent essays. *Hakomi Forum, 18*, 5-10.
- Kurtz, R. (2006). Five recent essays. *Hakomi Forum, 16-17*, 1-8.
- Kurtz, R. (2005). Mindfulness-based self study. *Hakomi Forum, 14-15*, 1-4.
- Kurtz, R. (2004). Hakomi method mindfulness-based body psychotherapy. Retrieved Nov. 5, 2005 from www.ronkurtz.com/writing/Readings.Aug.2004.pdf.
- Kurtz, R. (1996). Introduction to the process. *Hakomi Forum, 12*, 6-12.
- Kurtz, R. (1995). The origins of the Hakomi method. *Hakomi Forum, 11*, 3-10.
- Kurtz, R. (1990). *Body-centered psychotherapy: The Hakomi method*. Mendocino, CA: LifeRhythm.

- Kurtz, R. (1987). On the uniqueness of Hakomi. *Hakomi Forum*, 5, 2-8.
- Kurtz, R. (1986). Cancer and psychotherapy. *Hakomi Forum*, 4, 18-32.
- Kurtz, R. (1985a). The organization of experience in Hakomi therapy. *Hakomi Forum*, 3, 3-9.
- Kurtz, R. (1985b). Foundations of Hakomi therapy. *Hakomi Forum*, 2, 3-7.
- Kurtz, R., & Minton, K. (1997). Essentials of Hakomi body-centered psychotherapy. In C. Caldwell (Ed.), *Getting in touch: The guide to new body-centered therapies*, (pp. 45-60). Wheaton, IL: Quest Books.
- Kutz, I. (1985). Meditation as an adjunct to psychotherapy: An outcome study. *Psychotherapy and Psychosomatics*, 43, 209-218.
- Kutz, I., Borysenko, J., & 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.
- Kutz, I., Leserman, J., Dorrington, C., Morrison, C., Borysenko, J., & Benson, H. (1985). Meditation as an adjunct to psychotherapy. *Psychotherapy Psychosomatic*, 43, 209-218.
- Kwee, M. G. T. (1990). Cognitive and behavioral approaches to Buddhism. In M. G. T. Kwee (Ed.), *Proceedings of the 1st international conference on psychotherapy, meditation, and health*, (pp. 36-53). London: East-West Publications.
- Kwee, M., Gergen, K., & Koshikawa (Eds.) (2007). *Horizons in Buddhist psychology*. Chagrin Falls, Ohio: Taos Institute Publications.
- LaBerge, D. (1995). *Attentional processing: The brain's art of mindfulness*. Cambridge, MA: Harvard University Press.
- Ladas-Gaskin, C. (2005). Patience and letting go: The roots of compassionate healing. *Hakomi Forum*, 14-15, 75-78.
- Ladner, L. (2005). Bringing mindfulness to your practice. *Psychotherapy Networker*, July/August, 19-21.
- Ladner, L. (2004). *The lost art of compassion: Discovering the practice of happiness in the meeting of Buddhism and psychology*. New York: HarperCollins.
- Lahey, C.E., Campbell, W.K., Brown, K.W., & Goodie, A.S. (200). Dispositional mindfulness as a predictor of the severity of gambling outcomes. *Personality and Individual Differences*, 43, 1698-1710.
- Lamagna, J., & Gleiser, K. A. (2004). Building a secure internal attachment: An intra-relational approach to ego strengthening and emotional processing with chronically traumatized clients. *Memory*, 12, 507-16.
- Lambert, M. J. (1992). Psychotherapy outcome research: Implications for integrative and eclectic theories. In J. C. Norcross & M. R. Goldfried (Eds.), *Handbook of psychotherapy integration*. New York: Basic Books.
- Lambie, J. A. & Marcel, A. J. (2002). Consciousness and the varieties of emotion experience: A theoretical framework. *Psychological Review*, 109, 219-259.
- Langan, R. (2006). *Minding what matters: Psychotherapy and the Buddha within*. Boston: Wisdom Publications.
- Langan, R. (2003). The dissolving of dissolving itself. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue*, (pp. 131-145). Boston: Wisdom Publications.
- Langer, E. (2002). Well-being: Mindfulness versus positive evaluation. In Snyder, C.R. & Lopez, S.J. (Eds.), *Handbook of positive psychology* (pp. 214-230). New York: Oxford University Press.
- Langer, E. J. (2000). Mindful learning. *Current Directions in Psychological Science*, 9, 220-223.
- Langer, E. J. (1992). Matters of mind: Mindfulness/mindlessness in perspective. *Consciousness and Cognition: An International Journal*, 1, 289-305.
- Langer, E. J. (1989). *Mindfulness*. Reading, MA: Addison Wesley.
- Langer, E. J. (1997). *The Power of Mindful Learning*. Reading, MA: Addison Wesley.
- Langer, E. J., & Moldoveanu, M. (2000). The construct of mindfulness. *Journal of Social Issues*, 56, 1-9.
- Langer, E., Perlmutter, L., Chanowitz, B., & Rubin, R. (1988). Two new applications of mindlessness theory: Alcoholism and aging. *Journal of Aging Studies*, 2, 289-299.
- Langer, E., & Piper, A. (1987). The prevention of mindlessness. *Journal of Personality and Social Psychology*, 53, 280-287.
- Lappalainen, R., Lehtonen, T., Skarp, E., Taubert, E., Ojanen, M. and Hayes, S. C. (2007). The impact of CBT and ACT models using psychology trainee therapists: A preliminary controlled effectiveness trial. *Behavior Modification*, 31, 488 - 511.
- Lau, M., Bishop, W., Segal, Z., Buis, T., Anderson, N., Carlson, et al. (2006). The Toronto Mindfulness

- Scale: Development and validation. *Journal of Clinical Psychology*, 62, 1445-1467.
- Lau, M., & McMain, S. (2006). Integrating mindfulness meditation with cognitive and behavioural therapies: The challenge of combining acceptance- and change-based strategies. *Canadian Journal of Psychiatry*, 50, 863-869.
- Lazar, Sara W. (2005). Mindfulness research. In C. K. Germer, R.D. Siegel, & P. R. Fulton (Eds.), *Mindfulness and psychotherapy*, (pp. 220-240). New York: Guilford Press.
- Lazar, S., Kerr, C., Wasserman, R., Gray, J., Greve, D., Treadway, M., et al. (2005). Meditation experience is associated with increased cortical thickness. *NeuroReport*, 16, 1893-1897.
- Leahey, T. M., Crowther, J. H., Irwin, S. R. (2008). A cognitive-behavioral mindfulness group therapy intervention for the treatment of binge eating in bariatric surgery patients. *Cognitive and Behavioral Practice*, 15, 364-375.
- Leary, B., Adams, C., & Tate, E. (2006). Hypo-egoic self-regulation: exercising self-control by diminishing the influence of the self. *Journal of Personality*, 74, 1803-1831.
- Leary, M., Tate, E., Adams, C., 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, 887-904.
- Leary, M. R., Adams, C. E., & Tate, E. B. (2006). Hypo-egoic self-regulation: Exercising self-control by diminishing the influence of the self. *Journal of Personality*. 74, 1803-1831.
- Leary, M., Tate, E., Adams, C., 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, 887-904.
- Lehmann, D., Faber, P., Achermann, P., Jeanmonod, D., Gianotti, L., & Pizzagalli, D. (2001). Brain sources of EEG gamma frequency during volitionally meditation-induced, altered states of consciousness, and experience of the self. *Psychiatry Research*, 108, 111-121.
- Lehrer, P., Sasaki, Y., & Saito, Y. (1999). Zazen and cardiac variability. *Psychosomatic Medicine*, 61, 812-821.
- Leigh, J., Bowen, S., & Marlatt, G. (2005). Spirituality, mindfulness, and substance abuse. *Addictive Behaviors*, 30, 1335-1341.
- Lejeune, C. (2007). *The worry trap*. Oakland, CA: New Harbinger Press.
- Lesh, T. (1970a). Zen meditation and the development of empathy in counselors. *Journal of Humanistic Psychology*, 10, 39-74.
- Lesh, T. V. (1970b). Zen and psychotherapy: A partially annotated bibliography. *Journal of Humanistic Psychology*, 10, 75 - 83.
- Levesque, C. and Brown, K.W. (2006). Overriding motivational automaticity: Mindfulness as a moderator of the influence of implicit motivation on day-to-day behavior. Manuscript submitted for publication.
- Levin, D. M. (1989). Approaches to psychotherapy: Freud, Jung, and Tibetan Buddhism. In R. S. Valle & R. von Eckartsberg (Eds.), *Metaphors of consciousness*. New York: Plenum Press.
- Levine, M. (2000). *The positive psychology of Buddhism and yoga: Paths to mature happiness*. Mahwah, NJ: Lawrence Erlbaum Associates.
- Levitt, J. T., Brown, T.A., Orsillo, S. M., & Barlow, D. H. (2004). The effects of acceptance versus suppression of emotion on subjective and psychophysiological response to carbon dioxide challenge in patients with panic disorder. *Behavior Therapy*, 35, 747-766.
- Levitt, J. T., & Karekla, M. (2005). Integrating acceptance and mindfulness with cognitive behavior 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.
- Lew, M, Matta, C., Tripp-Tebo, C., & Watts, D. (2006). Dialectical behavior therapy (DBT) for individuals with intellectual disabilities: A program description. *Mental Health Aspects of Developmental Disabilities*, 9, 1-12.
- Lewis, L. (2006). Mindfulness and psychotherapy. *Bulletin of the Menninger Clinic*, 70(1), 83-84.
- Libet, B. (1999). Do we have free will? In B. Libet, A. Freeman, & K. Sutherland (Eds.), *The volitional brain: Towards a neuroscience of free will* (pp. 47-55). Thorverton, UK: Imprint Academic.
- Likens, S. Effecting positive changes in caregiver burden: An exploratory study using dialectical behavioral therapy. Ph.D. dissertation, Walden University, United States -- Minnesota. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*.(Publication No. AAT 3342461).

- Lillis, J., & Hayes, S. C. (2007). Applying acceptance, mindfulness, and values to the reduction of prejudice: A pilot study. *Behavior Modification, 31*, 389-411.
- Lin, P., Chang, J., Zemon, V., and Midlarsky, E. (2008). Silent illumination: A study on Chan (Zen) meditation, anxiety, and musical performance quality. *Psychology of Music, 36*, 139 - 155.
- 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*, 147-156.
- Linehan, M. (1993a). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.
- Linehan, M. (1993b). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- Linehan, M. (1994). Acceptance and change: The central dialectic in psychotherapy. In S.C. Hayes, N. S. Jacobson, V. M. Follette, & M. J. Dougher (Eds.), *Acceptance and change: Content and context in psychotherapy*, (pp. 73-86). Reno, NV: Context Press .
- Linehan, M. M., Armstrong, H. E., Suarez, A., Allmon, D., & Heard, H.L. (1991). Cognitive-behavioral treatment of chronically suicidal borderline patients. *Archives of General Psychiatry, 48*, 1060-1064.
- Linehan, M. M., Comtois, K. A., Murray, A. M., Brown, M. Z., Gallop, R. J., Heard, H. L., et al. (2007). Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs. therapy by experts for suicidal behaviors and borderline personality disorder. *Archives of General Psychiatry, 63*, 757-766.
- Linehan, M. M., Dimeff, L. A., Reynolds, S. K., Comtois, K. A., Welch, S. S., Heagerty, P., et al. (2002). Dialectical behavior therapy versus comprehensive validation therapy plus 12-step for the treatment of opioid dependent women meeting criteria for borderline personality disorder. *Drug and Alcohol Dependence, 67*, 13-26.
- Linehan, M. M., Heard, H. L., & Armstrong, H. E. (1993). Naturalistic follow-up of a behavioral treatment for chronically parasuicidal borderline patients. *Archives of General Psychiatry, 50*, 157-158.
- Linehan, M. M., Tutek, D., Heard, H. L., & Armstrong, H. E. (1994). Interpersonal outcome of cognitive-behavioral treatment for chronically suicidal borderline patients. *American Journal of Psychiatry, 51*, 1771-1776.
- Linehan, M., Schmidt, H., Dimeff, L., Craft, J., Katner, J., & Comtois, K. (1999). Dialectical behavior therapy for patients with borderline personality disorder and drug-dependence. *American Journal on Addiction, 8*, 279-292.
- Linehan, M., Dimeff, L., Reynolds, S., Comtois, K., Welch, S., Heagerty, P., et al. (2002). Dialectical behavior therapy versus comprehensive validation therapy plus 12-step for the treatment of opioid dependent women meeting criteria for borderline personality disorder. *Drug and Alcohol Dependence, 67*, 13-26.
- Logan, H. L., Baron, R. S. & Kohout, F. (1995). Sensory focus as therapeutic treatments for acute pain. *Psychosomatic Medicine, 57*, 475-484.
- Lok, S., & McMahon, S. (2006). Mothers' thoughts about their children: Links between mind-mindedness and emotional availability. *British Journal of Developmental Psychology, 24*, 477-488.
- Logsdon-Conradsen, S. (2002). Using mindfulness meditation to promote holistic health in individuals with HIV/AIDS. *Cognitive and Behavioral Practice, 9*, 67-72.
- Loizzo, J. (2000). Meditation and psychotherapy. In P. Muskin, (Ed.), *Review of psychiatry, volume 19*, (pp. 147-197). Washington, DC: American Psychiatric Association Press,
- Longmore, R. J., & Worrell, M. (2007). Do we need to challenge thoughts in cognitive behavior therapy? *Clinical Psychology Review, 27*, 173-187.
- Lopez, F. (2000). Acceptance and Commitment Therapy (ACT) in panic disorder with agoraphobia: A case study. *Psychology in Spain, 4*(1), 120-128.
- Lou, H., Kjaer, T., Friberg, L., Wildschiodtz, G., Holm, S., & Nowak, M. (1999). A 150-H2O PET study of meditation and the resting state of normal consciousness. *Human Brain Mapping, 7*, 98-105.
- Low, C. A., Stanton, A. L., & Bower, J. E. (2008). Effects of acceptance-oriented versus evaluative emotional processing on heart rate recovery and habituation. *Emotion, 8*, 419-424.

- 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.
- Ludwig, D. S., & Kabat-Zinn, J. (2008). Mindfulness in medicine. *Journal of American Association*, 300, 1351-1352.
- Lundgren, J. D. (2005). A mindfulness-based behavioral treatment for weight loss. (Doctoral dissertation, State University of New York at Albany).
- Lundh, L. (2005). The role of acceptance and mindfulness in the treatment of insomnia. *Journal of Cognitive Psychotherapy*, 19(1), 29-39.
- Lundh, L. (2000). An integrative model for the analysis and treatment of insomnia. *Scandinavian Journal of Behaviour Therapy*, 29, 118-126.
- Luoma, J., Hayes, S. & Walser, R. (2008). *Learning ACT: An acceptance and commitment skills training manual for therapists*. Oakland, CA: New Harbinger Press.
- Lutz, A., Greishar, L., Rawlings, N., Richard, M., & Davidson, R. (2004). Long-term meditators self-induce high-amplitude gamma synchrony during mental practice. *Proceedings of the National Academy of Sciences*, 101, 16369-73.
- 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.
- Lynch, T., Chapman, A., Rosenthal, M., Kuo, J., & Linehan, M. (2006). Mechanisms of change in dialectical behavior therapy: Theoretical and empirical observations. *Journal of Clinical Psychology*, 62, 459-480.
- Lynch, T. R., Cheavens, J. S., Cukrowicz, K., Thorp, S. R., Bronner, L., & Beyer, J. (2007). Treatment of older adults with co-morbid personality disorder and depression: A dialectical behavior therapy approach. *International Journal of Geriatric Psychiatry*, 22, 131-143.
- Lynch, T., Morse, J., Mendelson, T., & Robins, C. (2003). Dialectical behavior therapy for depressed adults: A randomized pilot study. *American Journal of Geriatric Psychiatry*, 11, 33-45.
- Lyubomirsky, S. (2007). *The how of happiness: A scientific approach to getting the life you want*. New York: Penguin Press.
- Lynn, S., Das, L., Hallquist, M., & Williams, J. (2006). Mindfulness, acceptance, and hypnosis: Cognitive and clinical perspectives. *International Journal of Clinical and Experimental Hypnosis*, 54, 143-166.
- Ma, S., & Teasdale, J. (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.
- Ma, Y. (2009). Attachment security, mindfulness, and psychotherapy: Testing a meditational model. Ph.D. dissertation, University of Maryland, College Park, United States -- Maryland. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3324887).
- Mace, C. (2008). *Mindfulness and mental health*. London: Routledge.
- Mackenzie, M. J., Carlson, L. E., Munoz, M. & Specia, 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.
- Mackenzie, C., Poulin, P., & Seidman-Carlson, R. (2006). A brief mindfulness-based stress reduction intervention for nurses and nurse aides. *Applied Nursing Research*, 19, 105-109.
- MacLeod, C., & Rutherford, E. (2004). Information-processing approaches: Assessing the selective functioning of attention, interpretation, and memory in GAD patients. In R. G. Heimberg, C.L. Turk, & D. S. Mennin (Eds.), *Generalized anxiety disorder: Advances in research and practice*, (pp. 109-142). New York: Guilford Press.
- Macy, J., & Brown, M. (1998). *Coming back to life: Practices to reconnect our lives, our world*. Gabriola Island, BC, Canada: New Society.
- Magid, B. (2008). *Ending the pursuit of happiness*. Boston: Wisdom Publications.
- Magid, B. (2003). Your ordinary mind. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue*, (pp. 251-285). Boston: Wisdom Publications.
- Magid, B. (2002). *Ordinary mind: Exploring the common ground of Zen and psychotherapy*. Somerville, MA: Wisdom Publications.

- Maharaj, N. (1997). *I am that: Talks with Sri Nisargadatta* (M. Frydman, Trans.). New York: Aperture.
- 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, 719-730.
- Mansky, P., & Wallerstedt, D. (2006). Complementary medicine in palliative care and cancer symptom management. *Cancer Journal*, 12, 425-431.
- Marcel, A. J. (2003). Introspective report: Trust, self-knowledge and science. *Journal of Consciousness Studies*, 10, 167-186.
- 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.
- Margolis, J., & Langer, E. (1990). An analysis of addictions from a mindful/mindless perspective. *Psychology of Addictive Behaviors*, 4, 107-115.
- Markowitz, L. (1996). Minding the body, embodying the mind. *The Family Therapy Networker*, 20(5), 20-33.
- Marks, I., & Dar, R. (2000). Fear reduction by psychotherapies: Recent findings, future directions. *British Journal of Psychiatry*, 176, 507-511.
- Marlatt, G. A. (2006). Mindfulness meditation: Reflections from a personal journey. *Current Psychology: Developmental, Learning, Personality, Social*, 25, 155-172.
- Marlatt, G. A. (2005). *Mindfulness for addiction problems*. In Carlson, J. (Ed.), Series VI: Spirituality. Compact disc. Washington, D.C.: American Psychological Association
- Marlatt, G. A. (1994a). Mindfulness and metaphor in relapse prevention: An interview with G. Alan Marlatt. Interview by Deborah K. Shattuck. *Journal of the American Dietetic Association*, 94, 846-848.
- Marlatt, G. A. (1994b). Addiction, mindfulness, and acceptance. In S. C. Hayes, N. S. Jacobson, V. M. Follette & M. J. Dougher (Eds.), *Acceptance and change: Content and context in psychotherapy*, (pp. 175-197). Reno, NV: Context Press.
- Marlatt, G. A. (2002). Buddhist philosophy and the treatment of addictive behavior. *Cognitive and Behavioral Practice*, 9, 44-50.
- Marlatt, G. A., & Gorgeon, J. R. (1985). *Relapse prevention: Maintenance strategy in the treatment of addictive behaviors*. New York: Guilford Press.
- Marlatt, G. A., & Kristeller, J. L. (1999). Mindfulness and meditation. In W. R. Miller (Ed.), *Integrating spirituality into treatment*, (pp. 67-84). Washington, DC: American Psychological Association.
- Marlatt, G. A., & Marques, J. K. (1977). Meditation, self-control, and alcohol use. In R. Stuart (Ed.), *Behavioral self-management: Strategies, techniques, and outcomes*. New York: Brunner/Mazel.
- Marlatt, G. A., Pagano, R. R., Rose, R. M., & Marques, J. K. (1984). Effects of meditation and relaxation training upon alcohol use in male social drinkers. In D. H. Shapiro & R. N. Walsh (Eds.), *Meditation: Classic and contemporary perspectives*, (pp. 105-120). New York: Aldine.
- 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.
- Marlock, G., & Weiss, H. (2006). In search of the embodied self. *Hakomi Forum*, 16-17, 47-56.
- Marra, T. (2005). *Dialectical behavior therapy in private practice: A practical and comprehensive guide*. Oakland, CA: New Harbinger Publications.
- Marra, T. (2004). *Depressed and anxious: A dialectical behavior therapy workbook for overcoming depression and anxiety*. Oakland, CA: New Harbinger Publications.
- Martell, C., Addis, M., & Dimidjian, S. (2004). Finding the action in behavioral activation: The search for empirically supported interventions and mechanisms of change. In S. C. Hayes, V. M. Follette, & M. M. Linehan. (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*, (pp. 152-167). New York: Guilford Press.
- Martin, D. (1995). Remembering wholeness: A model for healing and recovery. *Hakomi Forum*, 11, 47-52.
- Martin, J. (2002). The common factor of mindfulness—An expanding discourse: Comment on Horowitz (2002). *Journal of Psychotherapy Integration*, 12, 139-142.
- Martin, J. (1999). *The Zen path through depression*. New York: HarperCollins.

- Martin, J. (1997). Mindfulness: A proposed common factor. *Journal of Psychotherapy Integration, 7*, 291-312.
- Martin, L. L. & Tesser, A. (1996). Clarifying our thoughts. In R. S. Wyer (Ed.), *Ruminative thought: Advances in social cognition 9*, 189-209. Mahwah, NJ: Lawrence Erlbaum.
- Mason, O., & Hargreaves, I. (2001). A qualitative study of mindfulness-based cognitive therapy for depression. *British Journal of Medical Psychology, 74*, 197-212.
- Massion, A. O., Teas, J., Hebert, J. R., Wertheimer, M. D., & Kabat-Zinn, J. (1995). Meditation, melatonin, and breast/prostate cancer: Hypothesis and preliminary data. *Medical Hypotheses, 44*, 39-46.
- 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*, 1059-1066.
- Matthews, G., Roberts, R. D., & Zeidner, M. (2004). Seven myths about emotional intelligence. *Psychological Inquiry, 15*, 179-196.
- Maupin, E. W. (1965). Individual differences in response to a new meditation exercise. *Journal of Consulting Psychology, 29*, 139-145.
- Maupin, E. W. (1962). Zen Buddhism: A psychological review. *Journal of Consulting Psychology, 26*, 362-378.
- May, G. G. (1982). *Will and spirit*. San Francisco: Harper Collins.
- May, M. (2005). The effects of a self-acceptance training emphasizing compassion and mindfulness skills with inner experiences. (Doctoral dissertation, Institute for Transpersonal Psychology.).
- Mayland, K. A. (2005). The impact of practicing mindfulness meditation on women's sexual lives. (Doctoral dissertation, Alliant International University).
- McCloy, S. G. O., (2005). A preliminary study of mindfulness in children as a conceptual framework for coping with bullying. (Doctoral dissertation, University of South Carolina).
- McCracken, L. M., & Keogh, E. (2009). Acceptance, mindfulness, and values-based action may counteract fear and avoidance of emotions in chronic pain: An analysis of anxiety sensitivity. *The Journal of Pain, 10*, 408-415.
- McCracken, L. M., Yang, S. (2008). A contextual cognitive-behavioral analysis of rehabilitation worker's health and well-being: Influences of acceptance, mindfulness, and values-based action. *Rehabilitation Psychology, 53*, 479-485.
- McCullough, M. E. (2002). Savoring life, past and present: Explaining what hope and gratitude share in common. *Psychological Inquiry, 13*, 302-304.
- McIntosh, W. (1997). East meets West: Parallels between Zen Buddhism and social psychology. *The International Journal for the Psychology of Religion, 7*(1). 37-52.
- McKay, M., Wood, J. & Brantley, J. (2007). *The dialectical behavior therapy skills workbook*. Oakland, CA: New Harbinger Press.
- 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 Behavior Therapy, 36*, 91-100.
- McManus, C. A. (2003). *Group wellness programs for chronic pain and disease management*. St. Louis: Butterworth-Heinemann.
- McMillan, T., Robertson, I. H., Brock, D., & Chorlton, L. (2002). Brief mindfulness training for attentional problems after traumatic brain injury: A randomized control treatment trial. *Neuropsychological Rehabilitation, 12*, 117-125.
- McQuaid, J., & Carmona, P. (2004). *Peaceful mind: Using mindfulness and cognitive behavioral psychology to overcome depression*. Oakland, CA: New Harbinger Publications.
- 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*, 193-197.
- Meditation in psychotherapy (2005). *Harvard Mental Health Newsletter, 21*(10), 1-4
- Meili, T. & Kabat-Zinn, J. (2004). The power of the human heart: A story of trauma and recovery and its implications for rehabilitation and healing. *Advances in Mind/Body Medicine, 20*, 6-16.
- 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

- Mennin, D., Heimberg, R., Turk, C., & Fresco, D. (2002). Applying an emotion regulation framework to integrative approaches to generalized anxiety disorder. *Clinical Psychology: Science and Practice, 9*, 85-90.
- 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*, 693-696.
- Mikalus, W. L. (2007). Buddhism and Western psychology: Fundamentals of integration. *Journal of Consciousness Studies, 14*(4), 4-49.
- Mikalus, W. (1990). Mindfulness, self-control, and personal growth. In M. G. T. Kwee (Ed.), *Proceedings of the First International Conference on Psychotherapy, Meditation, and Health*, (pp. 51-164). London: East-West Publications.
- Miller, A., Rathus, J., & Linehan, M. (2007). *Dialectical Behavior Therapy with suicidal adolescents*. New York: Guilford Press.
- 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*, 183-187.
- Miller, J. (1993). The unveiling of traumatic memories and emotions through mindfulness and concentration meditation: Clinical implications and three case reports. *The Journal of Transpersonal Psychology, 25*, 169-176.
- 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*, 192-200.
- Miller, W. R. (1998). Researching the spiritual dimensions of alcohol and other drug problems. *Addictions, 93*, 979-990.
- 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.
- Molino, A. (Ed.) (1998). *The couch and the tree*. New York: North Point Press.
- Monda, L. (2005). Bringing mindfulness to despair. *Hakomi Forum, 14-15*, 59-62.
- Monda, L. (2000). *The practice of wholeness: Spiritual transformation in everyday life*. Placitas, NM: Golden Flower Publications.
- Monti, D., Peterson, C., Kunkel, E., Hauck, 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*, 363-373. Retrieved May 25, 2006, from <http://www3.interscience.wiley.com/cgi-bin/abstract/112137081/ABSTRACT>
- Moore, S. Mindfulness, experiential avoidance, and the narrative disclosure task. Ph.D. dissertation, Boston University, United States -- Massachusetts. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3259910).
- Morgan, M. (2006). Neuroscience and psychotherapy. *Hakomi Forum, 16-17*, 9-22.
- Morgan, S. P. (2005). Depression: Turning toward life. In C. K. Germer, R. D. Siegel, and P. R. Fulton (Eds.), *Mindfulness and psychotherapy*, (pp. 130-151). New York: Guilford Press.
- Morgan, W. D. & Morgan, S. T. (2005). Cultivating attention and empathy. In C. K. Germer, R. D. Siegel, & P. R. Fulton (Eds.), *Mindfulness and Psychotherapy*, (pp. 73-90). New York: Guilford Press.
- 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*, 310-319.
- Moustgaard, A. K. (2005). Mindfulness-based cognitive therapy (MBCT) for stroke survivors: An application of a novel intervention. (Doctoral dissertation, Lakehead University, Canada).
- Mowrer, J. (2009). Accessing implicit material through body sensations. *Hakomi Forum, 19-20-21*, 147-155.
- Moyer, L. (1986). The context for Hakomi in the treatment of eating disorders. *Hakomi Forum, 4*, 33-41.
- Mruk, C. & Hartzell, J. (2003). *Zen and psychotherapy: Integrating traditional and nontraditional approaches*. New York: Springer Publishing Co.
- Murphy, J. Comparison of relaxation techniques for group cognitive behavioral therapy for generalized anxiety disorder. Ph.D. dissertation, Alliant International University, San Diego, United States -- California. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT

- 3351245).
- 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.
- Murphy, M., Donovan, S., & Taylor, E. (1997). *The physical and psychological effects of meditation: A review of contemporary research with a comprehensive bibliography, 1931-1996. 2nd ed.* Sausalito, CA: The Institute of Noetic Sciences
- Myllerup, I. M. (2000). From mind body fragmentation to bodymind wholeness. (Doctoral dissertation, Institute of Psychology, University of Aarhus, Denmark).
- Napoli, M. (2004). Mindfulness training for teachers: A pilot program. *Complementary Health Practice Review, 9*(1), 31-42.
- Napoli, M., Krech, P., & Holley, L. (2005). Mindfulness training for elementary school students: The Attention Academy. *Journal of Applied School Psychology, 21*(1), 99-125.
- Naphthali, S. (2003) *Buddhism for mothers: A calm approach to caring for yourself and your children.* Crows Nest, Australia: Allen & Unwin Pty.
- Nass, C., & Moon, Y. (2000). Machines and mindlessness: Social responses to computers. *Journal of Social Issues, 56*(1), 81-103.
- Nauriyal, D., Drummond, M., & Lai, Y. (2006). *Buddhist thought and applied psychological research: Transcending the boundaries.* New York: Routledge.
- Neff, K. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences, 9*(2), 27-37.
- Neff, K. (2003a). The development and validation of a scale to measure self-compassion. *Self and Identity, 2*, 223-250.
- Neff, K. (2003b). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity, 2*, 85-101.
- Neff, K., Hsieh, Y., & Dejitterat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity, 4*, 263-287.
- Neff, K. D., Kirkpatrick, K. & Rude, S. S. (2007). Self-compassion and its link to adaptive psychological functioning. *Journal of Research in Personality, 41*, 139-154.
- Neff, K. D., Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality, 41*, 908-916.
- Netz, Y., & Lidor, R. (2003). Mood alterations in mindful versus aerobic exercise modes. *The Journal of Psychology, 137*, 405-419.
- Newberg, A., Alavi, M., Baime, M., Pourdehnad, J., Santanna, J., & d'Aquili, E. (2001). The measurement of regional cerebral blood flow during the complex cognitive task of meditation: A preliminary SPECT study. *Psychiatry Research, 106*, 113-122.
- Newman, J. (1994). Affective empathy training with senior citizens using Zazen (Zen) meditation. *Dissertation Abstracts International, 55*(5-A).
- Newsome, S., Christopher, J. C., Dahlen, P., & Christopher, S. (2006). Teaching counselors self-care through mindfulness practices. *Teachers College Record, 108*, 1881-1900.
- Nice, P. Mindfulness interventions in the treatment of substance and mood disorders. Ph.D. dissertation, Northcentral University, United States -- Arizona. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text.* (Publication No. AAT 3308482).
- Nielsen, L., & Kaszniak, A. W. (2006). Awareness of subtle emotional feelings: A comparison of long-term meditators and nonmeditators. *Emotion, 6*, 392-405.
- Niemiec, C. P., Brown, K. W., & Ryan, R. M. (2006). Being present to death: Mindfulness modulates the effects of mortality salience on defensive interpersonal judgments. Manuscript submitted for publication.
- Niemiec, C. P. Ryan, R. M., & Brown, K. W. (in press). The role of awareness and autonomy in quieting the ego: A Self-determination Theory perspective. In H. A. Wayment & J. J. Bauer (Eds.), *The quiet ego: Research and theory on the benefits of transcending egoistic self-interest.* Washington, DC: American Psychological Association.
- Norcross, J. (Ed.). (2002). *Psychotherapy relationships that work: Therapist contributions and responsiveness to patient needs.* New York: Oxford University Press.

- Norcross, J. (Ed.) (2001). Empirically supported therapy relationships: Summary report of the Division 29 Task Force. *Psychotherapy, 38*, 345-356.
- Norman, D. M. & Schwartz, R. C. (2003). Maintaining self leadership with borderline clients. *Journal of Self-Leadership, 1*, 32-37
- Norris, G. (1991). *Being home: A book of meditations*. New York: Bell Tower.
- Norris, G. (1992). *Sharing silence: Meditation practice and mindful living*. New York: Bell Tower.,
- Norris, G. (2004). *Inviting silence: Universal principles of meditation*. New York: BlueBridge.
- Norum, D. (2000). Mindful solutions: A journey of awareness. *Journal of Systemic Therapies, 19*(1), 16-19.
- Nyanaponika, T. (1972). *The power of mindfulness*. San Francisco: Unity Press.
- Nyanaponika, T. (1965). *The heart of Buddhist meditation*. York Beach, ME: Red Wheel/Weiser.
- Nyanaponika, T. (1949/1998). *Abhidhamma studies*. Boston: Wisdom Publications.
- O'Connell, Oliver (2009). Introducing mindfulness as a adjunct treatment in an established residential drug and alcohol facility. *The Humanistic Psychologist, 37*, 178-191.
- Odajnyk, V. W. (1993). *Gathering the light: A psychology of meditation*. Boston: Shambhala.
- O'Donohue, M. (2002). A Buddhist Middle Way in therapy. *Australian and New Zealand Journal of Family Therapy, 23*, 196-201.
- O'Donohue, J., & Siegel, D. J. (2006). *Awakening the mind*. Mindsight Institute Audio Recordings. Lenox, MA.: Mindsight Institute.com. **www.mindsightinstitute.com**
- Ogden, P. (1997). Hakomi integrated somatics: Hands-on psychotherapy. In C. Caldwell (Ed.), *Getting in touch: The guide to new body-centered therapies*, (pp. 153-178). Wheaton, IL: Quest Books.
- Ogden, P. (1996). Hands-on psychotherapy. *Hakomi Forum, 12*, 31-44.
- Ogden, P., & Minton, K. (2000). Sensorimotor psychotherapy: One method for processing trauma. *Traumatology, 1*, 149-173.
- Ogden, P., Minton, K., & Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: W. W. Norton.
- Ogden, P., & Peters, A. (1990). Translating the body's language. *Hakomi Forum, 8*, 31-34.
- 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.
- Olson, T. (2003). Buddhism, behavior change, and OCD. *Journal of Holistic Nursing, 21*, 149-162.
- Oman, D., Shapiro, S. L., Thoresen, C. E., Flinders, T., Driskell, J. D., & Plante, T. G. (2007). Learning from spiritual models and meditation: A randomized evaluation of a college course. *Pastoral Psychology, 55*, 473-493.
- Oman, D., Shapiro, S., Thoresen, C., Plante, T., & Flanders, T. (in press). Meditation lowers stress and supports forgiveness among college students: A randomized controlled trial. *Journal of American College Health*.
- Ong, J. C., Shapiro, S. L., Manber, R. (2008). Combining mindfulness meditation with cognitive-behavior therapy for insomnia: A treatment-development study. *Behavior Therapy, 39*, 171-182.
- Orsillo, S., & Batten, S. (2005). Acceptance and Commitment Therapy in the treatment of posttraumatic stress disorder. *Behavior Modification, 29*(1), 95-129.
- Orsillo, S., & Roemer, L. (Eds.) (2005). *Acceptance and mindfulness-based approaches to anxiety: Conceptualization and treatment*. New York: Springer.
- 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*, 223-230.
- Orsillo, S. M., Roemer, L., & Holowka, D. W. (2005). Acceptance-based behavior 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
- 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.
- Ortiz, F. (2009). Hakomi on campus: Teaching loving presence and mindfulness at a public university in Mexico City. *Hakomi Forum, 22*, 43-45.
- Ostafin, B., Chawla, H., Bowen, S., Dillworth, T., Witkiewitz, K., & Marlatt, G. (2006). Intensive

- mindfulness training and the reduction of psychological distress: A preliminary study. *Cognitive and Behavioral Practice*, 13, 191-197.
- Otani, A. (2000). Eastern meditative techniques and hypnosis: A new synthesis. *American Journal of Clinical Hypnosis*, 46, 97-108.
- Ott, M. J. (2006). Mind-body therapies for the pediatric oncology patient: Matching the right therapy with the right patient. *Journal of Pediatric Oncology Nursing*, 23, 254-257.
- Ott, M. (2004). Mindfulness meditation: A path of transformation and healing. *Journal of Psychosocial Nursing and Mental Health Services*, 42(7), 22-29.
- Ott, M. (2002). Mindfulness meditation in pediatric clinical practice. *Pediatric Nursing*, 28, 487-490.
- Ott, M., Norris, R., & Bauer-Wu, S. (2006). Mindfulness meditation for oncology patients: A discussion and critical review. *Integrative Cancer Therapies*, 52, 98-108.
- Pace, T. W. W., Negi, L. T., Adame, D. D., Cole, S. P., Sivilli, T. I., Brown, T. D., Issa, M. J., & Raision, C. L. (2009). Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress. *Psychoneuroendocrinology*, 34(1), 87-98.
- Palm, K. M. (2005). An examination of mindfulness: Assessment and relationship to PTSD. (Doctoral dissertation, University of Nevada at Reno).
- Palm K. M. & Follette V. M. (2000). Counseling strategies with adult survivors of sexual abuse as children. *Directions in Clinical and Counseling Psychology*, 11, 49-60.
- Park, A. (2003). Calming the mind. *Time*, August 4, 162, 52.
- Parks, G. A., Anderson, B. K., & Marlatt, G. A. (2001). Relapse prevention therapy. In N. Heather, T. J. Peters, & T. Stackwell (Eds.), *Interpersonal handbook of alcohol dependence and problems*, (pp. 575-592). New York: John Wiley.
- Patel, S. R. (2006). Mindfulness-based treatment for OCD: A case report. Paper presented at the 5th annual Mindfulness-Based Stress Reduction International Conference, Worcester, MA.
- Pauzano-Slamm, N. M. (2005). Mindfulness meditation for chronic fatigue syndrome: A controlled trial. (Doctoral dissertation, Hofstra University).
- Pearl, J., & Carlozzi, A. (1994). Effect of meditation on empathy and anxiety. *Perceptual and Motor Skills*, 78, 297-298.
- Pelled, E. (2007). Learning from experience: Bion's concept of reverie and Buddhist meditation: A comparative study. *International Journal of Psychoanalysis*, 88, 1507-1526.
- Pelletier, K. R., & Garfield, C. (1976). *Consciousness East and West*. New York: Harper & Row.
- Peng, C., Mietus, J., Liu, Y., Khalsa, G., Douglas, P., Benson, H., et al. (1999). Exaggerated heart rate oscillations during two meditation techniques. *International Journal of Cardiology*, 70, 101-107.
- Perseus, K., Kaver, A., Ekdahl, S. Asberg, 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, 635-643.
- Pesso, A. (1973). *Experience in action*. New York: New York University Press.
- Pesso, A. (1969). *Movement in psychotherapy*. New York: New York University Press.
- Pettinati, P. (2001). Meditation, yoga, and guided imagery. *The Nursing Clinics of North America*, 36(1), 47-56.
- Pierce, J. (2003). Mindfulness based reality therapy (MBRT). *International Journal of Reality Therapy*, 23(1), 91-94.
- 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, 1136-1138.
- Polizzi, T. N. (2008). An examination of mindfulness-based cognitive therapy for angry drivers. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, Vol. 68(8-B), pp. 5588.
- Pope, T. (2005). Vehicle of life. *Hakomi Forum*, 14-15, 57-58.
- 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.
- Proulx, K. (2003). Integrating mindfulness-based stress reduction. *Holistic Nursing Practice*, 17, 201-208.
- Quale, K. (2007). Nourish the body, ease the mind, and brighten the spirit. *Hakomi Forum*, 18, 41-46.

- Quartana, P., Laubmeier, K., & Zakowski, S. (2006). Psychological adjustment following diagnosis and treatment of cancer: An examination of the moderating role of positive and negative emotional expressivity. *Journal of Behavioral Medicine, 29*, 487-498.
- Rabten, G., & Batchelor, S. (1983). *Echoes of voidness*. Somerville, MA: Wisdom Publications.
- Ramel, W., Goldin, P., Carmna, P., & McQuaid. (2004). The effects of mindfulness meditation on cognitive processes and affect in patients with past depression. *Cognitive Therapy and Research, 28*, 433-455.
- Randolph, P. D., Caldera, Y. M., Tacone, A. M., & Greak, M. L. (1999). The long-term combined effects of medical treatment and a mindfulness-based behavioral program for the multidisciplinary management of chronic pain in West Texas. *Pain Digest, 9*, 103-112.
- Rapee, R. M. (1998). *Overcoming shyness and social phobia*. Killara, Australia: Lifestyle Press.
- Rathus, J. H., Cavuoto, N., & Passrelli, 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.
- Raz, A. & Buhle, J. (2006). Typologies of attentional networks. *Nature Reviews Neuroscience, 7*, 367-379.
- Records, D. (1984). The Hakomi method and couples. *Hakomi Forum, 1*, 29-38.
- Ree, M. J., & Craigie, M. A. (2007). Outcomes following mindfulness-based cognitive therapy in a heterogeneous sample of adult outpatients. *Behavior Change, 24*, 70-86.
- Reibel, D., Greeson, J., Brainard, G., & Rosenzweig, S. (2001). Mindfulness-based stress reduction and health-related quality of life in a heterogeneous patient population. *General Hospital Psychiatry, 23*, 183-192.
- Reiman, J. (1985). The impact of meditative attentional training on measures of select attentional parameters and on measures of client perceived counselor empathy. *Dissertation Abstracts International, 46(6-A)*, 1569.
- Reis, D. Mindfulness meditation, emotion, and cognitive control: Experienced meditators show distinct brain and behavior responses to emotional provocations. Ph.D. dissertation, Yale University, United States -- Connecticut. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3317271).
- Reynolds, D. K. (2003). Mindful parenting: A group approach to enhancing reflective capacity in parents and infants. *Journal of Child Psychotherapy, 29*, 357-374.
- Reynolds, D. K. (1988). *The quiet therapies: Japanese pathways to personal growth*. Honolulu: University of Hawaii Press.
- Rhodes, L., et al. (2005). A randomized, controlled trial of Mindfulness-Based Art Therapy (MBAT) for women with cancer. *Psycho-Oncology, 14*, 1-11.
- Riedesel, B. (1983). Meditation and empathic behavior: A study of clinically standardized meditation and affective sensitivity. *Dissertation Abstracts International, 43(10-A)*, 3274.
- Ritchart, R., & Perkins, D. (2000). Life in the mindful classroom: Nurturing the disposition of mindfulness. *Journal of Social Issues, 56(1)*, 27-47.
- Robbins, M. (1998). *Therapeutic presence in holistic psychotherapy*. London: Jessica Kingsley Publishers.
- 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*, 819-827.
- Roberts, T. (2009). *The mindfulness workbook: A beginner's guide to overcoming fear and embracing compassion*. Oakland, CA: New Harbinger Publications.
- Robins, C. J. (2002). Zen principles and mindfulness practice in dialectical behavior therapy. *Cognitive & Behavioral Practice, 9(9)*, 50-57.
- Robins, C., & Chapman, A. (2003). Dialectical behavior therapy: Current status, recent developments, and future directions. *Journal of Personality Disorders, 18(1)*, 73-89.
- 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.

- 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, 683-694.
- Roemer, L. & Orsillo, S. (2008). *Mindfulness and acceptance-based behavioral therapies in practice*. New York: Guilford Press.
- Roemer, L., & Orsillo, S. (2007). An open trial of an acceptance-based behavior therapy for generalized anxiety disorder. *Behavior Therapy*, 38, 72-85.
- 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
- Roemer, L., & Orsillo, S. (2003). Mindfulness: A promising intervention strategy in need of further study. *Clinical Psychology: Science and Practice*, 10, 172-178.
- Roemer, L., & Orsillo, S. (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.
- Roemer, L., Orsillo, S. M., & Salters-Pedneault, K. (in press). Efficacy of an acceptance-based behavior therapy for generalized anxiety disorder: Evaluation in a randomized controlled trial. *Journal of Consulting and Clinical Psychology*.
- 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 based and applications* (pp. 51-74). San Diego, CA: Elsevier Academic Press.
- 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, 272-281.
- Rokke, P. D., & Robinson, M. D. (2006). Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse. *Clinical Psychology Review*, 26, 654-655.
- Rosch, E. (1997). Mindfulness meditation and the private (?) self. In U. Neisser & D. A. Jopling (Eds.), *The conceptual self in context* (pp. 185-202). New York: Cambridge University Press.
- Rosen, E. G. (1983). Contemporary theory and methodology in three body-centered, experiential psychotherapies. (Masters thesis, University of West Georgia, 1983.)
- Rosenbaum, R. (2009). Empty mindfulness in humanistic psychotherapy. *The Humanistic Psychologist*, 37, 207-221.
- Rosenbaum, R. (2003). Reflections on mirroring. In S. R. Segall (Ed.), *Encountering Buddhism: Western Psychology and Buddhist Teachings*, (pp. 143-163). Albany: State University of New York Press.
- Rosenbaum, R. (1999). *Zen and the heart of psychotherapy*. New York: Plenum Press.
- Rosenbaum, R., & Dyckman, J. (1996). No Self? No problem! In M. Hoyt (Ed.), *Constructive psychotherapies, volume II* (pp. 238-274). New York: Guilford.
- Rosenberg, L. (1998). *Breath by breath: The liberating practice of insight meditation*. Boston: Shambhala Publications.
- Rosenthal, J. (1990). The meditative therapist. *The Family Therapy Networker*, 14, 38-41.
- Rosenzweig, S., Reibel, D., Greeson, J., Brainard, G., & Hojat, M. (2003). Mindfulness-based stress reduction lowers psychological distress in medical students. *Teaching and Learning in Medicine*, 15, 88-92.
- Rossy, L. (2005). Mindfulness: More than just a new technique: A review of C. K. Germer, R. D. Siegel, & P. R. Fulton (Eds.), *Mindfulness and psychotherapy*. *PsycCRITIQUES*, 50(46).
- Roth, B. (1997). Mindfulness-based stress reduction in the inner city. *Advances*, 13(4), 50-58.
- 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.
- Roth, B., & Creasor, T. (1997). Mindfulness meditation-based stress reduction: Experience with a bilingual inner-city program. *The Nurse Practitioner*, 22, 150-176.

- 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*, 113-123.
- Roth, B., & Stanley, T. (2002). Mindfulness-based stress reduction and healthcare utilization in the inner city: Preliminary findings. *Alternative Therapy Health Medicine*, *8*(1), 60-62, 64-66.
- Rothaupt, J. W., & Morgan, M. M. (2007). Counselors' and counselor educators' practice of mindfulness: A qualitative inquiry. *Counseling and Values*, *52*(1), 40-54.
- Rothwell, N. (2006). The different facets of mindfulness. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, *24*(1), 79-86.
- Roy, D. M. (2003). Body-centered counseling and psychotherapy. In D. Capuzzi & D. Gross (Eds.), *Counseling and psychotherapy: Theories and interventions, 4th edition*, (pp. 387-414). Upper Saddle River, NJ: Merrill Prentice Hall.
- Rubin, J. B. (2003). A well-lived life: psychoanalytic and Buddhist contributions. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue*, (pp. 387-409). Boston: Wisdom Publications.
- Rubin, J. B. (1997). Psychoanalysis is self-centered. In C. Spezzano & G. Spessano (Eds.), *Soul on the couch: Spirituality, religion, and morality in contemporary psychoanalysis*. Hillsdale, NJ: Analytic Press.
- Rubin, J. B. (1996). *Psychotherapy and Buddhism*. New York: Plenum Press.
- Russell, S., & Browne, J. (2005). Staying well with bipolar disorder. *Australian and New Zealand Journal of Psychiatry*, *39*, 187-193.
- Ryan, R. M., & Brown, K. W. (2003). Why we don't need self-esteem: Basic needs, mindfulness, and the authentic self. *Psychological Inquiry*, *14*, 71-76.
- Ryan, R. M. & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, *55*, 68-78.
- Ryan, R.M. & Deci, E.L. (2004). Autonomy is no illusion: Self-determination theory and the empirical study of authenticity, awareness, and will. In J. Greenberg, S. L. Koole, & T. Pyszczynski (Eds.), *Handbook of Experimental Existential Psychology* (pp. 449-479). New York: Guilford.
- Ryan, R. M. & Frederick, C. (1997). On energy, personality, and health: Subjective vitality as a dynamic reflection of well-being. *Journal of Personality*, *65*, 529-565.
- Rychlak, J. F. (1997). *In defense of human consciousness*. Washington, DC: APA.
- Ryback, D. (2006). Self-determination and the neurology of mindfulness. *Journal of Humanistic Psychology*, *46*, 474 - 493.
- Sadlier, M., Stevens, S., & Kennedy, V. (2007). Tinnitus rehabilitation: A mindfulness meditation cognitive behavioural therapy approach. *Journal Laryngol Otol*, *116*, 1-7.
- Safer, D., Telch, C., & Agras, W. (2001). Dialectical behavior therapy for bulimia nervosa. *American Journal of Psychiatry*, *158*, 632-634.
- Safran, J. (Ed.) (2003a). *Psychoanalysis and Buddhism*. Boston: Wisdom Publications.
- Safran, J. (2003b). Introduction: Psychoanalysis and Buddhism as cultural institutions. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue*, (pp. 1-34). Boston: Wisdom Publications.
- 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*, 333-342.
- 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. Bee (Eds.), *Handbook of health behavior change, 2nd ed.* (pp. 239-268). New York: Springer,;
- Salmon, P., Sephton, S., Weissbecker, I., Hoover, K., Ulmer, C., & Studts, J. (2004). Mindfulness meditation in clinical practice. *Cognitive and Behavioral Practice*, *11*, 434-446.
- Salomon, G., & Globerson, T. (1987). Skill may not be enough: The role of mindfulness in learning and transfer. *International Journal of Education Research*, *11*, 623-627.
- Salzberg, S. (2002). *Faith: Trusting you own deepest experience*. New York: Riverhead Books.
- Salzberg, S. (1999). *A heart as wide as the world: Stories on the path to loving kindness*. Boston: Shambhala.
- Salzberg, S. (1995). *Lovingkindness: The revolutionary art of happiness*. Boston: Shambhala Publications.

- Samuelson, M., Carmody, J., Kabat-Zinn, J. and Bratt, M. A. (2007). Mindfulness-based stress reduction in Massachusetts correctional facilities. *The Prison Journal*, 87, 254 - 268.
- Santorelli, S. (1999). *Heal thyself: Lessons on mindfulness in medicine*. New York: Bell Tower.
- Saxe, G., Hebert, J., Carmody, J., Kabat-Zinn, J., Rosenzweig, P., Jarzobski, 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? *Journal of Urology*, 166, 2202-2207.
- Sayadaw, M. (1971). *Practical insight meditation: Basic and progressive stages*. Kandy, Sri Lanka: The Forest Hermitage.
- Schanzer, L. (1990). Does meditation-relaxation potentiate psychotherapy? (Doctoral dissertation, Massachusetts School of Professional Psychology.)
- Schanzer, L. (1988). Non-invasive methodologies of studying neurological correlates of human mental states, in particular those during psychotherapy: A review of recent literature. *Hakomi Forum*, 6, 32-46.
- Schaub, R. (1996). Meditation, adult development, and health: Part II. *Complementary Health Practice Review*, 2, 61 - 68.
- Scheel, K. (2000). The empirical basis of dialectical behavior therapy: Summary, critique, and implications. *Clinical psychology: Science and practice*, 7(1), 68-86.
- Schenström, A., Rönnerberg, S. and Bodlund, O. (2006). Mindfulness-based cognitive attitude training for primary care staff: A pilot study. *Complementary Health Practice Review*, 11, 144 - 152.
- Scherer-Dickson, N. (2004). Current developments of metacognitive concepts and their clinical implications: Mindfulness-based cognitive therapy for depression. *Counselling Psychology Quarterly*, 17, 223-234.
- Schmidt, A., & Miller, J. (2004). Healing trauma with meditation. *Tricycle*, 14(1), 40-43.
- Schooler, J. W. & Schreiber, C. A. (2004). Experience, meta-consciousness, and the paradox of introspection. *Journal of Consciousness Studies*, 11, 17-39.
- Schraw, G. (1998). Promoting general metacognitive awareness. *Instructional Science*, 26, 113-125.
- Schulmeister, M. (1992). Grace in therapy: What a therapist must trust in. *Hakomi Forum*, 9, 51-55.
- Schulmeister, M. (1988). The Hakomi method in therapy groups. *Hakomi Forum*, 6, 47-56.
- 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.
- Schwartz, J. (1996). *Brain lock*. New York: Regan Books.
- Schwartz, J., & Begley, S. (2002). *The mind and the brain: Neuroplasticity and the power of mental force*. New York: HarperCollins Publishers.
- 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*. New York: Haworth Press, Inc.
- Schwartz, J., Stapp, H., & Beauregard, M. (2005). Quantum physics in neuroscience and psychology: A neurophysical model of mind-brain interaction. *Philosophical Transactions of The Royal Society*, 360(1458), 1309-1327.
- Schwartz, R. C. (1992). Rescuing the exiles. *Family Therapy Networker*, 16(3), 33-37, 75.
- Schwartz, R. C. (1988). Know thy selves. *Family Therapy Networker*, 13(3), 21-29.
- Schwartz, R. (1995). *Internal Family Systems therapy*. New York: Guilford Press.
- Seeman, T., Dubin, L., & Seeman, M. (2003). Religiosity/spirituality and health: A critical review of the evidence for biological pathways. *American Psychologist*, 58(1), 53-63.
- Segal, W. (1995). Interviewed in T. Cochran & J. Zaleski, *Transformations: Awakening to the sacred in ourselves*. New York: Bell Tower.
- Segal, Z. (2005). *Mindfulness-based cognitive therapy for depression*. In Carlson, J. (Ed.) Series VI: Spirituality. Compact disc. Washington, D.C.: American Psychological Association
- 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.

- Segal, Z. V., Teasdale, J. D., Williams, J. M., & Gemar, M. C. (2002). The mindfulness-based cognitive therapy adherence scale: Inter-rater reliability, adherence to protocol and treatment distinctiveness. *Clinical Psychology & Psychotherapy*, 9, 131-138.
- Segal, Z., Williams, J., & Teasdale, J. (2002). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford Press.
- Segall, S. R. (2005). Mindfulness and self-development in psychotherapy. *Journal of Transpersonal Psychology*, 37, 143-163.
- Segall S. (2003). *Encountering Buddhism: Western psychology and Buddhist teachings*. Albany, NY: State University of New York Press.
- 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.
- Semple, R., Reid, E., & Miller, L. (2005). Treating anxiety with mindfulness: An open trial of mindfulness training for anxious children. *Journal of Cognitive Psychotherapy*, 19, 379-392.
- Semple, R. (2004). Review of Z. Segal, J. Williams, & J. Teasdale, *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. *Journal of Cognitive Psychotherapy*, 18(4), 370-371.
- Sephton, S., Salmon, P., Weissbecker, I., Ulmer, C., Floyd, A., Hoover, K., et al. (2007). Mindfulness meditation alleviates depressive symptoms in women with fibromyalgia: results of a randomized clinical trial. *Arthritis Rheumatology*, 57(1), 77-85.
- Shannahoff-Khalsa, D. (2005). Patient perspectives: Kundalini yoga meditation techniques for psycho-oncology and as potential therapies for cancer. *Integrative Cancer Therapy*, 4(1), 87-100.
- 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, 603-605.
- Shapiro, Jr., D. H. (1994). Examining the content and context of meditation: A challenge for psychology in the areas of stress management, psychotherapy, and religion/values. *Journal of Humanistic Psychology*, 34, 101 - 135.
- Shapiro, D. H. (1992). Adverse effects of meditation: A preliminary investigation of long-term meditators. *International Journal of Psychosomatics*, 39, 62-66.
- Shapiro, D. H. (1982). Overview: Clinical and physiological comparisons of meditation with other self-control strategies. *American Journal of Psychiatry*, 139, 267-274.
- Shapiro, D. H., & Walsh, R.N. (1984). *Meditation: Classic and contemporary perspectives*. New York: Aldine.
- Shapiro, S., Astin, J., Bishop, S., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: Results from a randomized trial. *International Journal of Stress management*, 12, 164-176.
- Shapiro, S., Bootzin, R., Figueredo, A., Lopez, A., & Schwartz, G. (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, 85-91.
- Shapiro, S. L., Brown, K. W. & Biegel, G. (2007). Teaching self-care to caregivers: The effects of Mindfulness-Based Stress Reduction on the mental health of therapists in training. *Training and Education in Professional Psychology*, 1, 105-115.
- Shapiro, S., Carlson, L., Astin, J., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*, 62, 373-386.
- Shapiro, S. L., Oman, D., Thoresen, C. E., Plante, T. G, & Flinders, T. (2008). Cultivating mindfulness: Effects on well-being. *Journal of Clinical Psychology*, 64, 840-862.
- Shapiro, S. L., & Schwartz, G. E. R. (2000a). Intentional systemic mindfulness: An integrative model for self-regulation and health. *Advances in Mind-Body Medicine*, 16, 128-134.
- Shapiro, S. L. & Schwartz, G. E. (2000b). 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.
- Shapiro, S., Schwartz, G., & Bonner, G. (1998). Effects of mindfulness-based stress reduction on medical

- and premedical students. *Journal of Behavioral Medicine*, 21, 581-599.
- Shapiro, S. L., & Walsh, R. (2003). An analysis of recent meditation research and suggestions for future directions. *The Humanistic Psychologist*, 31, 86-114.
- Sharples, B. (2006). *Meditation and relaxation in plain English*. Boston: Wisdom Publications.
- 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.
- Shear, J. & Jevning, R. (1999). Pure consciousness: Scientific exploration of meditation techniques. In F. J. Varela & J. Shear (Eds.), *The view from within* (pp. 189-209). Thorverton, UK: Imprint Academics.
- Sherman, D. K., & Cohen, G. (2002). Accepting threatening information: Self-affirmation and the reduction of defensive biases. *Current Directions in Psychological Science*, 11, 119-123.
- Shigaki, C. L., Glass, B., & Schopp, L. H. (2006). Mindfulness-based stress reduction in medical settings. *Journal of Clinical Psychology in Medical Settings*, 13, 209-216.
- Sibinga, E. Stewart, M., Magyari, T., Welsch, C., Hutton, N. & Ellen, J. (2008). Mindfulness-based stress reduction for HIV-infected youth: A pilot study. *Explore*, 4(1), 36-37.
- Siegel, D. J. (2009). *Mindsight: Our seventh sense*. New York: Bantam.
- Siegel, D. J. (2009). Mindful awareness, mindsight, and neural integration. *The Humanistic Psychologist*, 37, 137-158.
- Siegel, D. J. (2007a). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: W. W. Norton.
- Siegel, D. J. (2007b). Mindfulness training and neural integration. *Journal of Social, Cognitive, and Affective Neuroscience*, 2, 259-263.
- Siegel, D. J. (2001). Toward an interpersonal neurobiology of the developing mind: Attachment, "mindsight," and neural integration. *Infant Mental Health Journal*, 22, 67-94.
- Siegel, D., & Hartzell, M. (2003). *Parenting from the inside out*. New York: Penguin Putnam.
- 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.
- Siegel, R. D., Urdang, M., & Johnson, D. (2001). *Back sense: A revolutionary approach to halting the cycle of back pain*. New York: Broadway Books.
- Silananda, U. (2002). *The four foundations of mindfulness*. Somerville, MA: Wisdom Publications.
- 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, 669-673.
- Singh, N. N., Lancioni, G. E., Joy, S. D. S., Winton, A. S. W., Sabaawi, M., Wahler, R. G., & Singh, J. (2007). Adolescents with conduct disorder can be mindful of their aggressive behavior. *Journal of Emotional and Behavioral Disorders*, 15, 56 - 63.
- Singh, N. N., Lancioni, G. E., Singh, A. N., Winton, A. S. W., Singh, J., McAleavey, K. M., & Adkins, A. D. (2008). A mindfulness-based health wellness program for an adolescent with Prader-Willi Syndrome. *Behavior Modification*, 32, 167-181.
- Singh, N. N., Lancioni, G. E., Singh, A. N., Winton, A. S. W., Singh, J., McAleavey, K. M., Adkins, A. D., & Joy, S. D. S. (2008). A mindfulness-based health wellness program for managing morbid obesity. *Clinical Case Studies*, 7, 327-339.
- 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, 800 - 814.
- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Singh, A. N., Adkins, A. D., & Singh, J. (2008). Clinical and benefit-cost outcomes of teaching a mindfulness-based procedure to adult offenders with intellectual disabilities. *Behavior Modification*, 32, 622-637.
- Singh, N. N., Lancioni, G. E., Winton, A. S., 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, 313-328.

- Singh, N., Lancioni, G., Winton, A., Curtis, W., Wahler, R., Sabaawi, M., et al. (2006). Mindful staff increase learning and reduce aggression in adults with developmental disabilities. *Research in Developmental Disabilities, 27*, 545-548.
- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Fisher, B. C., Wahler, R. G., McAleavy, K., Singh, J. & Sabaawi, M. (2006). Mindful parenting decreases aggression, noncompliance, and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders, 14*, 169 - 177.
- Singh, N. N., Lancioni, G. E., Winton, A. S. W., Singh, J., Curtis, W. J., Wahler, R. G., & McAleavy, K. M. (2007). Mindful parenting decreases aggression and increases social behavior in children with developmental disabilities. *Behavior Modification, 31*, 749 - 771.
- 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*, 207-218.
- Singh, N. N., Wahler, R. G., Winton, A. S. W., & Adkins, A. D. (2004). A mindfulness-based treatment of obsessive-compulsive disorder. *Clinical Case Studies, 3*, 275-287.
- Singh, N., Singh, S., Sabaawi, M., Myers, R., & Wahler, R. (2006). Enhancing treatment team process through mindfulness-based mentoring in an inpatient psychiatric hospital. *Behavior Modification, 30*, 423-441.
- Singh, N., Wahler, R., Sabaawi, M., Goza, A., Singh, S., Molina, E., et al (2002). Mentoring treatment teams to integrate behavioral and psychopharmacological treatments in developmental disabilities. *Research in Developmental Disabilities, 23*, 379-89.
- Singh, N., Wahler, R., Adkins, A., Myers, R. & 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*, 158-169.
- Singh, 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*, 90-98.
- Slattery, M. Towards a comparative study of the concept of mind/consciousness in Western science, Eastern mysticism, and American Indian thought. Ph.D. dissertation, Michigan State University, United States -- Michigan. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3348221).
- 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.
- Smith A. (2004). Clinical uses of mindfulness training for older people. *Behavioral and Cognitive Psychotherapy, 32*, 385-388.
- Smith, A., Graham, L., & Senthinathan, S. (2007). Mindfulness-based cognitive therapy for recurring depression in older people: A qualitative study. *Ageing & Mental Health, 11*, 346-357.
- Smith, B. W., Shelley, B. M., Dalen, J., Wiggins, K., Toolley, E. Bernard, J. (2008). A pilot study comparing the effects of mindfulness-based and cognitive-behavioral stress reduction. *The Journal of Alternative and Complementary Medicine, 14*, 251-258.
- Smith, B. W., Shelley, B. M., Leahigh, L., and Vanleit, B. (2006). A preliminary study of the effects of a modified mindfulness intervention on binge eating. *Complementary Health Practice Review, 11*, 133 - 143.
- Smith, J. (2005). *Relaxation, meditation, and mindfulness: A mental health practitioner's guide to new and traditional approaches*. New York: Springer Publishing Co.
- Smith, J. (Ed.) (1998). *Breath sweeps mind: A first guide to meditation practice*. New York: Riverhead Books.
- Smith, J. C. (2004). Alterations in brain and immune function produced by mindfulness meditation: Three caveats. *Psychosomatic Medicine, 66*, 148-152.
- Smith, J. C. (1975). Meditation as psychotherapy: A review of the literature. *Psychological Bulletin, 82*, 558-564.
- 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*, 315-27.
- Smith, M. Mindfulness and college adjustment for former foster children: The mediating relationship of

- social support. M.A. dissertation, The American University, United States -- District of Columbia. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 1458253).
- Smith, W. R. (1996). *The Hakomi psychotherapy system: Facilitating human change*. (Thesis, University of Waterloo, Canada.)
- Snyder, C. R., & Lopez, S. J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.
- Snyder, M. (1984). When belief creates reality. *Advances in Experimental Social Psychology*, 18, 247-305.
- Song, Y. Exploring the spiritual development model of Mahayana Seon (Zen) practice from the perspective of transpersonal development and healing. Ph.D. dissertation, Institute of Transpersonal Psychology, United States -- California. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3304166).
- Sorajjakool, S. (2009). *Do nothing: Inner peace for everyday living: Reflections on Chuang Tzu's philosophy*. West Conshohocken, PA: Templeton Foundation Press.
- Sorajjakool, S. (2001). *Wu Wei, negativity, and depression: The principle of non-trying in the practice of pastoral care*. New York: The Haworth Pastoral Press.
- *Sowattanagoon, N., Katchabhakdi, N., Chitvanish, S., Plengvidhaya, N., & Petrie, K. (2006). Buddhism values are associated with better control of diabetes in Thai patients. *International Journal of Behavioral Medicine*, 299. **(could not find this article online at all—in any issue of this journal, or elsewhere—when I went to look up page numbers)**
- Specia, M., Carlson, L. E., Goodey, E. (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, 613-622.
- 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.
- Speeth, K. R. (1982). On psychotherapeutic attention. *Journal of Transpersonal Psychology*, 14, 141-160.
- Splevins, K, Smith, A., & Simpson, J. (2009). Do improvements in emotional distress correlate with becoming more mindful? A study of older adults. *Aging & Mental Health*, 13, 328-335.
- Stanley, S., Reitzel, L., Wingate, L., Cukrowics, K., Lima, E., & Joiner, T. (2006). Mindfulness: A primrose path for therapists using manualized treatments? *Journal of Cognitive Psychotherapy*, 20, 327-335.
- Stauffer, M. (2008). Mindfulness in counseling and psychotherapy: A literature review and quantitative investigation of mindfulness competencies. Ph.D. dissertation, Oregon State University, United States -- Oregon. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3295653).
- Steinhardt, M. A., Dobliger, C. L., Mallon, M. W., & Adams, T. (2003). The development and validation of a scale for measuring self-leadership. *Journal of Self-Leadership*, 1, 32-27.
- Stern, D. (2003). The present moment. *Psychotherapy Networker*, 27, 52-57.
- Stern, D. (2004). *The present moment in psychotherapy and everyday life*. New York: Norton.
- Sternberg, R. (2000). Images of mindfulness. *Journal of Social Issues*, 56(1), 11-26.
- Stewart, T. (2004). Light on body image: Acceptance through mindfulness. *Behavior Modification*, 28, 783-811.
- Stile, J., Lerner, J., Plumb, L., & Orsillo, S. (2003). Mindfulness as an underlying mechanism of empathic concern. (Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.)
- Stoller, R. J. (1985). *Observing the erotic imagination*. New Haven: Yale University Press.
- 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.
- Stratton, P. (2006). Therapist mindfulness as a predictor of client outcomes. *Dissertation Abstracts International*, 66 (11), 6296B.
- Street, W. R. (1994). Attitude-behavior congruity, mindfulness, and self-focused attention: A behavior-analytic reconstruction. *Behavior Analyst*, 17(1), 145-153.

- 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. 262-284). New York: Guilford Press.
- Sugiura, Y. (2004). Detached mindfulness and worry: A meta-cognitive analysis. *Personality and Individual Differences*, 37(1), 169-179.
- Suler, J. (1993). *Contemporary psychoanalysis and eastern thought*. Albany, NY: State University of New York Press.
- Suls, J. & Fletcher, B. (1985). The relative efficacy of avoidant and nonavoidant coping strategies: A meta-analysis. *Health Psychology*, 4, 249-288.
- Sun, T. F., Wu, C. K., & Chiu, N. M. (2004). Mindfulness meditation training combined with eye movement desensitization and reprocessing in psychotherapy of an elderly patient. *Behaviour Research & Therapy*, 42, 1053-67.
- Sundararajan, L. (2008). The plot thickens—or not: Proto-narratives of emotions and the Chinese principle of savoring. *Journal of Humanistic Psychology*, 48, 243-263.
- Surrey, J. L. (2005). Relational psychotherapy, relational mindfulness. In C. K. Germer, R. D. Siegel, & P. R. Fulton (Eds.), *Mindfulness and psychotherapy*, (pp. 91-112). New York: Guilford Press.
- Sun, T. F., Wu, C. K., & Chiu, N. M. (2004). Mindfulness meditation training combined with eye movement desensitization and reprocessing in psychotherapy of an elderly patient. *Chang Gung Medical Journal*, 27, 464-69.
- Suzuki, S. (1971). *Zen Mind, Beginner's Mind*. New York: Weatherhill.
- Sweeney, N. M. (2005). New tool in the treatment of addictions: A review of American Psychological Association *Mindfulness for Addiction Problems*, APA Psychotherapy Videotape Series VI. *PsyCRITIQUES*, 50(28).
- Sweet, M., & Johnson, C. (1990). Enhancing empathy: The interpersonal implications of a Buddhist meditation technique. *Psychotherapy: Theory, Research, Practice, Training*, 27(1), 19-29.
- Sykes Wylie, M., & Simon, R. (2004). The power of paying attention: Mindfulness in medicine. *Psychotherapy Networker*, November/December, 59-66.
- Tacon, 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.
- Takahashi, T., Murata, T., Hamada, T., Omori, M., Kosaka, H., Kikuchi, M., Yoshida, H., & Wada, Y. (2005). Changes in EEG and autonomic nervous activity during meditation and their association with personality traits. *International Journal of Psychophysiology*, 55, 199-207.
- Tangney, J.P., Baumeister, R.F., & Boone, A.L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. *Journal of Personality*, 72, 271-322.
- Tart, C. T. (1994). *Living the mindful life*. Boston, MA: Shambhala.
- Tart, C. T. (1990). Extending mindfulness to everyday life. *Journal of Humanistic Psychology*, 30(1), 81-106.
- Tart, C. T., & Deikman, A. J. (1991). Mindfulness, spiritual seeking and psychotherapy. *Journal of Transpersonal Psychology*, 23(1), 29-52.
- Taylor, C. R. (1985). Use of elements of Hakomi therapy with seriously emotionally disturbed adolescents. *Hakomi Forum*, 2, 35-36.
- 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.
- Teasdale, J. D. (1999a). Metacognition, mindfulness, and the modification of mood disorders. *Clinical Psychology and Psychotherapy*, 6, 146-155.
- Teasdale, J. D. (1999b). Emotional processing: Three modes of mind and the prevention of relapse in depression. *Behaviour Research and Therapy*, 37, S53-S78.
- Teasdale, J. D. (1997). The relationship between cognition and emotion: The mind-in-place in mood disorders. In D. M. Clark & C. G. Fairburn (Eds.), *Science and practice of cognitive behaviour therapy*. (pp. 67-93). Oxford, UK: Oxford University 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, 275-287.

- Teasdale, J. D., Pope, M., Segal, Z. V., Moore, R. G., Hayhurst, H., & Williams, S. (2002). Metacognitive awareness and prevention of relapse in depression: Empirical evidence. *Journal of Consulting & Clinical Psychology, 70*, 275-287.
- Teasdale, J., Segal, Z., & Williams, J. (2003). Mindfulness training and problem formulation. *Clinical Psychology: Science and Practice, 10*, 157-160.
- Teasdale, J., Segal, Z., & Williams, J. (1995). How does cognitive therapy prevent depressive relapse and why should attentional control (mindfulness training) help? *Behavior Research and Therapy, 33*, 25-39.
- Teasdale, J., Segal, Z., Williams, J., Ridgeway, V., Soulsby, J., & Lau, M.A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology, 68*, 615-623.
- Teasdale, J. D., & Williams, J. M. G. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting & Clinical Psychology, 68*, 615-623.
- Tedeschi, R. G. & Calhoun, L. G. (2004). Post-traumatic growth: Conceptual foundations and empirical evidence. *Psychological Inquiry, 15*, 1-18.
- Telch, C., Agras, W., & Linehan, M. (2001). Dialectical behavior therapy for binge eating disorder. *Journal of Consulting and Clinical Psychology, 69*, 1061-1065.
- Telner, J. I. (2005). Mindfulness-based cognitive therapy for depression. *Canadian Journal of Psychiatry, 50*, 432-432.
- Thomas, D. (2006). Domain and development of cultural intelligence: The importance of mindfulness. *Group & Organization Management, 31*(1), 78-99.
- Thomas, H., Inka, T., Burkhard, P., Matthias, M., & Johannes, M. (2006). Mindfulness-based cognitive therapy for persistent insomnia: A pilot study. *Psychotherapy & Psychosomatics, 75*, 188-189.
- Thompson, B. Mindfulness as a predictor of posttraumatic stress disorder symptomatology in an experiential avoidance model. Ph.D. dissertation, University of Montana, United States -- Montana. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3307229).
- Thompson, B. L., & Waltz, J. (2007). Everyday mindfulness and mindfulness meditation: Overlapping constructs or not? *Personality and Individual Differences, 43*, 1875-1885.
- Thompson, E. (2001). Empathy and consciousness. In Thompson, E. (Ed.), *Between ourselves: Second-person issues in the study of consciousness*, (pp.1-32). Thorverton, England: Imprint Academic.
- Thomson, R. (2000). Zazen and psychotherapeutic presence. *American Journal of Psychotherapy, 54*, 531-548.
- Thondrup, T. (1998). The healing power of mind. Boston, MA: Shambhala Publications.
- Tloczynski, J., & Tannells, M. (1998). A comparison of the effects of Zen breath meditation or relaxation on college adjustment. *Psychologia, 41*, 32-43.
- Tomm, W. (1995). *Bodied Mindfulness: Women's spirits, bodies, and places*. Waterloo, Ontario: Wilfred Laurier University Press.
- Toneatto, T. (2002). A metacognitive therapy for anxiety disorders: Buddhist psychology applied. *Cognitive & Behavioral Practice, 9*(1), 72-78.
- Toneatto, T. (1999). A metacognitive analysis of craving: Implications for treatment. *Journal of Clinical Psychology, 55*, 527-537.
- 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*, 260-266.
- 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.
- 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*, 127-137.
- Tophoff, M. (2004). Mindfulness-training: Exploring personal change through sensory awareness. *Constructivism in the Human Sciences, 9*(1), 43-52.
- Trapnell, P. D. & Campbell, J. (1999). Private self-consciousness and the five factor model of personality: Distinguishing rumination from reflection. *Journal of Personality and Social Psychology, 76*, 284-304.
- Travis, F., & Arenander, A. (2004). EEG asymmetry and mindfulness meditation. *Psychosomatic Medicine, 66*(1), 147.
- Tremlow, S. (2001). Training psychotherapists in attributes of mind from Zen and psychoanalytic

- perspectives, Part II: Attention, here and now, nonattachment, and compassion. *American Journal of Psychotherapy*, 55(1): 22-39.
- Trungpa, C. (2005a). *Training the mind and cultivating loving-kindness*. Boston: Shambhala Publications
- Trungpa, C. (2005b). *The sanity we are born with: A Buddhist approach to psychology*. Boston: Shambhala.
- Trungpa, C. (1973). *Cutting Through Spiritual Materialism*. Berkeley: Shambala.
- Tsoknyi, D. (1998). *Carefree dignity: Discourses on training in the nature of mind*. Hong Kong, China: Rangjung Yeshe Publications.
- Tulku Thondup (1996). *The Healing Power of Mind*. Boston: Shambhala.
- Turner, R. M. (2000). Naturalistic evaluation of dialectical behavior therapy—oriented treatment for borderline personality disorder. *Cognitive and Behavioral practice*, 7, 413-419
- Twohig, M., Hayes, S., & Masuda, A. (2006). Increasing willingness to experience obsessions: Acceptance and Commitment Therapy as a treatment for obsessive-compulsive disorder. *Behavior Therapy*, 37(1), 3-13.
- 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
- Uhlig, D. Mindfulness Based Relapse Prevention and the matrix model in substance abuse relapse prevention. Ph.D. dissertation, Walden University, United States -- Minnesota. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3355064).
- Unno, M. (Ed.) (2006). *Buddhism and psychotherapy across cultures*. Boston: Wisdom Publications.
- Urbanowski, F., & Miller, J. (1996). Trauma, psychotherapy, and meditation. *The Journal of Transpersonal Psychology*, 28(1), 31-47.
- Vacarr, B. (2001). Moving beyond polite correctness: practicing mindfulness in the diverse classroom. *Harvard Educational Review*, 71, 285-294.
- Valentine, E., & Sweet, P. (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.
- Vallejo, Z., & Amaro, H. (2009). Adaptation of mindfulness-based stress reduction program for addiction relapse prevention. *The Humanistic Psychologist*, 37, 192-206.
- Van den Bosch, L. M., Koeter, M. W., Stijnen, T., Verheul, R., & van den Brink, W. (2005). Sustained efficacy of dialectical behaviour therapy for borderline personality disorder. *Behaviour Research and Therapy*, 43, 1231-1241.
- VanderKooi, L. (1997). Buddhist teachers' experience with extreme mental states in Western meditators. *The Journal of Transpersonal Psychology*, 29(1), 31-46.
- Van Dusen, W. (1958). Wu Wei, no-mind, and the fertile void in psychotherapy. *Psychologia: An International Journal of Psychology in the Orient*, 1, 253-256.
- Van Dusen, W. (1957). Zen Buddhism and Western psychotherapy. *Psychologia: An International Journal of Psychology in the Orient*, 1, 229-230.
- Varela, F., Thompson, E., & Rosch, E. (1991). *The embodied mind: Cognitive science and human experience*. Cambridge, MA: MIT Press.
- Veiga-Martínez, C., Pérez-Álvarez, M., and García-Montes, J. M. (2008). Acceptance and Commitment Therapy applied to treatment of auditory hallucinations. *Clinical Case Studies*, 7, 118 - 135.
- Verheul, R., Van Den Bosch, L. M., Koeter, M. W., De Ridder, M. A., Stijnen, T., & Van Den Brink, W. (2003). Dialectical behaviour therapy for women with borderline personality disorder: 12-month, randomized clinical trial in The Netherlands. *British Journal of Psychiatry*, 182, 135-140.
- Verplanken, B., Friberg, O., Wang, C., Trafimow, D., & Woolf, K. (2007). Mental habits: Metacognitive reflection on negative self-thinking. *Journal of Personality and Social Psychology*, 92, 526-541.
- 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.
- Vohs, K. D. & Baumeister, R. F. (2004). Ego depletion, self-control, and choice. In J. Greenberg, S. L. Koole, & T. Pyszczynski (Eds.), *Handbook of experimental existential psychology* (pp. 398-410). New York: Guilford Press.
- 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. *Behavior Research and Therapy*, 45, 1393-1400.

- Wachs, K., & Cordova, J. V. (2007). Mindful relating: Exploring mindfulness and emotion repertoires in intimate relationships. *Journal of Marital & Family Therapy*, 33, 464-481.
- 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.
- Walach, H., Buchheld, N., Buttenmüller, V., Kleinknecht, N., & Schmidt, S. (2006). Measuring mindfulness: The Freiburg Mindfulness Inventory (FMI). *Personality and Individual Differences*, 40, 1543-1555.
- Walach, H., Nord, E., Zier, C., Dietz-Waschkowski, B., Kersig, S., & Schupbach, H. (2007). Mindfulness-based stress reduction as a method for personnel development: A pilot evaluation. *International Journal of Stress Management*, 14, 188-198.
- Wall, R. (2005). Tai Chi and mindfulness-based stress reduction in a Boston public middle school. *Journal of Pediatric Health Care*, 19, 230-237.
- Wallace, A. (2006). *The attention revolution: Unlocking the power of the focused mind*. Boston: Wisdom Publications.
- Wallace, B. A. (2007). *Contemplative science*. New York: Columbia University Press.
- Wallace, B.A. (2006). *Genuine happiness: Meditation as the path to fulfillment*. Hoboken, NJ: John Wiley.
- Wallace, B. A. (2001). Intersubjectivity in Indo-Tibetan Buddhism. *Journal of Consciousness Studies*, 8, 209-230.
- Wallace, B. A. (1999). The Buddhist tradition of samatha: Methods for refining and examining consciousness. *Journal of Consciousness Studies*, 6, 175-187.
- Wallace, B. A., & Shapiro, S. L. (2006). Mental balance and well-being: Building bridges between Buddhism and Western psychology. *American Psychologist*, 61, 690-701.
- Wallace, R. K., Benson, H., & Wilson, A. F. (1984). A wakeful hypometabolic physiologic state. In D. H. Shapiro, Jr., & R. N. Walsh (Eds.), *Meditation: Classic and contemporary perspectives*. New York: Aldine.
- Wallace, R. K., Benson, H., & Wilson, A. F. (1971). A wakeful hypometabolic physiological state. *American Journal of Physiology*, 221, 795-799.
- 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, 443-454.
- Wallin, D. (2007). *Attachment in psychotherapy*. New York: Guilford Press.
- Walloch, C. L. (1998). Neuro-occupation and the management of chronic pain through mindfulness meditation. *Occupational Therapy International*, 5, 238-248.
- Walser, R. & 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.
- Walser, R. & Westrup, D. (2008). *The mindful couple: How acceptance and mindfulness can lead you to the love you want*. Oakland, CA: New Harbinger Press.
- Walser, R. & Westrup, D. *Acceptance and 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 Press.
- Walsh, R. N. (1977). Initial meditative experiences: I. *Journal of Transpersonal Psychology*, 9, 151-192.
- Walsh, R. N., & Vaughan, F. (Eds.) (1980). *Beyond ego: Transpersonal dimensions in psychology*. Los Angeles: J. P. Tarcher.
- Walsh, R., & Shapiro, S. (2006a). The meeting of meditative disciplines and Western psychology: A mutually enriching dialogue. *American Psychologist*, 61, 227-239.
- Walsh, R., & Shapiro, S. (2006b). Mental balance and well-being: Building bridges between Buddhism and Western psychology. *American Psychologist*, 61, 690-701.
- Watkins, E., & Teasdale, J. D. (2004). Adaptive and maladaptive self-focus in depression. *Journal of Affective Disorders*, 82(1), 1-8.
- Watts, A. (1963). *Psychotherapy: East and West*. New York: New American Library.
- Watts, A. (1951). *The wisdom of insecurity: A message for an age of anxiety*. New York: Vintage Books.

- Way, B.M., Creswell, J.D., Eisenberger, N.I., & Lieberman, M.D. (2006). Associations between dispositional mindfulness and genetic variation of MAOA. Unpublished raw data, University of California, Los Angeles.
- Wayment, H. & Bauer, J. (2008). *Transcending self-interest: psychological explorations of the quiet ego*. Washington, DC: American Psychological Association.
- Weaver, A. Choosing to be brave: A journey of mindfulness in clinical practice from an anti-oppressive perspective. A critical autobiographical study. M.S.W. dissertation, University of Manitoba (Canada), Canada. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT MR41489).
- Weber, S. L. (2003). An analyst's surrender. In J. D. Safran (Ed.), *Psychoanalysis and Buddhism: An unfolding dialogue*, (pp. 169-188). Boston: Wisdom Publications.
- Weiss, A. (2004). *Beginning mindfulness: Learning the way of awareness*. Novato, CA: New World Library.
- Weiss, H. (2009). The use of mindfulness in psychodynamic and body oriented psychotherapy. *International Journal for Body, Movement and Dance in Psychotherapy*, 4(1), 5-16.
- Weiss, M., Nordlie, J., & Siegel, E. (2005). Mindfulness-based stress reduction as an adjunct to outpatient psychotherapy. *Psychotherapy & Psychosomatics*, 74, 108-112.
- Wells, A. (2005). Detached mindfulness in cognitive therapy: A metacognitive analysis and ten techniques. *Journal of Rational-Emotive & Cognitive Behavior Therapy*, 23, 337-355.
- Wells, A. (2002). GAD, metacognition, and mindfulness: An information processing analysis. *Clinical Psychology: Science and Practice*, 9(9), 95-100.
- Wells, A. (2000). *Emotional disorders and metacognition: Innovative cognitive therapy*. New York: John Wiley & Sons.
- Wells, A. (1995). Meta-cognition and worry: A cognitive model of generalized anxiety disorder. *Behavioural and Cognitive Psychotherapy*, 23, 301-320.
- Wells, A., & King, P. (2006). Metacognitive therapy for generalized anxiety disorder: An open trial. *Journal of Behavior Therapy and Experimental Psychiatry*, 37, 206-212.
- Welwood, J. (2000). *Toward a psychology of awakening*. Boston: Shambhala Publications.
- Welwood, J. (1996). *Love and awakening*. New York: HarperCollins.
- Wenk-Sormaz, H. (2005). Meditation can reduce habitual responding. *Alternative Therapies in Health and Medicine*, 11, 42-58.
- West, A. Mindfulness and well-being in adolescence: An exploration of four mindfulness measures with an adolescent sample. Ph.D. dissertation, Central Michigan University, United States -- Michigan. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3318244).
- Westen, D. (1999). *Psychology: Mind, brain and culture*, 2nd ed. New York: Wiley.
- Westen, D. (2000a). Commentary: Implicit and emotional processes in cognitive-behavioral therapy. *Clinical Psychology: Science and Practice*, 7, 386-390.
- Westen, D. (2000). The efficacy of dialectical behavior therapy for borderline personality disorder. *Clinical Psychology: Science and Practice*, 7(1), 92-94.
- Wexler, J. (2006). The relationship between therapist mindfulness and the therapeutic alliance. *Dissertation Abstracts International*, 67 (05), 2848B.
- Weyenberg, S. An evaluation of the transcendence therapy training manual for major depressive disorder and generalized anxiety disorder. Ph.D. dissertation, Walden University, United States -- Minnesota. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3352855).
- White, B. Mindfulness within an organizational context: A premise for the intrasubjective being. Ed.D. dissertation, The George Washington University, United States -- District of Columbia. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3295670).
- Whitehead, T. (1992). Hakomi in jail: A programmatic application with groups of psychotic, disruptive jail inmates. *Hakomi Forum*, 9, 7-14.
- 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, 205-217.
- Wicks, R. (2008). *The resilient clinician*. New York: Oxford University Press.

- Wilber, K. (2006). *Integral spirituality: A startling new role for religion in the modern and postmodern world*. Boston: Integral Books.
- Wilber, K. (2004). *The simple feeling of being: Embracing your true nature*. Boston: Shambhala.
- Wilber, K. (2000a). *Integral psychology: Consciousness, spirit, psychology, therapy*. Boston: Shambhala.
- Wilber, K. (2000b). *The eye of spirit: An integral vision for a world gone slightly mad*. Vol. 7, *The collected works of Ken Wilber*. Boston: Shambhala.
- Wilber, K. (1996). Foreword. In B. Scotten, A. Chinen, & J. Battista (Eds.), *Textbook of transpersonal psychiatry and psychology* (pp. xvii-xx). New York: Basic Books.
- Wilber, K. (1995). *Sex, ecology and spirituality*. Boston/London: Shambhala.
- Wilber, K. (1979). *No boundary: Eastern and Western approaches to personal growth*. Los Angeles: Center Publications, Whole Mind Series.
- Wilber, K., Engler, J., & Brown, D. (1986). *Transformations of consciousness: Conventional and contemplative perspectives on development*. Boston: Shambhala.
- Williams, J., Duggan, D., Crane, C., & Fennell, M. (2006). Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behavior. *Journal of Clinical Psychology, 62*, 201-210.
- Williams, J. & Swales, M. (2004). The use of mindfulness-based approaches for suicidal patients. *Archives of Suicide Research, 8*, 315-329.
- 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 Press.
- Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Kabat-Zinn, J. (2005). *Mindfulness and the transformation of emotion*. New York: Guilford Press .
- Williams, J., Teasdale, J., Segal, Z., & Soulsby, J. (2000). Mindfulness-based cognitive therapy reduces overgeneral autobiographical memory in formerly depressed patients. *Journal of Abnormal Psychology, 109*(1), 150-155.
- 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.
- 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*, 422-432.
- Williams, K., Kolar, M., Reger, B., & Pearson, J. (2001). Evaluation of a wellness-based mindfulness stress reduction intervention: A controlled trial. *American Journal of Health Promotion, 15*, 422-432.
- Williamson, P. R. (2003). Commentary: Mindfulness in medicine, mindfulness in life. *Families, Systems, & Health, 21*(1), 18-20.
- Wilson, K. G., & Byrd, M. R. (2005). ACT for substance abuse and dependence. In S. C. Hayes & K. D. Stosahl (Eds.), *A practical guide to acceptance and commitment therapy* (pp. 153-184). New York: Springer Science.
- Wilson, K. G., & Murrell, A. R. (2004). Values work in Acceptance and Commitment Therapy : Setting a course for behavioral treatment. In S. C. Hayes, V. M. Follette, & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*, (pp. 120-151). New York: Guilford Press.
- 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.
- Wilson, M. A program evaluation of Mindfulness-Based Stress Reduction as experienced by adolescent male bullies. Psy.D. dissertation, Alliant International University, San Diego, United States -- California. Retrieved July 18, 2009, from *Dissertations & Theses: Full Text*. (Publication No. AAT 3298902).
- Wilson, T. D. (2002). *Strangers to ourselves: Discovering the adaptive unconscious*. Cambridge, MA: Harvard University Press.
- Wiser, S., & Telch, C. F. (1999). Dialectical behavior therapy for binge-eating disorder. *Journal of Clinical Psychology, 55*, 755-768.

- Witek-Janusek, L., Albuquerque, K., Chroniak, K. R., Chroniak, C., Durazo-Arvizu, R., & Matthews, H. L. (2008). Effect of mindfulness based stress reduction on immune function, quality of life and coping in women newly diagnosed with early stage breast cancer. *Brain, Behavior, and Immunity*, 22, 969-981.
- Witkiewitz, K., & Marlatt, G.A. (2004). Relapse prevention for alcohol and drug problems: That was Zen, this is Tao. *American Psychologist*, 59, 224-235.
- Witkiewitz, K., Marlatt, G., & Walker, D. (2005). Mindfulness-based relapse prevention for alcohol and substance use disorders. *Journal of Cognitive Psychotherapy*, 19, 211-228.
- Witoonchart, C., & Bartlet, L. (2002). The use of a meditation programme for institutionalized juvenile delinquents. *Journal of the Medical Association of Thailand*, 85, 790-793.
- Wolanin, A. T. (2005). Mindfulness-Acceptance-Commitment (MAC) based performance enhancement for Division I college athletes: A preliminary investigation. (Doctoral dissertation, La Salle University).
- Wolf, D. B., and Abell, N. (2003). Examining the effects of meditation techniques on psychosocial functioning. *Research on Social Work Practice*, 13, 27 - 42.
- Wolford, R. (2000). The spiritual dimensions of gestalt therapy. *Gestalt!* 4(3), np.
- 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, 169-181.
- Wolinsky, S. (1996). *Hearts on fire: The Tao of meditation*. San Diego: Blue Dove Press.
- Wolinsky, S. (1994). Aspects of quantum psychology. *Hakomi Forum*, 10, 33-42.
- Wolinsky, S. (1993). *Quantum consciousness: The guide to experiencing quantum psychology*. Norfolk, CT: Bramble Books
- Wolinsky, S. (1991a). *The Tao of chaos: Quantum consciousness*. Norfolk, CT: Bramble Books
- Wolinsky, S. (1991b). *Trances people live: Healing approaches in quantum psychology*. Falls Village, CT: The Bramble Company.
- Woodberry, K. A., Roy, R., & Indik, J. (2008). Dialectical behavior therapy for adolescents with borderline features. In L. A. Greco & S. C. Hayes (Eds.), *Acceptance and mindfulness treatments for children and adolescents: A practitioner's guide* (pp. 115-138). Oakland, CA: New Harbinger Publications.
- Woods, D. W., Wettreck, C. T., & Flessner, C. A. (2006). A controlled evaluation of acceptance and commitment therapy plus habit reversal for Trichotillomania. *Behaviour Research and Therapy*, 44, 639-656.
- Wupperman, P., Neumann, C. S., & Axelrod, S. R. (2008). Do deficits in mindfulness underlie borderline personality features and core difficulties? *Journal of Personality Disorders*, 22, 466-482.
- Yeshe, L. (1999). *Becoming your own therapist*. Boston: Lama Yeshe Wisdom Archive.
- York, M. (2007). A qualitative study into the experience of individuals involved in a mindfulness group with an acute inpatient mental health unit. *Journal of Psychiatric and Mental Health Nursing*, 14, 603-608.
- Young-Eisendrath, P., & Muramoto, S. (2002). *Awakening and insight: Zen Buddhism and psychotherapy*. New York: Taylor & Francis.
- Young, L., Bruce, A., Turner, L., & Linden, W. (2001). Evaluation of mindfulness-based stress reduction intervention. *Canadian Nurse*, 97(6), 23-26.
- Young, S. (1994). Purpose and method of Vipassana meditation. *The Humanistic Psychologist*, 22, 53-61.
- 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.
- Zajonc, A. (2006). Love and knowledge: Recovering the heart through contemplation. *Teachers College Record*, 108, 1742-1759.
- Zettle, R. (2006). *ACT for depression: A clinician's guide to using acceptance and commitment therapy in treating depression*. Oakland, CA: New Harbinger 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.
- 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

- Zvolensky, M., Solomon, S., McLeish, A., Cassidy, D., Bernstein, A., Bowman, C., 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 and Behavioral Therapy*, 35, 148-58.
- Zylowska, L., Ackerman, D. L., Yang, M. H., Futrell, J. L., Horton, N. L., Hale, S., Pataki, C. and Smalley, S. L. (2008). Mindfulness meditation training in adults and adolescents with ADHD: A feasibility study. *Journal of Attention Disorders*, 11, 737-746.

Additional Mindfulness and Physical Issues Contributions

- Arias, A. ., 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, 817-832.
- Bonadonna, R. (2003). Meditation's impact on chronic illness. *Holistic Nurse Practitioner*, 17, 309-319.
- Hebert, J., Ebbeling, C., Olendzki, B., Hurley, T., Ma, Y., Saal, N., et al. (2001). Change in women's diet and body mass following intensive intervention for early-stage breast cancer. *Journal of the American Dietetic Association*, 101, 421-431.
- Karen B. E. Addy, K. B. E. (2007). The Treatment of Depression and Anxiety Within the Context of Chronic Obstructive Pulmonary Disease. *Clinical Case Studies*, 6, 383 - 393.
- 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, 1059-1066.
- 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, 310-319.
- Ott, M., Norris, R., & Bauer-Wu, S. (2006). Mindfulness meditation for oncology patients: A discussion and critical review. *Integrative Cancer Therapies*, 52, 98-108.
- 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, 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.;
- 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, 315-327.
- Tacon, A. M., Caldera, Y. M., & Ronaghan, C. (2004). Mindfulness-based stress reduction in women with breast cancer. *Families, Systems & Health*, 22, 193-203.
- Tacon, A., McComb, J., Caldera, Y., & Randolph, P. (2003). Mindfulness meditation, anxiety reduction, and heart disease: A pilot study. *Family and Community Health*, 26, 25-33.
- 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, 297-307.

Spirituality, Religion, Psychotherapy

- Alexander H., Harris, S., Thoresen, C. E., McCullough, M. E., & Larson, D. B. (1999). Spiritually and religiously oriented health interventions. *Journal of Health Psychology*, 4, 413 - 433.
- Bankart, C. P. (2003). A western psychologist's inquiry into the nature of right effort. *Constructivism in the Human Sciences*, 8(2), 63-72.
- Baumeister, R. F. (1991). *Escaping the self: Alcoholism, spirituality, masochism, and other flights from the*

- burden of selfhood*. New York: Basic books.
- Bien, T., & Bien, B. (2002). *Mindful recovery: A spiritual path to healing from addiction*. New York: Wiley.
- Bormann, J. E., Smith, T. L., Becker, S., Gershwin, M., Pada, L., Grudzinski, A. H. & Nurmi, E. A. (2005). Efficacy of frequent mantra repetition on stress, quality of life, and spiritual well-being in veterans: A pilot study. *Journal of Holistic Nursing*, 23, 395 - 414.
- Bormann, J. E., Thorp, S., Wetherell, J. L., & Golshan, S. (2008). A spiritually based group intervention for combat veterans with posttraumatic stress disorder: Feasibility study. *Journal of Holistic Nursing*, 26, 10 -116.
- Brenner, M., & Homonoff, E. (2004). Zen and clinical social work: A spiritual approach to practice. *Families in Society: The Journal of Contemporary Social Services*, 85, 261-269.
- Brown, B. (1999). *Soul without shame: A guide to liberating yourself from the judge within*. Boston: Shambala.
- Brown, D. Assessment of spirituality in counseling. The relationship between spirituality and mental health. Ph.D. dissertation, Auburn University, United States – Alabama. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3317303).
- Daryl S. Paulson, D. S. (2008). Wilber's Integral Philosophy: A summary and critique. *Journal of Humanistic Psychology*, 48, 364 - 388.
- Duerr, M., Zajonc, A., & Dana, D. (2003). Survey of transformative and spiritual dimensions of higher education. *Journal of Transformative Education*, 1, 177 - 211.
- Emavardhana, T., & Tori, C. D. (1997). Changes in self-concept, ego defense mechanisms, and religiosity following seven-day Vipassana meditation retreats. *Journal for the Scientific Study of Religion*, 36, 194-206.
- Epstein, M. (1990). Psychodynamics of meditation: Pitfalls on the spiritual path. *Journal of Transpersonal Psychology*, 22(1), 17-34.
- Feinstein, D. (2008). Energy psychology in disaster relief. *Traumatology*, 14, 127 - 139.
- Finley, J. (1985). *Merton's palace of nowhere: A search for God through awareness of the true self*. Notre Dame, IN: Ave Maria Press.
- *Finn, M. (1992). Transitional space and Tibetan Buddhism: The object relations of meditation. In M. Finn & J. Gartner (Eds.), *Object relations and religion*. (missing page numbers) Westport, CT: Praeger.
- Fredenberg, J. R. (2002). The Buddhist psychologist: An exploration into spirituality and psychotherapy. *Dissertation Abstracts International*, 63 (04), 2055b. (UMI No. 3049731).
- Gelkopf, M., & Kreidler, S. (1996). Is humor only fun, an alternative cure, or magic? The cognitive therapeutic potential of humor. *Journal of Cognitive Psychotherapy: An International Quarterly*, 10, 235-254.
- Goldsmith, J. (1958). *Practicing the presence: The inspiration guide to regaining meaning and a sense of purpose in your life*. San Francisco: Harper San Francisco.
- Greer, P. An educational methodology and program for the mitigation of compassion fatigue for combat deploying chaplains. D.Min. dissertation, Liberty University, United States – Virginia. Retrieved July 18, 2009, from Dissertations & Theses: Full text. (Publication No. AAT 3352849).
- Karasu, T. B. (1999). Spiritual psychotherapy. *American Journal of Psychotherapy*, 53, 143-161.
- Kinney, C. K., Rodgers, D. M., Nash, K. A., & Bray, C. O. (2003). Holistic healing for women with breast cancer through a mind, body, and spirit self-empowerment program. *Journal of Holistic Nursing*, 21, 260 - 279.
- Kolodny, R. (2004). Why awareness works—and other insights from spiritual practice. *British Gestalt Journal*, 13, 92-99.
- Kramer, S. Z. (1995). *Transforming the inner and outer family: Humanistic and spiritual approaches to mind-body systems therapy*. New York: Haworth.
- Kristeller, J. L., & Hallett, C. B. “Mindfulness Meditation: A Treatment for Binge Eating Disorder.” 7th International Conference of the Transnational Network for the Study of Physical Psychological and Spiritual Wellbeing. Wollongong, Australia. July, 2002.
- Kumar, S. (2005). *Grieving mindfully: A compassionate and spiritual guide to coping with loss*. Oakland, CA: New Harbinger.

- Kumar, S. (2002). An introduction to Buddhism for the cognitive-behavioral therapist. *Cognitive and Behavioral Practice*, 9, 40-43.
- Leigh, J., Bowen, S., & Marlatt, G. (2005). Spirituality, mindfulness, and substance abuse. *Addictive Behaviors*, 30, 1335-1341.
- Marlatt, G. A. (2005). *Mindfulness for addiction problems*. In Carlson, J. (Ed.), Series VI: Spirituality. Compact disc. Washington, D.C.: American Psychological Association
- Marlatt, G. A., & Kristeller, J. L. (1999). Mindfulness and meditation. In W. R. Miller (Ed.), *Integrating spirituality into treatment*, (pp. 67-84). Washington, DC: American Psychological Association.
- 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, 845-860.
- McLennan Tajiri, N. Attentiveness to God: Contemplative presence in spiritual direction. Ph.D. dissertation, Institute of Transpersonal Psychology, United States -- California. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3344987).
- Miller, W. R. (1998). Researching the spiritual dimensions of alcohol and other drug problems. *Addictions*, 93, 979-990.
- Monda, L. (2000). *The practice of wholeness: Spiritual transformation in everyday life*. Placitas, NM: Golden Flower Publications.
- Moze, M. A theory of surrender: Understanding psychological surrender with comparison to ego defense. Ph.D. dissertation, California Institute of Integral Studies, United States -- California. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3353782).
- Oman, D., Shapiro, S. L., Thoresen, C. E., Flinders, T., Driskell, J. D., & Plante, T. G. (2007). Learning from spiritual models and meditation: A randomized evaluation of a college course. *Pastoral Psychology*, 55, 473-493.
- Parks, G. A., & Marlatt, G. A. (2004). Review of transcendental meditation in criminal rehabilitation and crime prevention. *The Behavior Therapist*, 27(8), 179-182.
- Plagens, C. Discovering feminine presencing: A women's transformational model for self and community. Ph.D. dissertation, Institute of Transpersonal Psychology, United States -- California. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3349511).
- Ridge, D., & Ziebland, S. (2006). "The old me could never have done that": How people give meaning to recovery following depression. *Qualitative Health Research*, 16, 1038 - 1053.
- Rothberg, D. (1992). Buddhist responses to violence and war: Resources for a socially engaged spirituality. *Journal of Humanistic Psychology*, 32, 41 - 75.
- Rubin, J. B. (1997). Psychoanalysis is self-centered. In C. Spezzano & G. Spessano (Eds.), *Soul on the couch: Spirituality, religion, and morality in contemporary psychoanalysis*. Hillsdale, NJ: Analytic Press.
- 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*. New York: Haworth Press, Inc.
- Segal, W. (1995). Interviewed in T. Cochran & J. Zaleski, *Transformations: Awakening to the sacred in ourselves*. New York: Bell Tower.
- Slattery, M. Towards a comparative study of the concept of mind/consciousness in Western science, Eastern mysticism, and American Indian thought. Ph.D. dissertation, Michigan State University, United States -- Michigan. Retrieved July 18, 2009, from *Dissertations & Theses*: Full Text. (Publication No. AAT 3348221).
- Song, Y. Exploring the spiritual development model of Mahayana Seon (Zen) practice from the perspective of transpersonal development and healing. Ph.D. dissertation, Institute of Transpersonal Psychology, United States -- California. Retrieved July 18, 2009, from *Dissertations & Theses*: Full Text. (Publication No. AAT 3304166).
- Sorajjakool, S. (2009). *Do nothing: Inner peace for everyday living: Reflections on Chuang Tzu's philosophy*. West Conshohocken, PA: Templeton Foundation Press.

- Sorajjakool, S. (2001). *Wu Wei, negativity, and depression: The principle of non-trying in the practice of pastoral care*. New York: The Haworth Pastoral Press.
- *Sowattanagoon, N., Katchabhakdi, N., Chitvanish, S., Plengvidhaya, N., & Petrie, K. (2006). Buddhism values are associated with better control of diabetes in Thai patients. *International Journal of Behavioral Medicine*, 299. **(could not find this article online at all—in any issue of this journal, or elsewhere—when I went to look up page numbers)**
- Tart, C. T., & Deikman, A. J. (1991). Mindfulness, spiritual seeking and psychotherapy. *Journal of Transpersonal Psychology*, 23(1), 29-52.
- Thakadipuram, T. The quest for wholeness: An inquiry into spiritual leaders' lived experience. Ed.D. dissertation, University of St. Thomas (Minnesota), United States -- Minnesota. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3351309).
- Trungpa, C. (1973). *Cutting Through Spiritual Materialism*. Berkeley: Shambhala.
- Wallace, B. A. (2001). Intersubjectivity in Indo-Tibetan Buddhism. *Journal of Consciousness Studies*, 8, 209-230.
- Wallace, B. A. (1999). The Buddhist tradition of samatha: Methods for refining and examining consciousness. *Journal of Consciousness Studies*, 6, 175-187.
- Walsh, F. (1999). Religion and spirituality: Wellsprings for healing and resilience. In F. Walsh (Ed.), *Spiritual Resources in Family Therapy* (1st ed., pp. 3-27). New York: Guilford.
- Walsh, R. (1992). The search for synthesis: Transpersonal psychology and the meeting of east and west, psychology and religion, personal and transpersonal. *Journal of Humanistic Psychology*, 32, 19 - 45.
- Weyenberg, S. An evaluation of the transcendence therapy training manual for major depressive disorder and generalized anxiety disorder. Ph.D. dissertation, Walden University, United States -- Minnesota. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3352855).
- Wilber, K. (2006). *Integral spirituality: A startling new role for religion in the modern and postmodern world*. Boston: Integral Books.
- Wilber, K. (2004). *The simple feeling of being: Embracing your true nature*. Boston: Shambhala.
- Wilber, K. (2000a). *Integral psychology: Consciousness, spirit, psychology, therapy*. Boston: Shambhala.
- Wilber, K. (2000b). *The eye of spirit: An integral vision for a world gone slightly mad*. Vol. 7, *The collected works of Ken Wilber*. Boston: Shambhala.
- Wilber, K. (1996). Foreword. In B. Scotten, A. Chinen, & J. Battista (Eds.), *Textbook of transpersonal psychiatry and psychology* (pp. xvii-xx). New York: Basic Books.
- Wilber, K. (1995). *Sex, ecology and spirituality*. Boston/London: Shambhala.
- Wilber, K. (1979). *No boundary: Eastern and Western approaches to personal growth*. Los Angeles: Center Publications, Whole Mind Series.
- Wilber, K., Engler, J., & Brown, D. (1986). *Transformations of consciousness: Conventional and contemplative perspectives on development*. Boston: Shambhala.
- Wolford, R. (2000). The spiritual dimensions of gestalt therapy. *Gestalt!* 4(3),np.

Non-linear Science & Therapy

- Anderson, C. M. (2000). From molecules to mindfulness: How vertically convergent fractal time fluctuations unify cognition and emotion. *Consciousness & Emotion*, 1, 193-226.
- Hayes, A. M., Laurenceau, J. P., Feldman, G., Strauss, J. L., & Cardaciotto, L. (2007). Change is not always linear: The study of nonlinear and discontinuous patterns of change in psychotherapy. *Clinical Psychology Review*, 27, 715-723.
- Pincus, D., Fox, K. M., Perez, K. A., Turner, J. A., & McGeehan, A. R. (2008). Nonlinear dynamics of individual and interpersonal conflict in an experimental group. *Small Group Research*, 39, 150 - 178.
- Schwartz, J., Stapp, H., & Beauregard, M. (2005). Quantum physics in neuroscience and psychology: A neurophysical model of mind-brain interaction. *Philosophical Transactions of The Royal Society*, 360(1458), 1309-1327.

- Sullivan, J. Emergent learning: Three learning communities as complex adaptive systems. Ph.D. dissertation, Boston College, United States -- Massachusetts. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3349519).
- Wells, A. (2002). GAD, metacognition, and mindfulness: An information processing analysis. *Clinical Psychology: Science and Practice*, 9(9), 95-100.

Body-Inclusive Therapies

- Schwartz, A. Mind-body therapies: Beliefs and practices of professional psychologists. Ph.D. dissertation, Fielding Graduate University, United States -- California. Retrieved July 18, 2009, from Dissertations & Theses: Full Text. (Publication No. AAT 3325508).

Misc.

- Onyezia, N. Complex trauma in the child welfare system: Initial clinical presentation and treatment response. Ph.D. dissertation, Northwestern University, United States -- Illinois. Retrieved July 18, 2009, from *Dissertations & Theses*: Full Text. (Publication No. AAT 3352532).
- Thakadipuram, T. The quest for wholeness: An inquiry into spiritual leaders' lived experience. Ed.D. dissertation, University of St. Thomas (Minnesota), United States -- Minnesota. Retrieved July 18, 2009, from *Dissertations & Theses*: Full Text. (Publication No. AAT 3351309).
- Nancy = diss