

The Mindful Clinician

Newsletter of the Society for Clinical Mindfulness & Meditation

Vol. 1, No. 1. Summer 2010

Message from the Executive Director

Welcome to the Society for Clinical Mindfulness & Meditation!

I am thrilled that you have chosen to become a part of the inauguration of this new Society. I truly believe this is an historical time for the field of mental health, and the clients and communities we serve. The practices of mindfulness and meditation have been developed over thousands of years in many cultures, but only now do we have the technology to share the collective wisdom of those cultures. Only now do we have the technology to demonstrate empirically how we can use meditation clinically to help alleviate suffering.



I hope you will choose to be actively involved in our online forum. I believe that we will all benefit from sharing our knowledge, experience, and curiosity.

While there are a growing numbers of books on the clinical applications of mindfulness and meditation (I'm writing one now myself), and there is a significant benefit to reading these works, there is no substitute for an actual experience of these methods. I invite to consider attending some of the upcoming events listed below. As our membership directory grows, you may also find someone who offers groups near you.

Do you have client handouts, articles, videos, or other materials that might be of interest to the public? If so, send them to us, and we'll post them on our resources page. This will benefit the public, and increase your professional visibility.

Thank you again for choosing to become a part of the Society!

A handwritten signature in cursive script, appearing to read 'Richard Sears'.

Richard Sears, Psy.D, MBA, ABPP

Recent Research

Hofmann, S., Sawyer, A., Witt, A., & Oh, D. (2010). **The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review.** *Journal of Consulting and Clinical Psychology, 78* (10), 169-183.

Four researchers from Boston University did a sophisticated meta-analysis of 39 studies of mindfulness, over 1,140 participants. Effect sizes were computed using Hedges's *g*. In the overall sample, effect sizes pre-treatment to post-treatment were .63 for anxiety symptoms and .59 for mood symptoms. In patients with anxiety and mood disorders, effect sizes were .97 and .95 respectively for improving symptoms. The authors conclude that mindfulness-based therapy is a promising intervention for clinical populations with anxiety and mood issues.

Reavley, N., & Pallant, J. F. (2009). **Development of a scale to assess the meditation experience.** *Personality and Individual Differences, 47*, 547-552.

Although there have been several assessment instruments designed to measure mindfulness, the authors of this article have developed a scale that is more broad, called the Effects of Meditation scale. It can be used to measure these effects during meditation (EOM-DM) as well as in everyday life (EOM-EL). The instrument looks at physical, emotional, and spiritual effects of meditation. This preliminary study shows promising reliability and validity.

Burke, C. (2010). **Mindfulness-based approaches with children and adolescents: A preliminary review of current research in an emergent field.** *Journal of Child and Family Studies, 19*, 133-144.

Most research to date on mindfulness has focused on adults. This article looks at the research to date on children and adolescents. The author concludes that the current research shows support for the feasibility of mindfulness-based

interventions (MBSR/MBCT models), but much more empirical work needs to be done to develop a firm research evidence base.

Hargus, E., Crane, C., Barnhofer, T., & Williams, J. M. (2010). **Effects of meta-awareness and specificity of describing prodromal symptoms in suicidal depression.** *Emotion, 10*, 34-42.

Researchers from the University of Oxford in England compared clients with depression who were treated with Mindfulness-Based Cognitive Therapy (MBCT) and with Treatment As Usual (TAU). The clients who received MBCT training were more likely to be able to recall details about previous suicidal events, and had higher levels of meta-awareness. This ability to recall signs leading to suicidality, along with increased meta-awareness, is likely to enable clients to more effectively follow strategies to de-escalate the distressing emotions.

Foley, E. (2010). **Mindfulness-based cognitive therapy for individuals whose lives have been affected by cancer: A randomized controlled trial.** *Journal of Consulting and Clinical Psychology, 78*, 72-79.

In this study, 115 cancer patients were put on a wait list or received MBCT. Results showed that the MBCT group had statistically and clinically significant reductions in anxiety, depression, and distress, and clinically significant increases in quality of life. Effect sizes were greater than with other typical treatments (e.g., CBT). The results were maintained at a 3-month follow-up.

Fall 2010 Mindful Clinician

The Mindful Clinician is accepting articles for the fall 2010 Issue. The deadline for submissions is **Sept. 15, 2010**. Suggested article length is 1,500 words, submitted in MS Word format. Submit articles for consideration to newsletter@clinical-mindfulness.org. Please also include a brief author bio and photograph (jpg or tiff format).

Mindfulness & Meditation in the News

Schoolboys getting classes in meditation and stress relief

Schoolboys at the leading public school, Tonbridge School, in Kent, England are receiving weekly 40-minute classes in meditation and stress relief.

<http://www.telegraph.co.uk/education/educationnews/6972121/Schoolboys-getting-classes-in-meditation-and-stress-relief.html>

How vacations affect your happiness

When I lecture about the importance of meditation, I often talk about how even vacations are not enough, and now there is more research supporting this statement.

<http://well.blogs.nytimes.com/2010/02/18/how-vacations-affect-your-happiness/>

How Mindfulness Can Make for Better Doctors

Physicians are being trained in mindfulness with encouraging results.

http://www.nytimes.com/2009/10/15/health/15chen.html?_r=1

Short-Term Meditation Is Beneficial

A study showed benefits of mindfulness after only 4 days of practice.

<http://psychcentral.com/news/2010/04/19/short-term-meditation-is-beneficial/12929.html>

If you've seen an interesting news story about the clinical applications of mindfulness and meditation in the news, send an email to newsletter@clinical-mindfulness.org

Member Spotlight

Dennis Tirch, Ph.D.



We are honored to have Dr. Dennis Tirch, a psychologist from New York, on our advisory board and our journal editorial board. I first met Dennis in the early 90s, when we both attended a martial arts and meditation seminar led by Stephen K. Hayes in Texas. Dennis kindly let me share his hotel room.

Dr. Tirch serves as the Associate Director at the American Institute for Cognitive Therapy, an internationally known Cognitive Therapy training facility and clinical practice.

As an educator, Dr. Tirch serves as an Adjunct Assistant Professor at Weill-Cornell Medical College, an Adjunct Associate Professor at Albert Einstein Medical School and regularly conducts mindfulness and CBT training seminars for healthcare professionals in New York. As a part of his professional CBT training mission, has regularly presented research and instructional lectures in the USA, Europe, and China.

Over the past 15 years, he has co-authored several journal articles and book chapters concerning cognitive-behavioral, mindfulness-based, and compassion-focused therapies. An avid writer on psychology, Dr. Tirch is the author of the self-help book "The Compassionate Mind Guide to Anxiety," which is scheduled to be released in

2011. He is presently completing co-authorship of a book with Dr. Robert Leahy on emotion regulation techniques, which is also scheduled for release in 2011. Additionally, Dr. Tirch is presently co-authoring a book on mindfulness and acceptance based therapies with Dr.s Richard Sears and Brian Denton, scheduled for release in early 2011. He is currently engaged in an active research program examining the relationships among psychological flexibility, mindfulness, and emotion regulation. He received his PhD from Fairleigh Dickinson University.

Dr. Tirch is a diplomate and Fellow of the Academy of Cognitive Therapy. He currently serves on the advisory board of the Union Institute and University Center for Clinical Mindfulness and Meditation. He is also a member of The Advisory Board and Editorial Board of The Society for Clinical Mindfulness and Meditation. Dr. Tirch is a founding member of the New York City Cognitive Behavioral Therapy Organization, and serves as the Chairman of their Technology Committee. He is a member of the program committee and Mindfulness Special Interest Group for the Association for Behavioral and Cognitive Therapies.

In addition to his training in Western psychology, Dr. Tirch has had extensive experience in Eastern meditative and philosophical disciplines over the past 25 years. This training includes work in Japanese Zen and Vajrayana Buddhism, Tibetan Kagyu Buddhism, and Central Asian meditative disciplines.

Since childhood, Dr. Tirch has been an avid guitarist and composer, and has been a performing and recording musician in the New York area throughout his adult life. He is particularly engaged with the guitar circle work of the Orchestra of Crafty Guitarists, under the direction of Robert Fripp, which blends elements of mindful awareness and with a musical practice.

Member News

Dr. Richard Sears (holding his daughter) received ordination as a Zen Bodhisattva priest on March 28, 2010, from Paul Dochong Lynch, JDPSN at the [Great Blue Zen Center](#) in Cincinnati, Ohio. Dr. Sears hopes to explore further some of the clinical applications of koan work.



Dr. Brian Denton will be getting married on August 14, 2010. He is pictured here on his 2008 trip to Nepal.



The Mindful Clinician is interested in getting to know you and what you're doing. Have you been promoted or just had a new book or paper published? Are you speaking at a conference or being recognized for your work? Please let us know, so we can share the news with your colleagues in a column devoted to our member's accomplishments. Please send information and details, including any relevant photos, to newsletter@clinical-mindfulness.org

Article

Influence of Meditation on the Brain: Neuropsychological Effects

Adriane Kruer, Union Institute & University

Meditation's Effects on the Brain

There are many studies on the effects of meditation on the brain's functioning. I wanted to find out more about how the brain is affected by long-term meditation practice, and what were the other effects of meditating on the actual matter of the brain. In a study by Lazar, et al. (2005), it was found that the area of the brain corresponding to the Brodmann areas were thicker in meditators than in controls, suggesting that regular practice of meditation is "associated with increased thickness in a subset of cortical regions related to somatosensory, auditory, visual and interoceptive processing. Further, regular meditation may slow age-related thinning of the frontal cortex" (Lazar, et al. 2005). Also, meditation practice and change in respiration rate (due to meditation practice) were correlated with cortical thickness in two regions, the inferior occipitotemporal visual cortex, and the right anterior insula.

Most of the regions that were affected were found in the right hemisphere of the brain. The right hemisphere is responsible for sustaining attention, global visceral awareness, and the integration of emotion and cognition. It could be said then, that meditators may have an easier time successfully navigating stressful encounters during the day. Other areas of the brain that show increases on an MRI during meditation include: dorsolateral prefrontal and parietal cortices, hippocampus/parahippocampus, temporal lobe, pregenual anterior cingulate cortex, striatum, and pre- and post-central gyri. Global fMRI signals decrease, due to the cardiorespiratory changes that accompany meditation (Lazar, 2000).

Richard Davidson, head of the Waisman Center for Brain Imaging, has conducted studies looking at the effects of compassion meditation on

the brain. The study showed significant activity in the insula area of the brain when the long-term meditators were meditating. The insula is responsible for bodily representations of emotion. Activity also increased in the temporal parietal juncture, mainly in the right hemisphere. This area of the brain is thought to be important to processing empathy, involved with perceiving the mental and emotional state of others. Davidson states, "People are not just stuck at their respective set points. We can take advantage of our brain's plasticity and train it to enhance these qualities" (Land, 2008). Davidson et al. (2008) have also done studies exploring the effects of meditation and mindfulness practice on the immune system.

There are many, many different forms of meditation practice, and though each may change the brain's makeup if practiced regularly and long-term, each may have different, unique effects on the brain's functioning.

References

- Davidson, R. J. et al., Alterations in Brain and Immune Function Produced by Mindfulness Meditation. *Psychosomatic Medicine* 65:564-570 (2003).
- Land, D. Study shows compassion meditation changes the brain. *University of Wisconsin-Madison*. March 25, 2005.
- Lazar, S. W., et al. Functional brain mapping of the relaxation response and meditation. *Neuroreport*. 2000 May 15; 11(7): 1581-1585.
- Lazar, S. W., et al. Meditation experience is associated with increased cortical thickness. *Neuroreport*. 2005 Nov. 28; 16(17): 1893-1897.

Adriane Kruer is a doctoral student in clinical psychology at Union Institute & University in Brattleboro, Vermont.

If you would like to contribute an article to this newsletter, send an email to newsletter@clinical-mindfulness.org.

Upcoming Mindfulness & Meditation Events

The events listed here, related to the clinical applications of mindfulness and meditation, are provided as a service to our members. The Society cannot guarantee the quality of the presentations. Please check directly with the provider to confirm the dates and details. Also, check our web listings at <http://clinical-mindfulness.org/news-events/events>.

UCSD Center for Mindfulness

<http://cme.ucsd.edu/mindfulness/index.html>

MBRP

Mindfulness-Based Relapse Prevention

May 9–14, 2010

Chapin Mill Retreat Center in Rochester, NY

PME

The Practice of Mindful Eating

September 12-17, 2010

IONS Retreat Center, Petaluma, CA

MBCT

Mindfulness-Based Cognitive Therapy

February 6–11, 2011

Joshua Tree Retreat Center, Joshua Tree, CA

Omega Institute <http://www.eomega.org/>

*Mindfulness-Based Stress Reduction
in Mind-Body Medicine*

Jon Kabat-Zinn, Saki F. Santorelli

June 4, 2010 - June 11, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Mindfulness & Education Conference

Jennifer M. Cohen, Susan Kaiser Greenland, Jon Kabat-Zinn, Linda Lantieri, Daniel Rechtschaffen, Daniel J. Siegel, Spring Washam

August 6, 2010 - August 8, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Mindfulness-Based Eating Awareness

Jean Kristeller, Andrea Lieberstein

August 1, 2010 - August 6, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Mindfulness & Yoga for Children Teacher Training

Jennifer M. Cohen, Daniel Rechtschaffen

August 1, 2010 - August 6, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Mindfulness Meditation in Nature

Mark Coleman

July 23, 2010 - July 25, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Mindfulness-Based Cognitive Therapy

Zindel Segal, Susan Woods

August 15, 2010 - August 20, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Insight Meditation & Mindfulness Yoga Retreat

Matthew Daniell, Larry Rosenberg

August 29, 2010 - September 3, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Mindfulness Tools for Living the Full Catastrophe

Melissa Blacker, Florence Meleo-Meyer

July 4, 2010 - July 9, 2010

Rhinebeck Campus: Rhinebeck NY (US)

*Acceptance & Commitment Therapy (ACT) for
Anxiety Relief*

Georg Eifert, John Forsyth

July 18, 2010 - July 23, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Insight Meditation for Beginners

Matthew Daniell

May 7, 2010 - May 9, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Radical Acceptance

Tara Brach

July 9, 2010 - July 11, 2010

Rhinebeck Campus: Rhinebeck NY (US)

Insight Meditation for Beginners
Matthew Daniell
October 22, 2010 - October 24, 2010
Rhinebeck Campus: Rhinebeck NY (US)

Association for Contextual Behavioral Science
<http://www.contextualpsychology.org/>

ACBS Annual World Conference VIII
University of Nevada
Reno, Nevada
June 21-24, 2010
(pre-conference workshops June 19-20)

Behavioral Tech, LLC (Dialectical Behavior Therapy)
<http://www.behavioraltech.com/index.cfm>

Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems
Dates: June 3 and 4, 2010
Trainers: Tony DuBose, Psy.D, and Michael Hollander, Ph.D.
Location: Omaha, NE

Beyond the Basics:
DBT Individual Therapy in Action
Dates: June 3 and 4, 2010
Trainers: Charles Swenson, M.D.
Location: Northampton, MA

Beyond the Basics: DBT Skills Essentials in Action
Dates: June 7 and 8, 2010
Trainers: Annie McCall, M.A., LMHC
Location: Boise, ID

Advanced Intensive Training Course in Dialectical Behavior Therapy
Dates: August 16 to 20, 2010
Trainers: Marsha Linehan, Ph.D., ABPP and Shari Manning, Ph.D.
Location: Seattle, WA

Dialectical Behavior Therapy Intensive Training Course ©
Trainers: Haleh Ghanizadeh, M.D., M.P.H., and Adam Payne, Ph.D.
Part I: October 18 to 22, 2010
Part II: March 7 to 11, 2011
Location: New Canaan, CT

Five-Day Foundational DBT Training Course
Dates: October 25 to 29, 2010
Trainers: Charles Swenson, M.D. and Shireen Rizvi, Ph.D.
Location: Holyoke, MA

PESI www.pesi.com

Cognitive Behavioral Therapy and Mindfulness
Monday, June 07, 2010 in TUCSON, AZ

Cognitive Behavioral Therapy and Mindfulness
Tuesday, June 08, 2010 in SCOTTSDALE, AZ

Cognitive Behavioral Therapy and Mindfulness
Wednesday, June 09, 2010 in PHOENIX, AZ

Yoga & Mindfulness:
Clinical Interventions for Anxiety & Depression
Wednesday, June 16, 2010 in WICHITA, KS

Yoga & Mindfulness:
Clinical Interventions for Anxiety & Depression
Thursday, June 17, 2010 in OKLAHOMA CITY, OK

Yoga & Mindfulness:
Clinical Interventions for Anxiety & Depression
Friday, June 18, 2010 in Tulsa, OK

Mindfulness-Based Cognitive Therapy
Wednesday, June 23, 2010 in KING OF PRUSSIA, PA

Mindfulness-Based Cognitive Therapy
Thursday, June 24, 2010 in PHILADELPHIA, PA

Mindfulness-Based Cognitive Therapy
Friday, June 25, 2010 in CHERRY HILL, NJ

Advanced Mindfulness Interventions for Therapists
Monday, June 28, 2010 in EUGENE, OR

Advanced Mindfulness Interventions for Therapists
Tuesday, June 29, 2010 in PORTLAND, OR

Cognitive Behavioral Therapy and Mindfulness
Monday, July 12, 2010 in BOISE, ID

Cognitive Behavioral Therapy and Mindfulness
Tuesday, July 13, 2010 in SALT LAKE CITY, UT

Cognitive Behavioral Therapy and Mindfulness
Monday, July 19, 2010 in BURLINGTON, VT

Cognitive Behavioral Therapy and Mindfulness
Tuesday, July 20, 2010 in MANCHESTER, NH

Cognitive Behavioral Therapy and Mindfulness
Wednesday, July 21, 2010 in PORTLAND, ME

Cognitive Behavioral Therapy and Mindfulness
Monday, August 02, 2010 in EUGENE, OR

Cognitive Behavioral Therapy and Mindfulness
Tuesday, August 03, 2010 in PORTLAND, OR

Yoga & Mindfulness:
Clinical Interventions for Anxiety & Depression
Wednesday, August 18, 2010 in PHILADELPHIA, PA

Yoga & Mindfulness:
Clinical Interventions for Anxiety & Depression
Thursday, August 19, 2010 in KING OF PRUSSIA, PA

Yoga & Mindfulness:
Clinical Interventions for Anxiety & Depression
Friday, August 20, 2010 in CHERRY HILL, NJ

Cognitive Behavioral Therapy and Mindfulness
Monday, August 30, 2010 in ELLICOTT CITY, MD

Cognitive Behavioral Therapy and Mindfulness
Tuesday, August 31, 2010 in COLLEGE PARK, MD

Cognitive Behavioral Therapy and Mindfulness
Wednesday, September 01, 2010 in FAIRFAX, VA

Mindfulness-Based Cognitive Therapy
Friday, September 24, 2010 in BROOKFIELD, WI

If you are a full member of the Society, and would like your event listed, please send an e-mail to calendar@clinical-mindfulness.org. Event listings are subject to approval and editing.

The Mindful Clinician newsletter is a membership publication of the Society for Clinical Mindfulness & Meditation and currently produced four times a year. The newsletter provides a forum for sharing news and advances in practice, policy, and research, as well as information about professional activities and opportunities, within the field of mindfulness-based psychology.

The Mindful Clinician newsletter is distributed to the complete membership of the Society for Clinical Mindfulness & Meditation and includes academics, clinicians, students, and affiliates who share a common interest in meditation and mindfulness-based clinical practices. Unless otherwise stated, opinions expressed by authors, contributors, and advertisers are their own and necessarily those of the Society, the editorial staff, or any member of the editorial advisory board. Editorial correspondence and submissions are welcomed and appreciated. Please submit materials and references in APA style and send, via e-mail, as an attachment in MS Word format to newsletter@clinical-mindfulness.org exactly as you wish it to appear. Authors are also encouraged to submit their material along with a brief author statement and self-photo for publication use.

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