

Mindfulness Resources

The Center for Mindfulness at UMASS Medical School: www.umassmed.edu/cfm/

The following bibliography was developed as a resource for mental health professionals, medical and psychological scientists, and others who wish to locate theoretical and empirical sources on the topic of mindfulness.

Oxford Mindfulness Center: www.oxfordmindfulness.org

University of California – Los Angeles Center: www.marc.ucla.edu/body.cfm

Research: www.marc.ucla.edu/body.cfm?id=18

Guided Meditations for Patients: www.marc.ucla.edu/body.cfm?id=22

News and articles related to meditation and stress; Senator Ryan You Tube video:
<http://hsp.emindful.com/article.php?item=o>

Center for Contemplative Mind in Society: www.contemplativemind.org

Mindfulness in Education Network: www.mindfulled.org/

Association for Mindfulness in Education: www.mindfulnesseducation.org

http://host.madison.com/wsj/news/local/health_med_fit/article_7b4e56c0-c4f2-11de-9089-001cc4c03286.html - Wisconsin State Journal Article Oct. 30, 2009

Compassion

<http://law.marquette.edu/facultyblog/2009/11/08/bullying-in-schools-teaching-respect-and-compassion-through-restorative-processes/>

www.self-compassion.org/ Kristin Neff's web site has many articles available to download

www.mindfulnesscompassion.org Christopher Germer's website has a number of meditations for self compassion which are free to download

Sounds True (www.soundstrue.com) 800-333-9185 is a wonderful resource to locate CD's for those interested in the practice of meditation

CD Recommendations from Sounds True appropriate for beginners

Guided Meditations for Love & Wisdom; 14 Essential Practices by Sharon Salzberg

(This cd provides short beginning level guided meditations including meditation on body, breathing, thoughts, emotions, mental noting, walking, loving kindness, self compassion, inter connectedness)

Six Essential Practices to Cultivate Love, Awareness and Wisdom by Jack Kornfield

Mindfulness for Beginners by Jon Kabat-Zinn

Mindfulness Meditation for Pain Relief by Jon Kabat-Zinn

Books

Full Catastrophe Living, Jon Kabat-Zinn

Wherever You Go There You Are, Jon Kabat-Zinn

Coming To Our Senses, Jon Kabat-Zinn

The Mindful Way through Depression, Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn (includes a practice CD)

The Mindful Path To Self-Compassion; Freeing Yourself from Destructive Thoughts and Emotions Christopher K. Germer PhD

Awakening Joy, James Baraz, Shoshana Alexander

Calming Your Anxious Mind, Jeffrey Brantley MD

UW Health Mindfulness Program: www.uwhealth.org/integrativemed

SAVE THE DATES:

COMPASSIONATE HEALTH CARE: TRANSFORMING TRAUMA

A Collaboration between Jim Finley, PhD, UW Health Mindfulness Program and the Fetzer Institute.

This two-part retreat/work shop, will explore how the spiritual healing of trauma can be used to transform the lives of health care professionals and those interested in spirituality as a resource in healing. The heart of this work is bringing love and compassion into the center of life.

When: Part I - April 29, 30, May 1, 2011

Part II - October 14, 15, 16, 2011 (requires attendance at Part I)

Where: Holy Wisdom Monastery, Middleton WI

Information and registration will be available **after Oct. 15, 2010** at www.uwhealth.org/integrativemed