

## Mindfulness Resources

The Center for Mindfulness at UMASS Medical School: [www.umassmed.edu/cfm/](http://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](http://www.oxfordmindfulness.org)

University of California – Los Angeles Center: [www.marc.ucla.edu/body.cfm](http://www.marc.ucla.edu/body.cfm)

Research: [www.marc.ucla.edu/body.cfm?id=18](http://www.marc.ucla.edu/body.cfm?id=18)

Guided Meditations for Patients: [www.marc.ucla.edu/body.cfm?id=22](http://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](http://www.contemplativemind.org)

Mindfulness in Education Network: [www.mindfulled.org/](http://www.mindfulled.org/)

Association for Mindfulness in Education: [www.mindfulnesseducation.org](http://www.mindfulnesseducation.org)

[http://host.madison.com/wsj/news/local/health\\_med\\_fit/article\\_7b4e56c0-c4f2-11de-9089-001cc4c03286.html](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/](http://www.self-compassion.org/) Kristin Neff's web site has many articles available to download

[www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org) Christopher Germer's website has a number of meditations for self compassion which are free to download

Sounds True ([www.soundstrue.com](http://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](http://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](http://www.uwhealth.org/integrativemed)