

Individuals in the Field:

Mark Greenberg – Penn State: retired head of the Prevention Center at Penn State and has been doing research in Mindfulness for the last 2 decades.

Greenberg, M. T., & Harris, A. R. (2012). Nurturing Mindfulness in Children and Youth: Current State of Research. *Child Development Perspectives*, 6(2), 161–166. <https://doi.org/10.1111/j.1750-8606.2011.00215.x>

Patricia Jennings – UVA: Mindfulness for Teachers

https://www.google.com/search?q=tish+jennings+mindfulness+for+teachers&rlz=1C5CHFA_enUS728US728&og=tish+jennings+min&ags=chrome.0.0j69i57.14663j1j7&sourceid=chrome&ie=UTF-8

Richie Davidson – University of Wisconsin Madison: Neuroscientist who is part of many initiatives studying mindfulness in educational settings.

Mindfulness Programs:

CARE for Teachers – Evidence based program teaching mindfulness to teachers

<https://createforeducation.org/care>

Learning to Breathe – MBSR inspired evidence-based program for teens and young adults. This has been done with middle schools, high schools and recently piloted with first year college students at Penn State with good findings in many of these settings: <https://learning2breathe.org/research-summary-table/>

Funded Projects:

Harris, A. R., Jennings, P. a., Katz, D. a., Abenavoli, R. M., & Greenberg, M. T. (2016). Promoting Stress Management and Wellbeing in Educators: Feasibility and Efficacy of a School-Based Yoga and Mindfulness Intervention. *Mindfulness*, 7, 143–154. <https://doi.org/10.1007/s12671-015-0451-2>

Katz, D. A., Harris, A., Abenavoli, R., Greenberg, M. T., & Jennings, P. A. (2017). Educators' emotion regulation strategies and their physiological indicators of chronic stress over 1 year, (August), 1–8. <https://doi.org/10.1002/smi.2782>

Organizations:

In education, Mindfulness interventions fit under the umbrella of Social and Emotional Learning programming. CASEL is a national organization devoted to promoting SEL in schools:

<https://casel.org/what-is-sel/>.

CREATE – Umbrella organization that is managing CARE and CALM.

<https://createforeducation.org/>. Associate with Compassionate Schools Project

<https://www.compassionschools.org/>