

Resources – The Science of Mindfulness

Looking for the resources presented at today's Science of Mindfulness Session (5/18 - <https://youtu.be/nXUuJPtFkLk>)? Check out the information below:

Mindfulness and Physical Health (Dr. Teri Pipe):

Websites:

National Center for Complementary and Integrative Health - <https://www.nccih.nih.gov/>

Greater Good Science Center - <https://greatergood.berkeley.edu/>

Dr. Teri Pipe PSA for COVID-19 response - https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php?fbclid=IwAR20mP2bzI9Uf18VH_9AWBmmJfEPpjm-LYVkuUfiLZyN-Kwabob7dEk2pbfg#novel-coronavirus-mindfulness

Mindfulness and Psychological Aspects of Health (Jackie Speer):

Beddoe, A & Murphy, S. (2004). Does Mindfulness Decrease Stress and Foster Empathy Among Nursing Students? *Journal of Nursing Education*, 43(7), 305-312. Retrieved on May 18, 2020, from <https://www.ncbi.nlm.nih.gov/pubmed/15303583>

Carson, J. et al. (2004). Mindfulness-Based Relationship Enhancement. *Behavior Therapy*, 35, 471-494, Retrieved on May 18, 2020, from <https://www.sciencedirect.com/science/article/abs/pii/S0005789404800285>

Davidson, R & Lutz, A., 2009. Buddha's Brain: Neuroplasticity and Meditation. *IEEE Signal Processing Magazine* (Volume: 25 , Issue: 1 , 2008) Retrieved May 18, 2020, from https://ieeexplore.ieee.org/abstract/document/4431873?casa_token=VeY0UefzyI8AAAAA:dIpb7s7F-NsHhC53CBxgslzCNCif1ZmF3IT4ApHhpM2tjNimJjUPF0XThKnTgkN7_4vCfN8sdg

Fox, K. C., Nijeboer, S., Dixon, M. L., Floman, J. L., Ellamil, M., Rumak, S. P., Christoff, K. (2014, June). Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners. Retrieved May 18, 2020, from <https://www.ncbi.nlm.nih.gov/pubmed/24705269>

Lazar, S. et al. (20 NeuroReport, 16(17), 1893-1897.05). Meditation experience is associated with increased cortical thickness. Retrieved on May 18, 2020, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361002/>

Mindfulness and Social Justice/Equity Resources (Tiara Cash):

Bautista, T. G., Cash, T., Dunis, J., Smith, P. G., Young, M., Meyerhoefer, T., & Pipe, T. B. (2019, Nov). *Equitable Mindfulness for Social Changes: A Mixed Methods Analysis*. Poster presented at the American Public Health Association Conference, Philadelphia, PA. <https://mindfulnesscenter.asu.edu/equitable-mindfulness-initiative>

Berila, B. (2015). *Integrating mindfulness into anti-oppression pedagogy: Social justice in higher education*. Routledge.

Forbes, D. (2016). Modes of mindfulness: Prophetic critique and integral emergence. *Mindfulness*, 7(6), 1256-1270.



Magee, R. V. (2016). Teaching mindfulness with mindfulness of race and other forms of diversity. In *Resources for Teaching Mindfulness* (pp. 225-246). Springer, Cham.

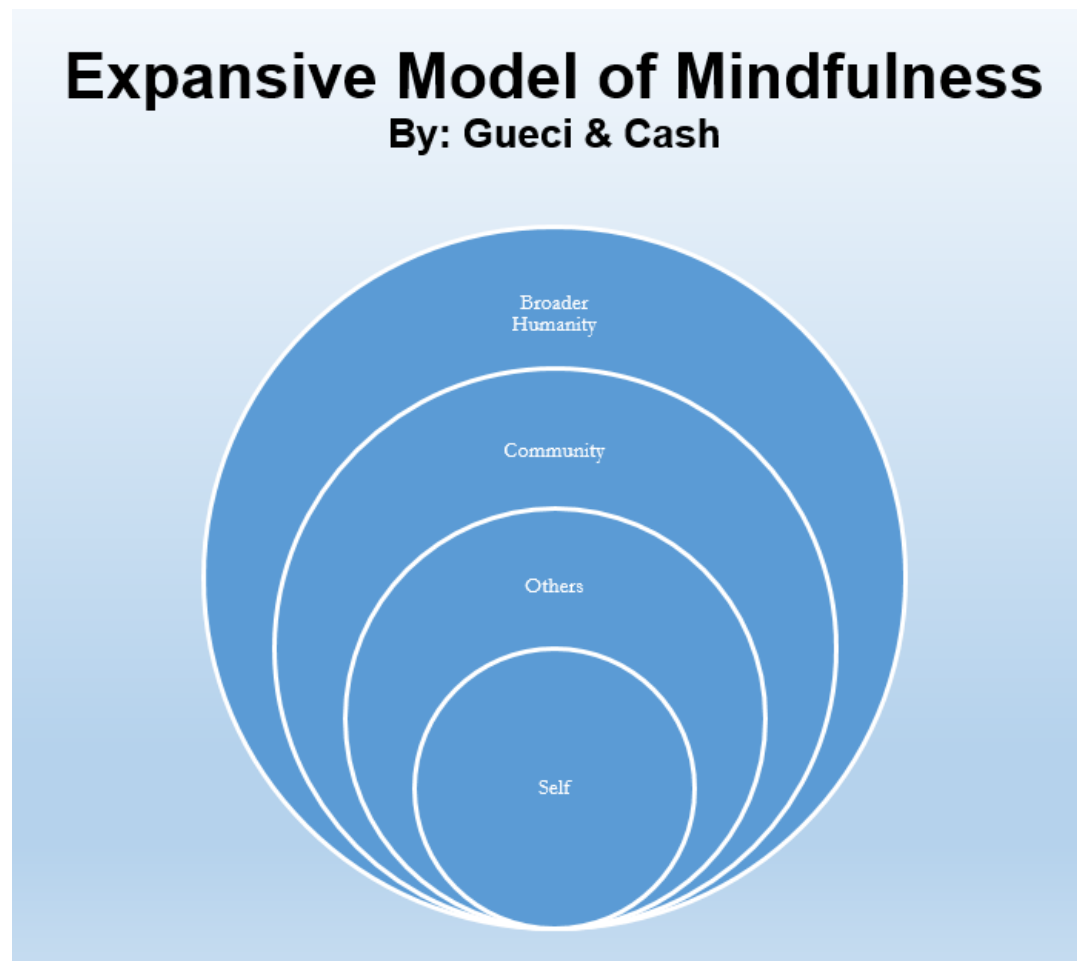
Wong, Y. L. R. (2004). Knowing through discomfort: A mindfulness-based critical social work pedagogy. *Critical Social Work*, 5(1), 1-9.

Mindfulness and Recovery Programs (Dr. Nika Gueci):

Dr. Nika Gueci's Dissertation:

https://repository.asu.edu/attachments/211336/content/Gueci_asu_0010E_18401.pdf

Expansive Model of Mindfulness (N. Gueci, T. Cash):



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