Resources – The Science of Mindfulness
Looking for the resources presented at today’s Science of Mindfulness Session (5/18 - https://youtu.be/nXUuJtPfklk)? 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 Teri Good Science Center - https://greatergood.berkeley.edu/

Mindfulness and Psychological Aspects of Health (Jackie Speer):
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):


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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