

Mindfulness & MBCT

Key Resources

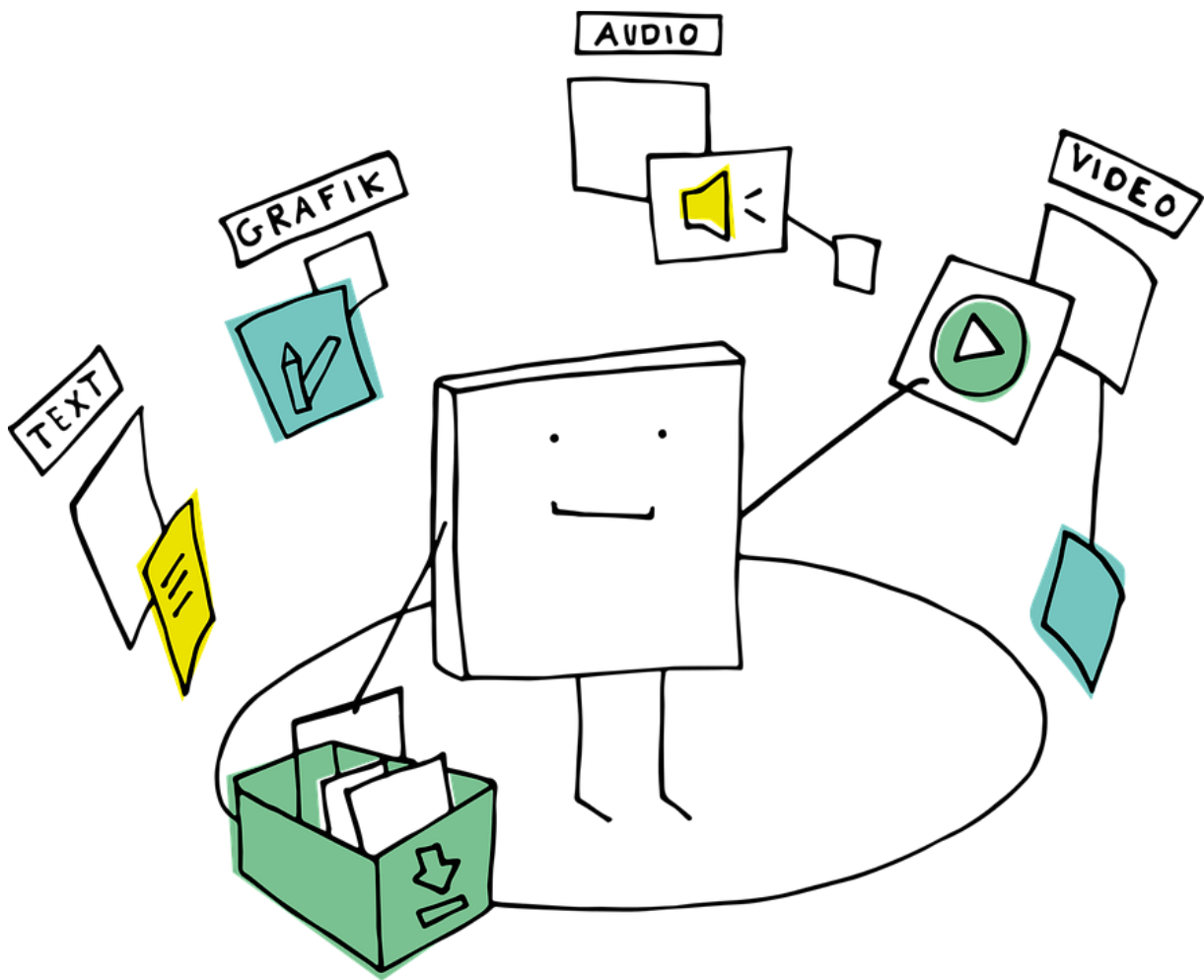


Image courtesy of Pixabay

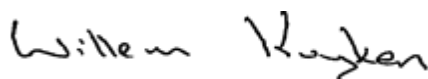


Background and introduction

I am often asked, “Where I do find the best mindfulness and mindfulness-based cognitive therapy (MBCT) book / website / app?” This listing is intended to signpost to books, articles, websites and videos. It is organised into different sections and of course different sections will be of interest to different groups of people. There is no intention to be comprehensive; these are resources I am aware of that I recommend. Also, there are a range of mindfulness-based programs; my emphasis is on evidence-based mindfulness programs, in particular MBCT. In an exponentially growing field there are other programs and many further resources; this list is not intended to be definitive.

To keep up-to-date with new publications in the field of mindfulness, consult Mindfulness Research Monthly, a web-based service from the American Mindfulness Research Association (<https://goamra.org>) that provides researchers and practitioners with monthly publication updates in mindfulness research and practice.

I hope this proves helpful to you.



Willem Kuyken

June 2019

learning mindfulness and mbct

The following are some resources if you are new to mindfulness and MBCT and want to learn more.

Some books:

Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. London: Piatkus. Highly engaging and accessible introduction to mindfulness.

Williams, M. & Penman, D. (2011). *Mindfulness: A practical guide to finding peace in a frantic world*. London: Piatkus. (Face-to-face version developed by Mark Williams and Chris Cullen. Includes free CD with guided meditations; based around MBCT but not the full MBCT programme as in the Mindful Way through depression above).

Goleman, D., & Davidson, R. J. (2017). *Altered traits: Science reveals how meditation changes your mind, brain and body*. New York: Avery Publishing Group. More of a popular science book than a mindfulness guide as such.

Apps:

There is a June 2019 review of the best free apps at mindful.org, see here:

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

I would add to this list Headspace and Plum Village. They are not all fully free, some offer a free trial period, or quite limited access to some free resources. Some, like Insight Timer, are really inclusive which means anyone can upload content. This means you need to make your own discernments about which teachers to select (see finding a teacher below).

Websites:

Mindful.org is a popular resource for the general public. It includes guidance on getting started with a mindfulness practice and articles about the science of mindfulness and mindfulness-based programs.

Our Centre has a website for the public - Oxford Mindfulness Centre (OMC) at the Department of Psychiatry, University of Oxford: <http://oxfordmindfulness.org/> and a website for our research group: <https://www.psych.ox.ac.uk/research/mindfulness>

Finding an MBCT teacher:

For many people attending a mindfulness course is helpful, and for some transformational.

You can find an MBCT teacher via the international directory AccessMBCT, see here:

<https://www.accessmbct.com>.

Finding a meditation teacher:

I would recommend the following teachers, who are not only meditation teachers but also have an excellent understanding of MBCT and mindfulness taught in secular settings: Tara Brach, Rebecca Crane, Chris Cullen, Jake Dartington, Christina Feldman, Gil Fronsdale, Joseph Goldstein, Jack Kornfeld, Brigitte O'Neill, Jaya Rudyard, Mark Williams and Jenny Wilks. Many of them have talks and practices available online and also teach at various centres around the world. They also feature on the Insight Timer app.

beyond mbct courses

Resource List: Mindfulness and Mindfulness-Based Cognitive Therapy (MBCT)

Many MBCT teachers offer follow on courses to support ongoing practice. There are also a growing number of online courses and teachers.

Mindfulness retreats and retreat centres

Each mindfulness retreat centre has its own ethos, approach and level of support. Take care to ensure this aligns with what you're looking for; discuss with a mindfulness teacher who you trust and respect, if necessary.

UK Network, offers retreats for MBP teachers that aspire to be secular -

<https://www.mindfulness-secular-retreats.org.uk> [This group also offer support of personal mindfulness practice]

[iBme](#) offers retreats for young people. There is also a UK branch [here](#).

Insight Meditation Center, Barre, MA, USA. <https://www.dharma.org>

Gaia House Retreats, Devon, Uk <https://gaiahouse.co.uk>

Spirit Rick, West coast, USA. <https://www.spiritrock.org>

Plum Village, France. <https://plumvillage.org>

mbct manuals

Original MBCT for depression manual

Segal, Z.V., Williams, J.M.G. & Teasdale, J.D. (2013). *Mindfulness-based cognitive therapy for depression. (2nd ed.)*. New York: Guilford Press. [MBCT Professionals Manual - New revised edition]

Brief overview

Crane, R. (2017). *Mindfulness-Based Cognitive Therapy*. London: Routledge.

Perspectives on mindfulness as a confluence of Buddhist and modern psychology:

Feldman, C. & Kuyken, W. (2019). *Mindfulness: Ancient Wisdom Meets Modern Psychology*. New York: Guilford Press.

Additional MBCT adaptations

Bartley, T. (2012), *Mindfulness-based cognitive therapy for cancer*. London: Wiley.

Cullen, C. Penman, D. & Williams. *Mindfulness: Finding peace in a frantic world*. Oxford, University of Oxford.

McManus, F., Surawy, C., Muse, K., Vazquez-Montes, M., Williams, J. Mark G. (2012). A randomized clinical trial of mindfulness-based cognitive therapy versus unrestricted services for health anxiety (hypochondriasis). *Journal of Consulting and Clinical Psychology, 80(5)*, 817-828. <http://dx.doi.org/10.1037/a0028782>

Kuyken, W., Barnard, P., & Baer, R. (In preparation). *Mindfulness (-based Cognitive Therapy) for Life*. New York: Guilford Press.

Mindfulness in Schools .b and PawsB curricula, see: <http://mindfulnessinschools.org/>

Williams, J.M.G., Fennell, M., Barnhofer, T., Crane, R. & Silverton, S. (2015). *Mindfulness and the transformation of despair: Working with people at risk of suicide*. New York: Guildford.

self-help guides

Baer, R. A. (2014). *Practising happiness: how mindfulness can free you from psychological traps and help you build the life you want*. London: Constable and Robinson.

Teasdale, J.D., Williams, J.M.G. & Segal, Z.V. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress*. New York: Guildford. (Includes free CD and downloads of guided meditations).

Williams, J.M.G., Segal, Z.V., Teasdale, J.D. & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guildford. (Includes free CD with guided meditations).

Williams, M. & Penman, D. (2011). *Mindfulness: A practical guide to finding peace in a frantic world*. London: Piatkus. (Face-to-face version developed by Mark Williams and Chris Cullen. Includes free CD with guided meditations; based around MBCT but not the full MBCT programme as in the Mindful Way through depression above).

key journal articles and books

Definition and measurement of mindfulness and related constructs

Baer, R. A. (2011). Measuring mindfulness. *Contemporary Buddhism*, 12(1), 241-261.

Bishop, S., Lau, M., Shapiro, S., Carlson, L., Anderson, N., D., Carmody, J., ... Devins, G. (2004) Mindfulness: A proposed theoretical operational definition. *Clinical Psychology: Science and Practice*, 11(3), 230-241. <http://dx.doi.org/10.1093/clipsy.bph077>

Desbordes, G., Gard, T., Hoge, E. A., Holzel, B., Kerr, C., Lazar, S. W., . . . Vago, D. R. (2015). Moving Beyond Mindfulness: Defining Equanimity as an Outcome Measure in Meditation and Contemplative Research. *Mindfulness*, 6(2), 356-372. doi:10.1007/s12671-013-0269-8

Crane, R. S., Brewer, J., Feldman, C., Kabat-Zinn, J., Santorelli, S., Williams, J. M. G., & Kuyken, W. (2017). What defines mindfulness-based programs? The warp and the weft. *Psychological Medicine*, 47(6), 990-999. doi:10.1017/s0033291716003317

Feldman, C. & Kuyken, W. (2011) Compassion in the landscape of suffering. *Contemporary Buddhism*, 12(1), 143-155. <http://dx.doi.org/10.1080/14639947.2011.564831>
<http://dx.doi.org/10.1080/10478400701598363>

Strauss, C., Taylor, B., Gu, J., Kuyken, W., Baer, R., Jones, F., Cavanagh, K. (2016) What is compassion and how can we measure it? A review of definitions and measures. *Clinical Psychology Review*, 47, 15-27. <http://dx.doi.org/10.1016/j.cpr.2016.05.004>

Williams, J. M. G & Kabat-Zinn J. (Eds.). (2013). *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Application*. London: Routledge.

Theory – A map of how MBPs work

Feldman, C. & Kuyken, W. (2019). *Mindfulness: Ancient Wisdom Meets Modern Psychology*. New York: Guilford Press.

Garland, E. L., Farb, N. A., Goldin, P. R., & Fredrickson, B. L. (2015). Mindfulness Broadens Awareness and Builds Eudaimonic Meaning: A Process Model of Mindful Positive Emotion Regulation. *Psychological Inquiry*, 26(4), 293-314. doi:10.1080/1047840x.2015.1064294

Garland, E. L., Farb, N. A., Goldin, P. R., & Fredrickson, B. L. (2015). The Mindfulness-to-Meaning Theory: Extensions, Applications, and Challenges at the Attention-Appraisal-

Resource List: Mindfulness and Mindfulness-Based Cognitive Therapy (MBCT)

Emotion Interface. *Psychological Inquiry*, 26(4), 377-387.

doi:10.1080/1047840x.2015.1092493

Garland, E. L., Fredrickson, B., Kring, A. M., Johnson, D. P., Meyer, P. S., & Penn, D. L. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. *Clinical Psychology Review*, 30(7), 849-864. doi:10.1016/j.cpr.2010.03.002

Lutz, A., Jha, A. P., Dunne, J. D., & Saron, C. D. (2015). Investigating the Phenomenological Matrix of Mindfulness-Related Practices From a Neurocognitive Perspective. *American Psychologist*, 70(7), 632-658. doi:10.1037/a0039585

Masicampo, E. J. & Baumeister, R. F. (2007). Relating mindfulness and self-regulatory processes. *Psychological Inquiry*, 18(4), 255-258.

Teasdale, J. D., & Chaskalson, M. (2011). How does mindfulness transform suffering? I: the nature and origins of dukkha. *Contemporary Buddhism*, 12(1), 89-102.

<http://dx.doi.org/10.1080/14639947.2011.564824>

Teasdale, J. D., & Chaskalson, M. (2011). How does mindfulness transform suffering? II: the transformation of dukkha. *Contemporary Buddhism*, 12(1), 103-124.

<http://dx.doi.org/10.1080/14639947.2011.564826>

Trials – i.e. do MBPs work, and are they cost effective? {very select sub-listing, there are many more trials than this now}

Barnhofer, R., Crane, C., Hargus, E. et al. (2009) Mindfulness-based cognitive therapy as a treatment for chronic depression: A preliminary study. *Behaviour Research & Therapy*, 47, 366-373. <http://dx.doi.org/10.1016/j.brat.2009.01.019>

Bostock, S. K., & Steptoe, A. (2013). Can finding Headspace reduce work stress? A randomised controlled workplace trial of a mindfulness meditation app. *Psychosomatic Medicine*, 75(3), A36-A37

Chadwick, P., Newman Taylor, K. & Abba, N. (2005) Mindfulness groups for people with psychosis. *Behavioural & Cognitive Psychotherapy*, 33, 351-359.

<http://dx.doi.org/10.1017/S1352465805002158>

Crane, C., Crane, R., Eames, K., Fennell, M., Silverton, S., Williams, J. M. G., & Barnhofer, T. (2014). The effects of amount of home meditation practice in mindfulness based cognitive therapy on hazard of relapse to depression in the Staying Well after Depression Trial. *Behaviour Research and Therapy*, 63, 17-24. <http://dx.doi.org/10.1016/j.brat.2014.08.015>

Eisendrath, S.J., Delucchi, K., Bitner, R., Fenimore, P., Smit, M., & McLane, M. (2008) Mindfulness-based cognitive therapy for treatment-resistant depression: A pilot study. *Psychotherapy and Psychosomatics*, 77(5): 319-320. <http://dx.doi.org/10.1159/000142525>

Farb, N., Anderson, A., Ravindran, A., Hawley, L., Irving, J., Mancuso, E., . . . Segal, Z. V. (2018). Prevention of Relapse/Recurrence in Major Depressive Disorder With Either Mindfulness-Based Cognitive Therapy or Cognitive Therapy. *Journal of Consulting and Clinical Psychology*, 86(2), 200-204. doi:10.1037/ccp0000266.

Farver-Vestergaard, I., O'Toole, M. S., O'Connor, M., Lokke, A., Bendstrup, E., Basdeo, S. A., . . . Zachariae, R. (2018). Mindfulness-based cognitive therapy in COPD: a cluster randomised controlled trial. *European Respiratory Journal*, 51(2). doi:10.1183/13993003.02082-2017

Geschwind, N., Peeters, F., Huibers, M., van Os, J. & Wichers, M. (2012) Efficacy of mindfulness-based cognitive therapy in relation to prior history of depression: A randomised

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controlled trial. *British Journal of Psychiatry*, 201(4), 320-325.

<http://dx.doi.org/10.1192/bjp.bp.111.104851>

Huijbers, M. J., Spinhoven, P., Spijker, J., Ruhé, H. G., van Schaik, D. J., van Oppen, P., ... Speckens, A.E.M. (2015). Adding mindfulness-based cognitive therapy to maintenance antidepressant medication for prevention of relapse/recurrence in major depressive disorder: Randomised controlled trial. *Journal of Affective Disorders*, 187, 54-61.

<http://dx.doi.org/10.1016/j.jad.2015.08.023>

Huijbers, M.J., Spinhoven, P., Spijker, J., Ruhé, H.G., van Schaik, D.J.F, van Oppen, P., ... Speckens, A.E.M. (2016). Discontinuation of antidepressant medication after mindfulness-based cognitive therapy for recurrent depression: randomised controlled non-inferiority trial. *The British Journal of Psychiatry*, 208(4), 366-

373. <http://dx.doi.org/10.1192/bjp.bp.115.168971>

Ietsugu, T., Crane, C., Hackmann, A., Brennan, K., Gross, M., Crane, R.S., ... Barnhofer, T. (2015) Gradually getting better: Trajectories of change in rumination and anxious worry in mindfulness-based cognitive therapy for prevention of relapse to recurrent depression. *Mindfulness*, 6(5), 1088-1094. <http://dx.doi.org/10.1007/s12671-014-0358-3>

<http://dx.doi.org/10.1007/s12671-014-0358-3>

Janssen, L., Kan, C. C., Carpentier, P. J., Sizoo, B., Hepark, S., Grutters, J., . . . Speckens, A. E. M. (2015). Mindfulness based cognitive therapy versus treatment as usual in adults with attention deficit hyperactivity disorder (ADHD). *Bmc Psychiatry*, 15. doi:10.1186/s12888-015-0591-x

Kurdyak, P., Newman, A. & Segal, Z. (2014). Impact of mindfulness-based cognitive therapy on health care utilization: A population-based controlled comparison. *Journal of Psychosomatic Research*, 77(2), 85–89. <http://dx.doi.org/10.1016/j.jpsychores.2014.06.009>

<http://dx.doi.org/10.1016/j.jpsychores.2014.06.009>

Kuyken, W., Hayes, R., Barrett, B., Byng, R., Dalgleish, T., Kessler, D., ... Byford, S. (2015). Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive relapse or recurrence (PREVENT): a randomised controlled trial. *The Lancet*, 386(9988): 63-73.

[http://dx.doi.org/10.1016/S0140-6736\(14\)62222-4](http://dx.doi.org/10.1016/S0140-6736(14)62222-4)

Mann, J., Kuyken, W., O'Mahen, H., Ukoumunne, O., Evans, A., & Ford, T. (2016) Manual development and pilot randomised controlled trial of mindfulness-based cognitive therapy versus usual care for parents with a history of depression. *Mindfulness*, 7(5), 1024-1033.

<http://dx.doi.org/10.1007/s12671-016-0543-7>

McManus, F; Surawy, C; Muse, K; Vazquez-Montes, M; Williams, J., & Mark G. (2012). A randomized clinical trial of mindfulness-based cognitive therapy versus unrestricted services for health anxiety (hypochondriasis). *Journal of Consulting and Clinical Psychology*, 80(5), 817-828. <http://dx.doi.org/10.1037/a0028782>

<http://dx.doi.org/10.1037/a0028782>

Surawy, C., Roberts, J. & Silver, A. (2005). The effect of mindfulness training on mood and measures of fatigue, activity, and quality of life in patients with chronic fatigue syndrome on a hospital waiting list: A series of exploratory studies. *Behavioural and Cognitive Psychotherapy*, 33(1), 103-109. <http://dx.doi.org/10.1017/S135246580400181X>

<http://dx.doi.org/10.1017/S135246580400181X>

van Emmerik, A. A. P., Berings, F., & Lancee, J. (2018). Efficacy of a Mindfulness-Based Mobile Application: a Randomized Waiting-List Controlled Trial. *Mindfulness*, 9(1), 187-198. doi:10.1007/s12671-017-0761-7.

Walsh, K. M., Saab, B. J., & Farb, N. A. S. (2019). Effects of a Mindfulness Meditation App on Subjective Well-Being: Active Randomized Controlled Trial and Experience Sampling Study. *Jmir Mental Health*, 6(1). doi:10.2196/10844

Resource List: Mindfulness and Mindfulness-Based Cognitive Therapy (MBCT)

Williams, J. M. G., Crane, C., Barnhofer, T., Brennan, K., Duggan, D. et al (2013). Mindfulness-based cognitive therapy for preventing relapse in recurrent depression: A randomized dismantling trial. *Journal of Consulting and Clinical Psychology*, 82(2), 275-86. <http://dx.doi.org/10.1037/a0035036>

Meta-analyses and Reviews

Baer, R. A. (2003) Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, 10(2), 125-140.

<http://dx.doi.org/10.1093/clipsy.bpg015>

Boyd, J. E., Lanius, R. A., & McKinnon, M. C. (2018). Mindfulness-based treatments for posttraumatic stress disorder: a review of the treatment literature and neurobiological evidence. *Journal of Psychiatry & Neuroscience*, 43(1), 7-25. doi:10.1503/jpn.170021

De Vibe, M., Bjørndal, A., Fattah, S., et al. (2017). Mindfulness-based stress reduction (MBSR) for improving health, quality of life and social functioning in adults. Cochrane review of MBSR, downloadable at <https://campbellcollaboration.org/library/mindfulness-stress-reduction-for-adults.html>

Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Wampold, B. E., Kearney, D. J., & Simpson, T. L. (2018). Mindfulness-based interventions for psychiatric disorders: A systematic review and meta-analysis. *Clinical Psychology Review*, 59, 52-60.

doi:10.1016/j.cpr.2017.10.011

Hofman, S.G., Sawyer, A.T., Witt, A.A. & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169-183. <http://dx.doi.org/10.1037/a0018555>

Janssen, M., Heerkens, Y., Kuijter, W., van der Heijden, B., & Engels, J. (2018). Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review. *Plos One*, 13(1). doi:10.1371/journal.pone.0191332

Janssen, L., Kan, C. C., Carpentier, P. J., Sizoo, B., Hepark, S., Grutters, J., . . . Speckens, A. E. M. (2015). Mindfulness based cognitive therapy versus treatment as usual in adults with attention deficit hyperactivity disorder (ADHD). *Bmc Psychiatry*, 15. doi:10.1186/s12888-015-0591-x

Khoury, B., Lecomte, T., Fortin, G., Masse, M., Therien, P., Bouchard, V., ... Hoffman, S. G. (2013). Mindfulness-based therapy: A comprehensive meta-analysis. *Clinical Psychology Review* 33(6), 763-771. <http://dx.doi.org/10.1016/j.cpr.2013.05.005>

Kor, P. P. K., Chien, W. T., Liu, J. Y. W., & Lai, C. K. Y. (2018). Mindfulness-Based Intervention for Stress Reduction of Family Caregivers of People with Dementia: A Systematic Review and Meta-Analysis. *Mindfulness*, 9(1), 7-22. doi:10.1007/s12671-017-0751-9

Kuyken, W., Warren, F., Taylor, R.S., Whalley, B., Crane, C., Bondolfi, G., ... Dalgleish, T. (2016). Efficacy and moderators of Mindfulness-Based Cognitive Therapy (MBCT) in prevention of depressive relapse: An individual patient data meta-analysis from randomized trials. *JAMA Psychiatry*, 73(6), 565-574.

<http://dx.doi.org/10.1001/jamapsychiatry.2016.0076>

Mani, M., Kavanagh, D. J., Hides, L., & Stoyanov, S. R. (2015). Review and Evaluation of Mindfulness-Based iPhone Apps. *Jmir Mhealth and Uhealth*, 3(3). doi:10.2196/mhealth.4328

Parsons, C., Crane, C., Parsons, L., Fjorback, L. & Kuyken, W. (2017). Home practice in mindfulness-based cognitive therapy and mindfulness-based stress reduction: a systematic review and meta-analysis of participants' mindfulness practice and its association with outcomes. *Behaviour Research and Therapy*.

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Wang, Y. Y., Li, X. H., Zheng, W., Xu, Z. Y., Ng, C. H., Ungvari, G. S., . . . Xiang, Y. T. (2018). Mindfulness-based interventions for major depressive disorder: A comprehensive meta-analysis of randomized controlled trials. *Journal of Affective Disorders*, 229, 429-436. doi:10.1016/j.jad.2017.12.093.

Wilson, A. C., Mackintosh, K., Power, K., & Chan, S. W. Y. (2019). Effectiveness of Self-Compassion Related Therapies: a Systematic Review and Meta-analysis. *Mindfulness*, 10(6), 979-995. doi:10.1007/s12671-018-1037-6

Mechanisms Studies – i.e. How MBPs work

Alsubaie, M., Abbott, R., Dunn, B., Dickens, C., Keil, T. F., Henley, W., & Kuyken, W. (2017). Mechanisms of action in mindfulness-based cognitive therapy (MBCT) and mindfulness-based stress reduction (MBSR) in people with physical and/or psychological conditions: A systematic review. *Clinical Psychology Review*, 55, 74-91. doi: 10.1016/j.cpr.2017.04.008.

Britton, W. B., Davis, J. H., Loucks, E. B., Peterson, B., Cullen, B. H., Reuter, L., . . . Lindahl, J. R. (2018). Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week focused attention and open monitoring interventions within a 3-armed randomized controlled trial. *Behaviour Research and Therapy*, 101, 92-107.

doi:10.1016/j.brat.2017.09.010

Condon, P., Desbordes, G., Miller, W. B., & DeSteno, D. (2013). Meditation Increases Compassionate Responses to Suffering. *Psychological Science*, 24(10), 2125-2127.

doi:10.1177/0956797613485603

Condon, P., Lim, D., & Desteno, D. (2015). Mindfulness and Compassion: An Examination of Mechanism and Scalability. Figshare.

Cooper, D., Yap, K., & Batalha, L. (2018). Mindfulness-based interventions and their effects on emotional clarity: A systematic review and meta-analysis. *Journal of Affective Disorders*, 235, 265-276. doi:10.1016/j.jad.2018.04.018

Garland, E. L., Hanley, A. W., Goldin, P. R., & Gross, J. J. (2017). Testing the mindfulness-to-meaning theory: Evidence for mindful positive emotion regulation from a reanalysis of longitudinal data. *Plos One*, 12(12). doi:10.1371/journal.pone.0187727

Gu, J., Strauss, C., Bond, R., & Cavanagh, K. (2015). How do Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction improve mental health and wellbeing? A systematic review and meta-analysis of mediation studies. *Clinical Psychology Review*, 37, 1-12. <http://dx.doi.org/10.1016/j.cpr.2015.01.006>

Kuyken, S., Watkins, E., Holdon, E., White, K., Taylor, R.S., Byford, S., ... Dalgleish, T. (2010). How does mindfulness-based cognitive therapy work? *Behaviour Research & Therapy*, 48(11), 1105-1112. <http://dx.doi.org/10.1016/j.brat.2010.08.003>

Malpass, A., Carel, H. H., Ridd, M., Shaw, A., Kessler, D., Sharp, D., ... Wallond, J. (2012). Transforming the perceptual situation: A meta-ethnography of qualitative work reporting patients' experiences of mindfulness-based approaches. *Mindfulness*, 3(1), 60-75.

<http://dx.doi.org/10.1007/s12671-011-0081-2>

Mrazek, M. D., Franklin, M. S., Phillips, D. T., Baird, B., & Schooler, J. W. (2013). Mindfulness training improves working memory capacity and GRE performance while reducing mind wandering. *Psychol Sci*, 24(5), 776-781. doi:10.1177/0956797612459659

Lim, D., Condon, P., & DeSteno, D. (2015). Mindfulness and Compassion: An Examination of Mechanism and Scalability. *Plos One*, 10(2). doi:10.1371/journal.pone.0118221

Nyklicek, I., & Kuijpers, K. F. (2008). Effects of mindfulness-based stress reduction intervention on psychological well-being and quality of life: Is increased mindfulness indeed

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the mechanism? *Annals of Behavioral Medicine*, 35(3), 331-340. doi:Doi 10.1007/S12160-008-9030-2.

Shoham, A., Hadash, Y., & Bernstein, A. (2018). Examining the Decoupling Model of Equanimity in Mindfulness Training: An Intensive Experience Sampling Study. *Clinical Psychological Science*, 6(5), 704-720. doi:10.1177/2167702618770446

van der Velden, A. M., Kuyken, W., Wattar, U., Crane, C., Pallesen, K. J., Dahlgaard, J., ... Piet, J. (2015). A systematic review of mechanisms of change in mindfulness-based cognitive therapy in the treatment of recurrent major depressive disorder. *Clinical Psychology Review*, 37, 26-39. <http://dx.doi.org/10.1016/j.cpr.2015.02.001>

Young, K. S., van der Velden, A. M., Craske, M. G., Pallesen, K. J., Fjorback, L., Roepstorff, A., & Parsons, C. E. (2018). The impact of mindfulness-based interventions on brain activity: A systematic review of functional magnetic resonance imaging studies. *Neuroscience and Biobehavioral Reviews*, 84, 424-433. doi:10.1016/j.neubiorev.2017.08.003

Mindfulness delivered online / digitally

Cavanagh K, Strauss C, Cicconi F, Griffiths N, Wyper A, Jones F. A randomised controlled trial of a brief online mindfulness-based intervention. *Behaviour Research and Therapy* 2013; **51**(9): 573-8.

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Mindfulness for Specific Intentions, Populations and Contexts

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Resource List: Mindfulness and Mindfulness-Based Cognitive Therapy (MBCT)

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cognitive therapy and mbct

Books

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Butler, G., Fennell, M. J. V. & Hackmann, A. (2008) *Cognitive therapy for anxiety disorders: Mastering clinical challenges*. New York: Guilford.

Fennell, M. J. V. & Segal, Z. V. (2012) Mindfulness-based cognitive therapy: Culture clash or creative fusion? In J. M. G. Williams & J. Kabat-Zinn (Eds.), *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Applications* (pp. 125-142) . Abingdon: Routledge.

Tirch, D., Silberstein, L. R. & Kolts, R. L. (2016) *Buddhist psychology and cognitive-behavioural therapy*. New York: Guilford.

Meeting CBT experientially (opportunities for self-practice and self-reflection)

Resource List: Mindfulness and Mindfulness-Based Cognitive Therapy (MBCT)

Bennett-Levy, J., Thwaites, R., Haarhoff, B. & Perry, H. (2015) *Experiencing CBT from the inside out*. New York: Guilford.

Greenberger, D. & Padesky, C. A. (2015) *Mind over mood: Change how you feel by changing the way you think* (2nd ed.). New York: Guilford.

general – with more of a focus on mbsr

Books

Baer, R. A. (Ed.). (2014). *Mindfulness-based treatment approaches: A clinician's guide* (2nd ed.). Amsterdam: Elsevier.

Bardacke, N. (2012). *Mindful birthing: Training the mind, body & heart for childbirth and beyond*. New York: Harper Collins.

Boyce, B. (2011). *The mindfulness revolution: Leading psychologists, scientists, and meditation teachers on the power of mindfulness in daily life*. Boston: Shambhala Publications.

Kabat-Zinn, J. (1990). *Full catastrophe living. Using the wisdom of your body and mind to face stress, pain and illness*. London: Piatkus. [The original book detailing the MBSR course upon which both MBCT & MBCTP were based].

Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. London: Piatkus.

Kabat-Zinn, M. & Kabat-Zinn, J. (1997). *Everyday blessings: The inner work of mindful parenting*. New York: Hyperion.

Kabat-Zinn, J. (2005). *Coming to our senses: Healing ourselves and the world through mindfulness*. New York: Hyperion/ London: Piatkus.

Santorelli, S. (1999) *Heal thy self: Lessons on mindfulness in medicine*. Victoria BC, Canada: Crown Publications.

Williams, J. M. G & Kabat-Zinn J. (Eds.). (2013). *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Application*. London: Routledge.

buddhist background and psychology

Books

Anālayo, Bhikkhu (2003). *Satipatthāna: the Direct Path to Realization*. Birmingham: Windhorse

Feldman C (2017). *Boundless Heart*. Boulder: Shambhala

Goldstein, J. (1994). *Insight meditation: The practice of freedom*. Boston: Shambhala Publications.

Goldstein, J (2013). *Mindfulness: a Practical Guide to Awakening*. Boulder: Sounds True

Goldstein, J., & Kornfield, J. (1987). *Seeking the heart of wisdom*. Boston: Shambhala.

Henepola, G. (1992). *Mindfulness in plain English*. Somerville Mass: Wisdom Publications.

Nariyal, D.K., Drummond, M.S., & Lal, Y.B (2006). *Buddhist thought and applied psychological research*. New York: Routledge.

Siegel, D. (2010). *Mindsight: The new science of personal transformation*. New York:

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Random House.

Williams, J.M.G & Kabat-Zinn J. (Eds) (2013). *Mindfulness: Diverse Perspectives on Its Meaning, Origins, and Applications*. Oxford: Routledge.

websites and apps

Web sites/Centres for further information and training related to MBCT, MBCTP, insight meditation practice and application:

AccessMBCT. Searchable international directory of MBCT training organizations and teachers: <https://www.accessmbct.com>

Implementation resources based on findings of the ASPIRE project:

<http://www.implementing-mbct.com>

The most popular and well used free mainstream mindfulness apps are reviewed here:

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention>. The

OxfordMBCT app is based on MBCT: see <http://oxfordmindfulness.org/news/oxford-mbct-app/>

Oxford Mindfulness Centre (OMC) at the Department of Psychiatry, University of Oxford:

<http://oxfordmindfulness.org/>

The UK Mindfulness Teachers Network: <http://mindfulnessteachersuk.org.uk/>; including UK good practice guidelines for those wishing to teach mindfulness based courses:

<http://mindfulnessteachersuk.org.uk/pdf/teacher-guidelines.pdf>; and for those wanting

to train mindfulness teachers: <http://mindfulnessteachersuk.org.uk/pdf/teacher-trainers-guidelines.pdf>

EventsList. A worldwide listing of mindfulness events. <https://eventslist.org>

Latest version of the Mindfulness-Based Interventions–Teaching Assessment Criteria (MBI-TAC): <https://www.bangor.ac.uk/mindfulness/MBITAC.php.en>

Report by the Mindfulness All-Party Parliamentary Group:

<http://www.themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report-Mindful-Nation-UK-Oct2015.pdf>

Mindfulness Research Monthly, a web-based service from the American Mindfulness Research Association that provides researchers and practitioners with monthly publication updates in mindfulness research:

<https://goamra.org/publications/mindfulness-research-monthly/>

Mindfulness Network. Charity offering supervision, mentoring and retreats for MBCT teachers and more: <https://www.mindfulness-network.org>

Mindfulness-Based Cognitive Therapy (MBCT) homepage: <http://www.mbct.co.uk>

Sussex Mindfulness Centre: <https://www.sussexpartnership.nhs.uk/mindfulness>

Mindfulness Center at Brown. <https://www.brown.edu/academics/public-health/research/mindfulness/>

Breathworks. An organisation that draws on MBSR to work with people who suffer pain and chronic illness: <https://www.breathworks-mindfulness.org.uk>

Mindful Birthing – Nancy Bardacke’s website - Programs for Mindful Family Living:

<http://www.mindfulbirthing.org/>

Center for Mindfulness (CFM) at the University of Massachusetts Medical School (UMASS):

<http://www.umassmed.edu/cfm/>

Resource List: Mindfulness and Mindfulness-Based Cognitive Therapy (MBCT)

University of Bangor, Wales; training in mindfulness-based approaches to healthcare, up to MA/MSc: <http://www.bangor.ac.uk/mindfulness>

University of Exeter, UK; Mindfulness-Based Cognitive Therapies and Approaches
<http://cedar.exeter.ac.uk/programmes/pgdipptpmcbt/>

For tapes/CDs of meditation practices recorded by Jon Kabat-Zinn:

<http://www.stressreductiontapes.com>

going deeper studying and practising meditation

The selection below is meant as an introduction to insight meditation and as an invitation to explore meditation more deeply. Many of these teachers and authors have written more books than are listed here, and have meditation tapes/CDs you can buy. (Dates/publishers of recent paperback editions cited when possible.)

Books

Beck, J. (1997). *Everyday Zen: love and work*. San Francisco: Harper Collins.

Baraz, J (2010). *Awakening Joy*. New York: Random House

Boorstein, S. (1995). *It's easier than you think: The Buddhist way to happiness*. San Francisco: Harper Collins.

Dalai Lama (2002). *Advice on dying and living a better life*. Hopkins, J. (Ed.). (J. Hopkins, Trans.). London: Rider & Co.

Goldstein, J. (1994) *Insight meditation: The practice of freedom*. Boston Mass: Shambhala Publications.

Goldstein, J., & Kornfield, J. (1987). *Seeking the heart of wisdom*. Boston: Shambhala.

Hanh, T. N. (1991). *The miracle of mindfulness: Manual on meditation*. London: Rider & Co.

Hanh, T.N. (1995). *Peace is every step: The path of mindfulness in everyday life*. London: Rider & Co.

Henepola, G. (1992). *Mindfulness in plain English*. Somerville Mass: Wisdom Publications.

Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. London: Piatkus.

Kornfield, J. (1993). *A path with a heart*. London: Rider & Co.

Kornfield, J. (2000). *After the ecstasy, the laundry: How the heart grows wise on the spiritual path*. New York: Bantam Books.

Pema, C. (1991). *The wisdom of no escape*. Boston Mass: Shambhala Publications.

Rosenberg, L. with Guy, D. (1998). *Breath by breath: The liberating practice of insight meditation*. Boston Mass: Shambhala Publications.

Salzberg, S. (1995). *Loving kindness. The revolutionary art of happiness*. Boston Mass: Shambhala Publications.

Santorelli, S. (1999). *Heal thy self: Lessons on mindfulness in medicine*. Victoria BC, Canada: Crown Publications.

Sogyal R. (1998). *The Tibetan book of living and dying*. London: Rider & Co.

Wellings, N. (2015). *Why can't I meditate?* London: Piatkus.