



MINDFULNESS & MBCT KEY RESOURCES

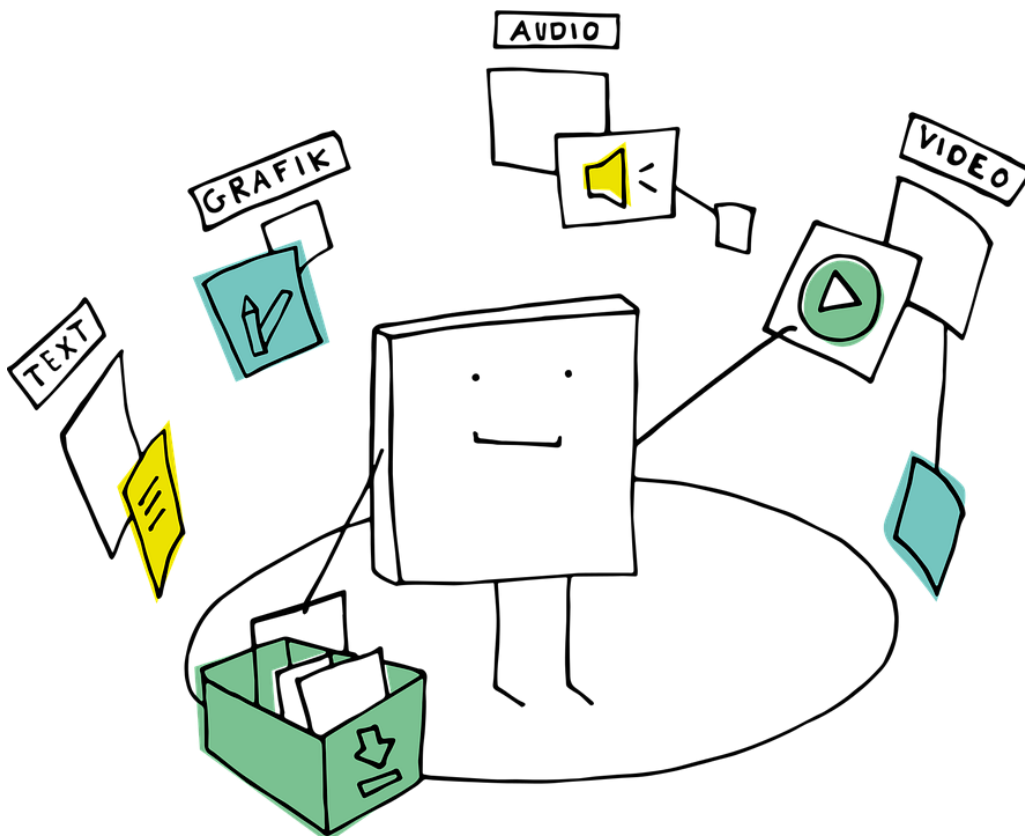


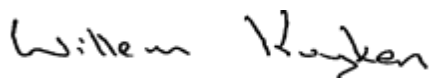
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www.oxfordmindfulness.org

BACKGROUND AND INTRODUCTION

I am often asked, “Where I do find the best mindfulness and mindfulness-based cognitive therapy (MBCT) book / website / app?” “What is some of the most important research?” “I’d like to learn more about mindfulness / MBCT, but I don’t know where to start.” This listing is intended to signpost to books, research articles, websites and other mindfulness resources. It is organised into different sections and 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 evidence-based programs and many further resources; this list is not intended to be definitive. That being said, each time I update it, it gets longer. Please consult the Table of Contents to find what you’re looking for.

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 use my Twitter account to disseminate new research from our group as well as other key resources: @WillemKuyken
I hope this proves helpful to you.



Willem Kuyken
April 2021

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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LEARNING MINDFULNESS AND MBCT

Can you suggest one book / one website / one app where I can learn more about mindfulness and MBCT?

This is a hard question, but with all the caveats (this is my perspective, there are numerous great resources and there is no one size fits all) ...

Book: Williams, M. & Penman, D. (2011). Mindfulness: A practical guide to finding peace in a frantic world. London: Piatkus

Website: [mindful.org](https://www.mindful.org)

One app: I suggest reading [this review](#) and making up your own mind, but add Headspace and Plum Village to this list.

The Oxford Mindfulness Centre has a free introductory course, and weekly mindfulness practice sessions for people with an established mindfulness practice – details here: <https://www.oxfordmindfulness.org/free-online-mindfulness-course-sessions/>

COVID-19

The COVID-19 pandemic has required considerable adaptation from all of us. Our frontline healthcare staff are providing excellent physical care to those suffering from this disease, our best scientists are working hard to provide us with medication and vaccines to help us fight it and many people are maintaining all our critical services. But we must not ignore the mental health and well-being of the general population. Mindfulness teaches us to be steady, to recognize and meet challenging circumstances and respond with kindness, care and wisdom. It enables us to navigate difficult times precisely like this pandemic. The University of Oxford Mindfulness Centre is offering weekly, online mindfulness sessions, open to all who already have a mindfulness practice and would like support in sustaining and deepening their practice. Details available [here](#).

Our mindfulness curricula are intended to offer a space for people to learn practical skills, experience connection, discuss the challenges faced and support each other at a time when solidarity is needed most. Many are available as a free podcast for anyone who missed the session or who wishes to practice again on the [website](#), Spotify, Podbean and iTunes.

Jon Kabat-Zinn did a series of talks throughout the months of the lockdown which you can watch on YouTube.

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Dr Jud Brewer, a psychiatrist and neuroscientist who specializes in mindfulness, anxiety and habit change wrote a piece for the [New York Times and](#) has posted videos on his YouTube channel on how to work with fear and anxiety and also gives tips on how to develop healthy mindful habits. Click here to watch.

Mindful.org is also offering many resources during the pandemic.

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

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.

I am writing a book that I hope will provide a resource for people wishing to learn mindfulness in ways that can enrich their lives, and for life. I hope it will be published in 2022, but there is a preview chapter [here](#).

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. Headspace has developed content for health care staff and school teachers and made this freely available during the pandemic. These apps 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 choices about which teachers to select from what came seem a bewilderingly large choice. See finding a teacher below for my recommendations of teachers I know and whose teaching I recommend.

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, the University of Oxford Mindfulness Centre has a website for the public - <http://oxfordmindfulness.org/> and we offer mindfulness classes online and in person. There is a separate website for our research group: <https://www.psych.ox.ac.uk/research/mindfulness>

FINDING AN MBCT TEACHER:

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

For many people attending a mindfulness course is helpful, and for some its transformational. You can find an MBCT teacher via the international directory AccessMBCT, see here: <https://www.accessmbct.com>. There are other directories of teachers, but this is the one I recommend for MBCT teachers.

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, Alison Evans. Christina Feldman, Gil Fronsdale, Joseph Goldstein, Jack Kornfeld, Brigitte O'Neill, Jaya Rudyard and Mark Williams. Please note, some of these teachings are based on ancient wisdom and practices derived from Buddhism. Many of them have talks and practices available online and also teach at various centres around the world. Many of them also feature on the Insight Timer app.

A final word about learning mindfulness. Mindfulness is not a panacea.

Mindfulness is not for everyone, and there are times in life when other approaches might be better. If it is not for you, that's fine, there are many approaches to developing our well-being. If you're considering learning mindfulness, especially when you're new to it, make sure you use a trustworthy, evidence-based approach and above all trust your own experience. If something is helpful then continue, if you're not sure or something is unhelpful step back from it. In these cases maybe ask for some advice or talk through your experience with a good MBCT teacher.

If you're experiencing mental health problems or distress.

Consider these [WHO resources](#), these [Mind](#) not-for-profit charity resources, these [UK NHS resources](#), or this USA [healthline](#). Most mental health problems are treatable and your primary care doctor and these websites are a good place to start.

TAKING IT FURTHER: COURSES TO EXTEND LEARNING MINDFULNESS BEYOND 8-WEEK MINDFULNESS COURSES

The University of Oxford Mindfulness Centre's Taking it Further course

The University of Oxford Mindfulness Centre has developed [a Mindfulness: Taking It Further curriculum](#) intended to support people to deepen and extend their learning. Many MBCT teachers offer follow on courses to support the ongoing practice of people who have completed their courses. I have developed a taster of this curriculum that is freely available online as a podcast series, see [here](#). In addition, there are weekly free mindfulness sessions for people with an established mindfulness practice, which are available live or as podcasts - details [here](#).

MINDFULNESS RETREATS AND RETREAT CENTRES

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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 to make sure the retreat centre and teacher are a good fit for you.

The Mindfulness Network, offers retreats for MBP teachers that aspire to be secular. This group also offer support of personal mindfulness practice]

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>

MINDFULNESS FOR CHILDREN AND YOUNG PEOPLE

It is sometimes said that one of the best ways to teach young people mindfulness is to be mindful! Learning mindfulness for ourselves not only resources us to be effective parents, caregivers and teachers, but provides a model of what we hope young people might learn. So for teachers/parents etc, first learn mindfulness for ourselves ...

That being said, there are lots of resources for young people to learn mindfulness, although the evidence base is much earlier in its development.

At the University of Oxford we have developed this [website](#) for young people which explains what mindfulness is signposts various resources (with support from the Wellcome and Jonny Wilkinson Foundation).

This piece in the New York Times is a nice primer:

<https://www.nytimes.com/guides/well/mindfulness-for-children>. At the end of the article are some book and video recommendations that I know and like.

Headspace has content [for children](#), but older adolescents may prefer their adult content.

[Smiling Mind](#) is a website and app for families and children.

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

There are a number of programs that teach mindfulness in schools, including: Learning to Breathe, MindUp (which is broader than mindfulness alone), Wake Up Schools and the Mindfulness in Schools Project which has several curricula. A web search for these programs will bring you to their websites, some of which have some resources for parents and teachers.

YouTube has some nice resources, including these videos:

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

<https://www.youtube.com/watch?v=DBSIh9vbasQ>

The Psychology Mum has a great Instagram account, providing psychology tips via illustrations:
<https://www.instagram.com/thepsychologymum/>

The following books are also recommended.

Charlie Makesy. (2019). *The Boy, The Mole, The Fox and The Horse*. Ebury Press. A beautiful illustrated book about hope, vulnerability, friendship and resilience.

For younger children:

Lauren Alderfer and Kerry Lee McLean (2011). *Mindful Monkey, Happy Panda*. Wisdom Publications.

Kerry Lee MacLean, (2009). *Moody Cow Meditates*. Wisdom Publications.

For adolescents:

Dzung X. (2015) *The Mindful Teen: Powerful Skills to Help Handle Stress One Moment at a Time*. New Harbinger.

Christopher Willard (2014). *Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens)*. New Harbinger.

MINDFULNESS-BASED COGNITIVE THERAPY (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.

Didonna, F. (2020). *Mindfulness-based cognitive therapy for OCD*. New York: Guilford Press.

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>

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Kuyken, W., Barnard, P., & Baer, R. (In preparation). Mindfulness (-based Cognitive Therapy) for Life: Teacher's Guide. 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>

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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 (including papers on the positive valence system)

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

Gilbert, P. (2009). *The compassionate mind.* London: Constable.

Fredrickson, B. L. (2001). The role of positive emotions in positive psychology - The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218-226. doi:10.1037/0003-066x.56.3.218

Fredrickson, B. L., & Losada, M. F. (2005). Positive affect and the complex dynamics of human flourishing. *American Psychologist*, 60(7), 678-686. doi:10.1037/0003-066x.60.7.678

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-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>

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

- 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
- Feliu-Soler, A., Cebolla, A., McCracken, L. M., D'Amico, F., Knapp, M., Lopez-Montoyo, A., . . . Luciano, J. V. (2018). Economic Impact of Third-Wave Cognitive Behavioral Therapies: A Systematic Review and Quality Assessment of Economic Evaluations in Randomized Controlled Trials. *Behavior Therapy*, 49(1), 124-147.
- 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 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>
- 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>

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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.

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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.

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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>

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MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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COST EFFECTIVENESS REVIEWS AND STUDIES

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MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Moulton-Perkins, A., Moulton, D., Cavanagh, K., Jozavi, A., & Strauss, C. (2020). Systematic review of mindfulness-based cognitive therapy and mindfulness-based stress reduction via group videoconferencing: Feasibility, acceptability, safety, and efficacy. *Psychotherapy Integration*. <https://doi.org/https://doi.org/10.1037/int0000216>

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MINDFULNESS AND COMPASSION

There is large and growing literature on compassion and compassion-oriented approaches. It's beyond the scope of this resource to cover these papers, but there is a consideration of the role of compassion in Chapter 8 of the second edition of *Mindfulness-based Cognitive Therapy for Depression*. MBCT does in part work by cultivating compassion and this paper by Christina Feldman and I considered these issues further:

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>

If you're interested in the broader literature on compassion-focused approaches search for work by [Christopher Germer](#), [Paul Gilbert](#), [Frits Koster](#), [Deborah Lee](#), [Kristin Neff](#), [Erik van der Brink](#) and others. Most of them have excellent websites with lots of resources and there is promising evidence for all of their curricula. The Compassionate Mind Foundation also [lists therapists who offer individual therapy](#). Here are some illustrative workbooks:

Irons, C. & Beaumont, E. *The compassionate mind workbook: A step-by-step guide to compassion focused therapy*.

Neff, C. & Germer, C. (2018). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength and thrive*. New York: Guilford Press. [Here is an extract published by mindful.org](#).

IMPLEMENTATION, TRAINING AND SUPERVISION – HOW THE INNOVATION AND SCIENCE ARE APPLIED IN THE REAL WORLD

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Crane, R. S., Eames, C., Kuyken, W., Hastings, R. P., Williams, J. M., Bartley, T., ... Surawy, C. (2013). Development and validation of the mindfulness-based interventions-teaching assessment criteria (MBI: TAC). *Assessment*, 20(6), 1-8.

Crane, R. S., Brewer, J., Feldman, C., Kabat-Zinn, J., Santorelli, S., Williams, J. M., & Kuyken, W. (2016). What defines mindfulness-based programs? The warp and the weft. *Psychol Med*, 47(6), 990-999. <http://dx.doi.org/10.1017/S0033291716003317>

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Dimidjian, S. & Segal, Z.V. (2015). Prospects for a clinical science of mindfulness-based intervention. *American Psychologist*, 70(7), 593-620. <http://dx.doi.org/10.1037/a0039589>. [Based on the NIH stage model outlined in: Onken, L. S., Carroll, K. M., Shoham V., Cuthbert, B. N., & Riddle, M. (2014) Reenvisioning Clinical Science: Unifying the Discipline to Improve the Public Health. *Clinical Psychology Science and Practice* 2(1), 22-34.

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Hirsh

Hirshberg, M.J, Goldberg, S.B., Rosenkranz, M. & Davidson, R.J. Prevalence of Harm in mindfulness-based stress reduction. *Psychological Medicine*. 1–9. <https://doi.org/10.1017/S0033291720002834>

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Mindfulness for Specific Intentions, Populations and Contexts

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

GENERAL POPULATION

Galante, J., Friedrich, C., Dawson, A. F., Modrego-Alarcon, M., Gebbing, P., Delgado-Suarez, I., Gupta, R., Dean, L., Dalgleish, T., White, I. R., & Jones, P. B. (2021). Mindfulness-based programmes for mental health promotion in adults in nonclinical settings: A systematic review and meta-analysis of randomised controlled trials. *Plos Medicine*, 18(1), Article e1003481.

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ADDICTION

Bowen, S., Witkiewitz, K., Clifasefi, S. L., Grow, J., Chawla, N., Hsu, S. H., . . . Larimer, M. E. (2014). Relative Efficacy of Mindfulness-Based Relapse Prevention, Standard Relapse Prevention, and Treatment as Usual for Substance Use Disorders. *Jama Psychiatry*, 71(5), 547-556. doi:10.1001/jamapsychiatry.2013.4546

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ANXIETY AND MOOD

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CANCER

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RESOURCE LIST:

MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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YOUNG ADULTS AND UNIVERSITY STUDENTS

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CLINICAL GUIDELINES THAT RECOMMEND MBCT

- American Psychological Association Guideline for the Treatment of Depression (2019) <https://www.apa.org/depression-guideline/guideline.pdf>
Recommends MBCT for first line treatment of adult treatment as one of several evidence-based approaches (Table 3.)
- Belgium. *Depressie bij volwassenen*. (2017). <https://domusmedica.be/richtlijnen/depressie-bij-volwassenen>
Recommends MBCT for relapse prevention in depression see p. 8, pp. 46-47, p. 52, p. 54, and p. 56 and p.60.
- Brazil:
National Policy for Integrative Medicine includes meditation-based interventions in general (mainly in Primary Care) (SUS): <http://bvsm.sau.gov.br/bvs/publicacoes/pnpic.pdf>
Brazilian Society of Family Doctors (GPs)´s current guidelines for mindfulness-based programs application for health:
Demarzo, M. M. P., Garcia-Campayo, J. (2017). Mindfulness Aplicado à Saúde PROMEF - Programa Atualização em Med. Família e Comunidade, May (2017) 125-164.
- Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 Clinical Guidelines for the Management of Adults with Major Depressive Disorder: Section 2. Psychological Treatments. DOI: 10.1177/0706743716659418. <https://journals.sagepub.com/doi/10.1177/0706743716659418>
- Australia and New Zealand:
G.S. Malhi, D. Bassett, P. Boyce, R. Bryant, P.B. Fitzgerald, K. Fritz, et al .Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for mood disorders *Australian and New Zealand Journal of Psychiatry*, 49 (12) (2015), pp. 1087-1206 https://www.ranzcporg/files/resources/college_statements/clinician/cpg/mood-disorders-cpgasp
"MBCT or CBT should be offered as a relapse prevention intervention, particularly amongst patients with recurrent depressive episodes." (p.64).
- NHS Wales. Guidance for Delivering Evidence-Based Psychological Therapy in Wales. (2017). <http://www.1000livesplus.wales.nhs.uk/sitesplus/documents/1011/Matrix%20Cymru%20%28CM%20design%20-%20DRAFT%2015%29.pdf>
Recommends mindfulness as a "direct access evidence-based self-help" (p. 22).

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

Scottish Intercollegiate Guidelines Network (SIGN). Treating depression without using prescribed medication. Booklet for patients and carers. Health Improvement Scotland.

<https://www.sign.ac.uk/assets/pat114.pdf>

Recommends MBCT for people who experienced depression three or more times p. 12.

UK National Institute for Health and Care Excellence (NICE). (2009). [Depression Guideline CG90](#).

Recommends MBCT for people with depression who are considered to be at significant risk of relapse (including those who have relapsed despite antidepressant treatment or who are unable or choose not to continue antidepressant treatment) or who have residual symptoms, should be offered one of the following psychological interventions (recommendation 1.9.1.8).

The evidence base has grown much stronger since 2009 and the new guideline is considering all the new studies including those suggesting MBCT as an alternative to antidepressants and MBCT for treatment-resistance depression.

Spain. [Guía de Práctica Clínica sobre el Manejo de la Depresión en el Adulto](#).

COGNITIVE THERAPY AND MBCT

BOOKS

Beck, A. T., Rush, A. J., Shaw, B. F. & Emery, G. (1979). Cognitive therapy of depression. New York: Guilford.

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)

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 MINDFULNESS-BASED STRESS REDUCTION

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 & MBCP 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). *Satipathāna: 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.

RESOURCE LIST: MINDFULNESS AND MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

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

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/pgdipptpmcibt/>

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.

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