

Litteraturliste fra Kursus i Mindfulness, Korsør 17-18. marts 2005

Bøger

Daniel Goleman: "Destruktive Følelser" (Borgens Forlag, 2003)

Jon Kabat-Zinn: "Lige meget hvor du går hen, er du der"
(Borgens Forlag, 1998)

Jon Kabat-Zinn: "Full Catastrophy Living: Using the Wisdom of your body and Mind to fade stress pain, and Illness (Delta, 1990)

Jon Kabat-Zinn "Coming to our Senses: Healing ourselves and the world through mindfulness (Hyperion, 2005)

Irene Oestrich & Antonia Sumbundu: " Livskraft – Hvordan (PsykiatriFondens Forlag, 2004)

Segal, Teasdale & Williams: Mindfulness Based Cognitive Therapy
(Guilford Press 2000)

Artikler:

Astin, J.A. Stress reduction through mindfulness meditation. Psychotherapy and psychosomatics, 66, 97-106

Bear, R. (2003) Mindfulness Training as a Clinical Intervention: A Conceptual and Empirical Review, Clinical Psychology: Science and Practice, Vol.10, 2, 2003, p.125 – 143

Bernhard, J., Kristeller, J. and Kabat-Zinn, J. Effectiveness of relaxation and visualization techniques as a adjunct to phototherapy and photochemotherapy of psoriasis. J. Am. Acad. Dermatol. (1988) 19:572-73.

Bishop, S.R. (2002) What do we really know about mindfulness-based stress reduction? Psychosomatic medicine, 64, 71-84

Paul Chadwick & Katherine Newman Taylor Nicola Abba. Mindfulness Groups for People with Psychosis Behavioural and Cognitive Psychotherapy, Volume 33, Issue 03, July 2005, pp 351-359

Richard J. Davidson, PhD, Jon Kabat-Zinn, PhD, Jessica Schumacher, MS, Melissa Rosenkranz, BA, Daniel Muller, MD, PhD, Saki F. Santorelli, EdD, Ferris Urbanowski, MA, Anne Harrington, PhD, Katherine Bonus, MA and John F. Sheridan, PhD, (2003) Alterations in Brain and Immune Function Produced by Mindfulness Meditation, Psychosomatic medicine, 65, 564-570

Hayes, S. & Wilson, K. (2003) Mindfulness: Method and Process, Clinical Psychology: Science and Practice, Vol.10, 2, 2003 p. 161 – 165

Kabat-Zinn, J. An out-patient program in Behavioral Medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *Gen. Hosp. Psychiatry* (1982) 4:33-47.

Kabat-Zinn, J., Lipworth, L. and Burney, R. The clinical use of mindfulness meditation for the self-regulation of chronic pain. *J. Behav. Med.* (1985) 8:163-190.

Kabat-Zinn, J., Lipworth, L., Burney, R. and Sellers, W. Four year follow-up of a meditation-based program for the self-regulation of chronic pain: Treatment outcomes and compliance. *Clin.J.Pain* (1986) 2:159-173.

Kabat-Zinn, J. and Chapman-Waldrop, A. Compliance with an outpatient stress reduction program: rates and predictors of completion. *J.Behav. Med.* (1988) 11:333-352.

Kabat-Zinn, J., Massion, A.O., Kristeller, J., Peterson, L.G., Fletcher, K., Pbert, L., Linderking, W., Santorelli, S.F. Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. *Am. J Psychiatry* (1992) 149:936-943.

Miller, J., Fletcher, K. and Kabat-Zinn, J. Three-year follow-up and clinical implications of a mindfulness-based stress reduction intervention in the treatment of anxiety disorders. *Gen. Hosp. Psychiatry* (1995) 17:192-200.

Massion, A.O., Teas, J., Hebert, J.R., Wertheimer, M.D., and Kabat-Zinn, J. Meditation, melatonin, and breast/prostate cancer: Hypothesis and preliminary data. *Medical Hypotheses* (1995) 44:39-46.

Kabat-Zinn, J. Chapman, A, and Salmon, P. The relationship of cognitive and somatic components of anxiety to patient preference for alternative relaxation techniques. *Mind/Body Medicine* (1997) 2:101-109.

Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M.S., Cropley, T. G., Hosmer, D., and Bernhard, J. Influence of a mindfulness-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA) *Psychosomat Med* (1998) 60: 625-632.

Kristeller, J.L., & Hallet, C.B. (1999). An exploratory study of a meditation-based intervention for binge eating disorder. *Journal of Health Psychology*, 4, 357-363.

Lazar, Sara W. a; Kerr, Catherine E. b; Wasserman, Rachel H. a b; Gray, Jeremy R. c; Greve, Douglas N. d; Treadway, Michael T. a; McGarvey, Metta e; Quinn, Brian T. d; Dusek, Jeffery A. f g; Benson, Herbert f g; Rauch, Scott L. a; Moore, Christopher I. h i; Fischl, Bruce d j, Meditation experience is associated with increased cortical thickness. *Neuroreport*. 16(17):1893-1897, November 28, 2005.

Linehan, M.M., Armstrong, H., Suarez, A., et al. (1991). Cognitive-behavioral treatment of chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 48, 1060-1064.

Lutz, A. et al. (2004) Long-term meditators self-induce high-amplitude gamma synchrony during mental practice, *PNAS*, vol.101, 46, 16369-16373

Ma, H., & Teasdale, J.D. (2004). Mindfulness-Based Cognitive Therapy: Replication and exploration of differential relapse prevention efforts. *Journal of Consulting and Clinical Psychology*, 72, 31-40.

Ramel, W., Goldin, P., Caroma, P., & Mc Quaid, J. (2004). The effects of mindfulness meditation on cognitive processes and affect in patients with past depression. *Cognitive Therapy and Research*, 28, 433-455.

Reibel, D.K., Greenson, J.M., Brainard, G.C., & Rosenzweig, S. (2001). Mindfulness based stress reduction and health-related quality of life in a heterogeneous patient population. *General Hospital Psychiatry*, 23,183-192.

Specia, M., Carlson, L., Goodey, E., & Angen, M. (2000). A randomized, wait-list controlled clinical trial: The effect of a mindfulness meditation-based stressreduction program on mood and symptom of stress in cancer patients. *Psychosomatic Medicine*, 62, 613-622.

Saxe, G., Hebert, J., Carmody, J., Kabat-Zinn, J., Rosenzweig, P., Jarzowski, D., Reed, G., and Blute, R. Can Diet, in conjunction with Stress Reduction, Affect the Rate of Increase in Prostate-specific Antigen After Biochemical Recurrence of Prostate Cancer? *J. of Urology*, In Press, 2001.

Christina Surawy Jill Roberts Amy Silver : 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*, Volume 33, Issue 01, januar 2005, pp 103-109

Teasdale, J.D. (1997). The relationship between cognition and emotion: The mind-in place in mood disorder. In M.D. Clark & C.G. Fairburn (Eds.), *Science and practice of cognitive behavior therapy*. Oxford: University Press.

Teasdale, J.D. (1999). Metacognition, mindfulness and the modification of mood disorders. *Clinical Psychology and Psychotherapy*, 6, 146-55.

Teasdale, J.D., Segal, Z., Williams, J.M. (1995). How does Cognitive Therapy prevent depressive relapse and why should attentional control mindfulness training help? *Behaviour Research and Therapy*, 33, 25-39.

Teasdale, J.D., Hayhurst, H., Pope, M., et al. (2002). Metacognitive Awareness and prevention of relapse in depression: empirical evidence. *Journal of Consulting and Clinical Psychology*, 70, 275-287.

Teasdale, J.D., Segal, Z.V., Williams, J.M., Ridgeway, V.A., Soulsby, J.M., Lau, M.A. (2000). Prevention of relapse/recurrence in Major Depression by Mindfulness Based Cognitive Therapy. *Journal of Consulting and Clinical Psychology*, 68, 615-623.

Alistair Smith :CLINICAL USES OF MINDFULNESS TRAINING FOR OLDER PEOPLE.
Behavioural and Cognitive Psychotherapy, Volume 32, Issue 04, oktober 2004, pp 423-
430