

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

Mindfulness-Based Cognitive Therapy (MBCT)

MBCT 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. (2008). *Mindfulness-Based Cognitive Therapy*. London: Routledge.

Additional MBCT adaptations

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

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>

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

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

Trials

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>

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>

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- 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>
- 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>
- 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>
- 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>
- 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**
- 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>
- 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>**

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

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*.

Mechanism Studies

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>

van der Velden, A. M., Kuyken, W., Wattar, U., Crane, C., Pallesen, K. J., Dahlgard, 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>

Implementation

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>

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. <http://dx.doi.org/10.1177/2167702613497932>].

Evans, A., Crane, R., Cooper, L., Mardula, J., Wilks, J., Surawy, C., ... Kuyken, W. (2014). A Framework for Supervision for Mindfulness-Based Teachers: A Space for Embodied Mutual Inquiry. *Mindfulness*, 6(3), 572-581. <http://dx.doi.org/10.1007/s12671-014-0292-4>

Rycroft-Malone, J., Anderson, R., Crane, R. S., Gibson, A., Gradinger, F., Griffiths, H, O., ... Kuyken, W. (2017). Accessibility and implementation in UK services of an effective depression relapse prevention programme-mindfulness-based cognitive therapy (MBCT): ASPIRE study protocol. *Implementation Science*, 9(1), 62. <http://dx.doi.org/10.1186/1748-5908-9-62>

Theory

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>

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

MBCT and CBT

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.

Websites

Oxford Cognitive Therapy Centre Online Training: <http://www.octc.co.uk/training/online-training>

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

General (Including MBSR, MBCP, supervision, assessment)

Books

Baer, R. A. (Ed.) (2010) *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change*. Oakland, CA: New Harbinger.

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

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.

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.

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

Varela, R.J., Thompson, E. & Rosch, E. (1991). *The embodied mind: Cognitive science and human experience*. Cambridge: MIT Press.

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

Journal Articles

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

Theory

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>

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>

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

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

Mindfulness for Specific Populations

Anxiety and Mood

Fennell, M.J.V. (2004). Depression, low self-esteem and mindfulness. *Behaviour Research & Therapy*, 42(9), 1053-1067. <http://dx.doi.org/10.1016/j.brat.2004.03.002>

Kabat-Zinn, J., Massions, A. O., Kristeller, J., Peterson, L. G., Fletcher, K. E., Pbert, L., ... Santorelli, S. (1992). Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. *American Journal of Psychiatry*, 149(7), 936-943. <http://dx.doi.org/10.1176/ajp.149.7.936>

Toneatto, T. & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *Canadian Journal of Psychiatry*, 52(4), 260-266. <https://doi.org/10.1177/070674370705200409>

Parenting

Duncan, L. G. & Bardacke, N. (2010). Mindfulness-based childbirth and parenting education: Promoting family mindfulness during the perinatal period. *Journal of Child and Family Studies*, 19(2), 190-202. <http://dx.doi.org/10.1007/s10826-009-9313-7>

Duncan, L. G., Coatsworth, J.D., Greenberg, M. T. (2009). A model of mindful parenting: Implications for parent-child relationships and prevention research. *Clinical Child and Family Psychological Review*, 12(3), 255-270. <http://dx.doi.org/10.1007/s10567-009-0046-3>

Psychogiou, L., Legge, K., Parry, E., Mann, J., Nath, S., Ford, T., Kuyken, W. (2016) Self-compassion and parenting in mothers and fathers with depression. *Mindfulness* 7(4), 896-908. <http://dx.doi.org/10.1007/s12671-016-0528-6>

van den Heuvel, M. I., Johannes, M. A., Henrichs, J., & Van den Bergh, B. R. H. (2015). Maternal mindfulness during pregnancy and infant socio-emotional development and temperament: The mediating role of maternal anxiety. *Early Human Development*, 91(2), 103-108. <http://dx.doi.org/10.1016/j.earlhumdev.2014.12.003>

Warriner, S., Dymond, M., & Williams, J.M.G. (2013). Mindfulness in maternity. *British Journal of Midwifery*, 21(7), 520-522. <http://dx.doi.org/10.12968/bjom.2013.21.7.520>

Warriner, S., Hunter, L. & Dymond, M. (2016) Mindfulness in maternity: Evaluation of a course for midwives. *British Journal of Midwifery*, 24(3). <http://dx.doi.org/10.12968/bjom.2016.24.3.188>

Meta-analyses and Reviews

Gotink, R. A., Chu, P., Jan, J. V., Busschbach, P., Benson, H., Fricchione, G. L., ... Hunink, M. G. M. (2015). Standardised mindfulness-based interventions in healthcare: An overview of systematic reviews and meta-analyses of RCTs. *PLoS ONE* 10(4), e0124344. <http://doi.org/10.1371/journal.pone.0124344>

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>

Neurobiology

Rubia, K. (2009). The neurobiology of meditation and its clinical effectiveness in psychiatric disorders. *Biological Psychology*, 82(1), 1-11. <http://dx.doi.org/10.1016/j.biopsycho.2009.04.003>

Qualitative Accounts

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>

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

Implementation

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>

Baer, R. A. (2015). Ethics, values, virtues, and character strengths in mindfulness-based interventions: a psychological science perspective. *Mindfulness*, 6(4), 956-969.

<http://dx.doi.org/10.1007/s12671-015-0419-2>

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. <http://dx.doi.org/10.1177/1073191113490790>

Kabat-Zinn, J. (2003) Mindfulness-based interventions in context: Past, present and future. *Clinical Psychology Science and Practice*, 10(2), 144-156. <http://dx.doi.org/10.1093/clipsy/bpg016>

Marx, R., Strauss, C., & Williamson, C. (2015). Mindfulness apprenticeship: A new model of NHS-based MBCT teacher training. *Mindfulness*, 6(2), 253-263. <http://dx.doi.org/10.1007/s12671-013-0254-2>

Smith, A. (2004). Clinical uses of mindfulness training for older people. *Behavioural & Cognitive Psychotherapy*, 32(4), 432-430. <http://dx.doi.org/10.1017/S1352465804001602>

Spijkerman, M. P. J., Pots, W. T. M., & Bohlmeijer, E. T. (2016). Effectiveness of online mindfulness-based interventions in improving mental health: A review and meta-analysis of randomised controlled trials. *Clinical Psychology Review*, 45, 102-114.

<http://dx.doi.org/10.1016/j.cpr.2016.03.009>

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

Buddhist Background and Psychology

Books

Anālayo, B. (2003). *Satipatthāna: the direct path to realization*. Birmingham: Windhorse.

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

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: Random House.

Williams, J.M.G & Kabat-Zinn J. (Eds) (2013). *Mindfulness: Diverse perspectives on its meaning, origins, and applications*. Oxford: Routledge.

Reading & Resources List: Mindfulness-Based Cognitive Therapy (MBCT)

Additional Resources for Studying and Practising Meditation

The selection below is meant as an introduction to insight meditation and as an invitation to explore. 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.

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.

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.

Websites

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

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>; and the listing of UK teachers who meet these good practice guidelines <https://www.mindfulness-network.org/listingspagenew.php>.

Latest version of the Mindfulness-Based Interventions–Teaching Assessment Criteria (MBI-TAC):

<https://www.bangor.ac.uk/mindfulness/MBITAC.php.en>

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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/>

Gaia House, Retreat Centre, West Ogwell, Newton Abbot, Devon TQ12 6EN, UK:

<http://www.gaiahouse.co.uk>

Community Interest Company supporting UK University Mindfulness Centres offering supervision for MBCT teachers, retreats and more: <https://www.mindfulness-network.org>

Oxford Gaia House Retreats (one day meditation retreats in Oxford):

<http://www.oxfordgaiahouseretreats.co.uk/>

Mindfulness-Based Cognitive Therapy (MBCT) homepage: <http://www.mbct.co.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://psychology.exeter.ac.uk/clintraining/programmes/pgmindfulness/>

The Exeter Mindfulness Network offering professionals training in mindfulness-based approaches:

<https://www.mindfulness-network.org/index.php>

Mental Health Foundation, Mindfulness Programme: <http://www.bemindful.co.uk>

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

<http://www.stressreductiontapes.com>