

STANFORD COMMITTEE FOR PROFESSIONAL SATISFACTION AND SUPPORT (SCPSS)

Mindfulness Sub-Committee

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MINDFULNESS RESOURCES

Mindfulness is a skill that can be learned, but like any other skill it takes practice. Greater benefit is derived from prioritizing the time for formal training and daily practice. Daily practice is important, even if only for a few minutes a day.

After initial training, benefits of this skill can best be retained and expanded by reinforcement through regular group discussion/practice. Over time the concept of mindfulness can be incorporated into daily life – to be nonjudgmentally aware and caring in how we feel about ourselves, speak, behave, and interact with patients and others.

Trying to compare the merits of the many presently available and ever-changing mindfulness-related offerings is challenging. The following items were chosen to provide simplified suggestions for worthwhile and accessible educational options. However this list in no way dismisses the many other meaningful existing programs.

Please note Disclaimer at end.

TRAINING FOR BEGINNERS

LOCAL CLASSES		
Mindfulness-Based Stress Reduction (MBSR)	<ul style="list-style-type: none">• Structured, manualized 8 week class• Taught for over 35 years, extensive national and international clinical care and research showing benefit for providers, trainees and patients• Weekly focus on different aspects of mindfulness with core principle of compassion• Can be tailored for physicians (<u>recommended</u>)• Derived from Zen Buddhism, but secular	Typical (but can be modified for MD schedule) <ul style="list-style-type: none">• 8 weekly 2.5 hour classes with one all day Saturday class• Daily practice• Weekly reading• Cost \$310-\$335• Certified instructors experienced with training healthcare providers: Mark Abramson, DDS (meadds@yahoo.com) and others
Compassion Cultivation Training from CCARE (Stanford Center for Compassion and Altruism Research and Education)	<ul style="list-style-type: none">• Structured, manualized 8 week class• Taught for several years, growing influence/research showing benefit• Weekly focus on different aspects of compassion with core principle of mindfulness• Can be tailored for physicians• Derived from Tibetan Buddhism, but secular	Typical (but can be modified for MD schedule) <ul style="list-style-type: none">• 8 weekly 2 hour classes• Daily practice• Weekly reading• Cost \$325• Instructors from CCARE faculty• http://ccare.stanford.edu/education/about-compassion-cultivation-training-cct/

BEGINNER ONLINE CLASSES		
Palouse Mindfulness	<ul style="list-style-type: none"> • 8 session self-paced online course following the standard MBSR course • In addition to standard materials, provides readings and brief videos from a variety of well-known mindfulness teachers 	<ul style="list-style-type: none"> • Free • Downloadable materials • Taught by Dr. Dave Potter, psychotherapist, with 10 years as a certified MBSR teacher and 25 years as a meditator • http://palousemindfulness.com/selfguidedMBSR.html
Mindful Awareness Practices (MAP) for Daily Living	<ul style="list-style-type: none"> • 6 weekly sessions start at specific dates but self-paced materials • “An excellent introduction to mindfulness. MAPs class lays the foundation for a daily meditation practice and provides insights into the art, science, and practice of mindfulness.” 	<ul style="list-style-type: none"> • \$185 • Downloadable materials • Optional weekly chat with instructors and participants • Discussion forums • Pre-recorded from Staff at UCLA Mindful Awareness Research Center • Option to continue to MAP 2 classes • http://marc.ucla.edu/body.cfm?id=112
INTRODUCTORY RETREATS FOR HEALTHCARE PROVIDERS (with CME)		
Mindful Living Programs	<ul style="list-style-type: none"> • Weekend retreat for individuals or couples • Focus on learning mindfulness in the context of healthcare provider needs for self-care and patient care 	<ul style="list-style-type: none"> • 24 CME units provided • Instructors Steve Flowers, MFT and Bob Stahl, PhD long-time and credentialed MBSR teachers with extensive experience training healthcare providers • Held at Commonweal Retreat Center at Point Reyes near Bolinas • \$745-\$845 (couples \$1350-\$1400) • http://www.mindfulnessprograms.com/
BEGINNER APPS		
Headspace	<ul style="list-style-type: none"> • Basic meditation training starting with 10 min./day • Later levels with varying durations and topics • Personal progress, friend/buddy program 	<ul style="list-style-type: none"> • iOS and Android • Basic is free; \$12.95/mo; \$95.88/yr • http://www.headspace.com/
Buddhify 2	<ul style="list-style-type: none"> • 80+ short meditations for activities of daily life • Education, tracking tools 	<ul style="list-style-type: none"> • iOS and Android • \$2.99 • buddhify.com
Calm	<ul style="list-style-type: none"> • Background nature sights and sounds • Daily learn to meditate followed by multiple meditation session options • Can set timer, reminder, log 	<ul style="list-style-type: none"> • iOS and Android • Basic is free; various purchase upgrades • www.calm.com
10% Happier: Mindfulness for Skeptics	<ul style="list-style-type: none"> • 14 day program • Daily video information and audio guided meditations • Personal coach 	<ul style="list-style-type: none"> • iOS, coming online • \$19.99 • http://www.changecollective.com/10-percent-happier/

AFTER INITIAL TRAINING

LOCAL IN-PERSON GROUPS		
Mindfulness-Based Stress Reduction	<ul style="list-style-type: none"> Weekly practice group – all are welcome 	<ul style="list-style-type: none"> Tuesdays 6:00-6:45 LKSC 130 Free Led by Mark Abramson
Compassion Cultivation Training	<ul style="list-style-type: none"> Monthly practice group for class graduates 	<ul style="list-style-type: none"> Notifications by email Variety of locations Free Led by CCARE faculty
APPS		
Insight Timer	<ul style="list-style-type: none"> Timer with bell variations for personal meditation Differing-length guided meditations from prominent teachers Personal stats, journal World map with locations of real time others meditating Community forums 	<ul style="list-style-type: none"> Free iphone and android https://insighttimer.com/
The Mindfulness App	<ul style="list-style-type: none"> Guided, silent or personalized meditations of varying length Reminder alerts Progress tracking 	<ul style="list-style-type: none"> \$1.99, can buy extra meditations from prominent teachers iphone and Android http://www.mindapps.se/themindfulnessapp/
RETREATS		
Spirit Rock Meditation Center	<ul style="list-style-type: none"> Variety of topics and teachers 	<ul style="list-style-type: none"> Marin http://www.spiritrock.org/

TEACHER TRAINING

PROGRAMS	
Mindfulness-Based Stress Reduction	<ul style="list-style-type: none"> Contact Bob Stahl (bob@mindfulnessprograms.com), local certified MBSR teacher trainer Prerequisites and training outline at: http://www.umassmed.edu/cfm/training/training-pathways/
Compassion Cultivation Training	<ul style="list-style-type: none"> Prerequisites and training outline at: http://ccare.stanford.edu/education/cct-teacher-certification-program/

ENRICHMENT

BOOKS LIKED BY COMMITTEE MEMBERS	
Jon Kabat-Zinn, <u>Wherever You Go, There You Are</u> , 2005	Wise and beautifully written book by the founder of Mindfulness-Based Stress Reduction explaining and exploring mindfulness with short 1-3 page chapters. Has optional accompanying meditation CDs.
Mark Williams and Danny Penman, <u>Mindfulness</u> , 2012	8 week plan for beginners based on Mindfulness-Based Cognitive Therapy. Authors are both PhDs and focus on scientifically grounded techniques. Includes 10-20 min. audio meditations.
Thich Nhat Hanh, <u>Peace is Every Step: The Path of Mindfulness in Everyday Life</u> , 1992	This little book contains brief instruction and practical suggestions which introduce the concepts and practice of mindfulness and its application in everyday modern life. It is secular, non-denominational and a perfect guide for the busy modern person to experience and appreciate the present.
CDs LIKED BY COMMITTEE MEMBERS	
Kelly McGonigal, <u>The Neuroscience of Change</u> , 2012 (Audiobook)	Six lectures relating to the science behind mindfulness and compassion plus 12 guided self-reflection and meditation practices.
Jack Kornfield, <u>Guided Meditations for Difficult Times: A Lamp in the Darkness</u> , 2010	2 CD set for challenging times in life – teaching plus multiple guided meditations encouraging insight, perspective, compassion and forgiveness.
OTHER RESOURCES	
The Center for Compassion and Altruism Research and Education (CCARE)	Free frequent eminent speaker events at Stanford (http://ccare.stanford.edu/events-list/); past speaker video archive (http://ccare.stanford.edu/video/)
Spirit Rock Meditation Center	Online classes and streaming events (https://www.spiritrock.org/online-events)
Kristin Neff, PhD	Free downloadable self-compassion meditations (http://self-compassion.org/category/exercises/) and videos including TedX talk (http://self-compassion.org/videos/)
Center for Mindfulness in Medicine, Health Care and Society	Official “home” of MBSR with a research center, annual conference and free downloadable webinars & videos (http://www.umassmed.edu/cfm/)
UCLA Mindful Awareness Research Center	Free downloadable guided meditations (http://marc.ucla.edu/body.cfm?id=22)
UCSD Center for Mindfulness	Free downloadable guided meditations (http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx)
American Mindfulness Research Association	Maintains a database of mindfulness research (https://goamra.org/)
University of Wisconsin	“Opportunities for Pausing” YouTube 1:53 min. https://www.youtube.com/watch?v=vhlv3cntCr4

MINDFULNESS-HYBRID CLASS

Nourish: Mindful Training for Healthy Nutrition and Well-Being	<ul style="list-style-type: none">• 9 week in-person program• Combines mindfulness with positive psychology, nutrition and behavior change	<ul style="list-style-type: none">• Taught through Stanford Integrative Medicine Center• \$400 class• Instructor Carley Hauck, MA• https://stanfordhealthcare.org/medical-clinics/integrative-medicine-center.html
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