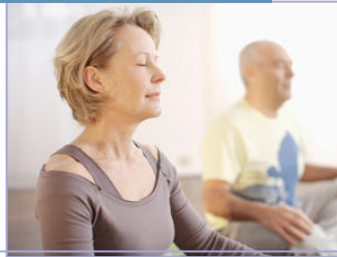


THE EAST TEXAS STRESS REDUCTION CLINIC



www.texasmindful.com
SUMMER 2014, ISSUE 2



Mindfulness-Based Stress Reduction

Program Bulletin

Now receiving referrals for the Fall 2014 Session

Dear Physicians & Health Workers,
The East Texas Stress Reduction Clinic is bringing the Stress Reduction Program for the first time to East Texas. This program is based on the internationally acclaimed **Mindfulness-Based Stress Reduction (MBSR)**, founded in 1979 by Jon Kabat-Zinn, UMMS Professor Emeritus. The MBSR Program has been in continuous operation for 32 years at the Center for Mindfulness at the University of Massachusetts Medical School. More than 9000 participants have completed this 8 week training program and have been referred by more than 5,000 physicians and, as well, a wide range of other health care professionals.

Your patients can participate in this program as a complement to whatever medical treatment they may be receiving, as well as for preventive and health enhancement.

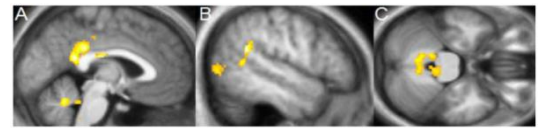
In the right column is a summary of a recent neuroscience study about the benefits of Mindfulness-Based Stress Reduction (MBSR). Study participants attended the Stress Reduction Program at UMass. [Please download the entire study.](#)

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| <ul style="list-style-type: none"> • Asthma • Chronic Pain • GI Stress • High Blood Pressure • Headaches • Anxiety and panic episodes • Diabetes • Cancer • Sleep disturbances • Heart Disease | <ul style="list-style-type: none"> • Psychological and emotional stress • HIV • Aids • Skin disorders • Fibromyalgia • Job or family stress • Pre-surgery prep and post surgery recovery • Feeling “out of control” or “just not right” |
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Mindfulness Practice leads to increases in regional brain gray matter density.

Psychiatry Res. 2011

Jan 30; 191(1):36-43. Epub 2010 Nov 10



Hölzel BK, Carmody J, Vangel M, Congleton C, Yerramsetti SM, Gard T, Lazar SW

Source:

Massachusetts General Hospital, Harvard Medical School, Boston, MA, USA
britta@nmr.mgh.harvard.edu

Abstract:

Therapeutic interventions that incorporate training in mindfulness meditation have become increasingly popular, but to date little is known about neural mechanisms associated with these interventions. Mindfulness-Based Stress Reduction (MBSR), one of the most widely used mindfulness training programs, has been reported to produce positive effects on psychological well-being and to ameliorate symptoms of a number of disorders. Here, we report a controlled longitudinal study to investigate pre-post changes in brain gray matter concentration attributable to participation in an MBSR program. Anatomical magnetic resonance (MR) images from 16 healthy, meditation-naïve participants were obtained before and after they underwent the 8-week program. Changes in gray matter concentration were investigated using voxel-based morphometry, and compared with a waiting list control group of 17 individuals. Analyses in a priori regions of interest confirmed increases in gray matter concentration within the left hippocampus. Whole brain analyses identified increases in the posterior cingulate cortex, the temporo-parietal junction, and the cerebellum in the MBSR group compared with the controls. The results suggest that participation in MBSR is associated with changes in gray matter concentration in brain regions involved in learning and memory processes, emotion regulation, self-referential processing, and perspective taking.

[Download PDF](#)

The UMass Stress Reduction Program and the Center for Mindfulness have published [31 peer-reviewed articles](#) and nearly one hundred articles, books, book chapters, monographs and abstracts about mindfulness and MBSR.

The East Texas Stress Reduction Clinic offers the Stress Reduction Training (SRT) Program based completely on the MBSR program, which is now offered in over 250 hospitals worldwide.



How to make a referral

Referrals are accepted on a continuous basis. Please send the person's full name, mailing address and telephone number (or) additional contact info via email to referral@texasmindful.com. For more information and/or program brochures, please call Scott Martin at 903-258-3166 (or) email: info@texasmindful.com (or) visit us online at www.texasmindful.com

About the East Texas Stress Reduction Clinic

Modeling after [the Center for Mindfulness](#), [the East Texas Stress Reduction Clinic](#) hopes to grow and provide mindfulness based training as a complimentary service to the existing medical community and their patients.

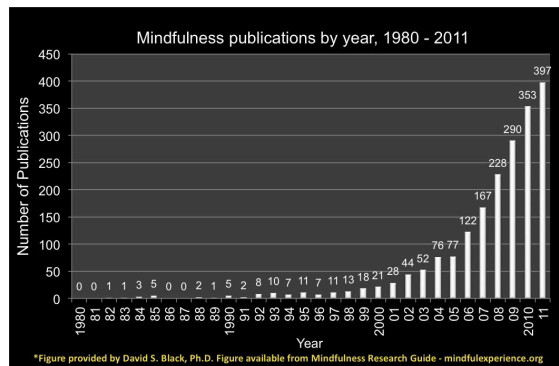
Inspiring generations of scientists, clinicians, and educators, for thirty-two years the Center has taken a leadership role in pioneering the integration of mindfulness meditation and other mindfulness based practices into mainstream medicine through clinical care, rigorous research, academic medical and professional education, and into the larger society through leading edge "crossover" initiatives and outreach to schools and corporations, public institutions and governmental agencies. The work of the Center has been featured in the PBS Bill Moyer's documentary, Healing and the Mind (viewed by 40 million people_, on NBC Dateline, ABC's Evening News, the Oprah Winfrey Show, in numerous magazine, newspaper, online articles, and in Widening the Circle: Mindfulness in the World, a film produced by the Center in celebration of its first 30 years. Each year the Center hosts an international scientific conference on mindfulness, Investigation and Integrating Mindfulness in Medicine, Health Care, and the Larger Society. This year's 11th annual meeting included 500 clinicians and researchers from 21 countries and 6 continents engaged in understanding the science of mindfulness and its translation into treatments aimed at enhancing health across the life span.

RESEARCH GROWTH

The growth of research in mindfulness and MBSR in the scientific literature is, without exaggeration, exponential.

Reflective of this investigational trend, the NIH currently has invested in 83 open trials on mindfulness and 25 open trials of mindfulness-based stress reduction (MBSR).

Publications:

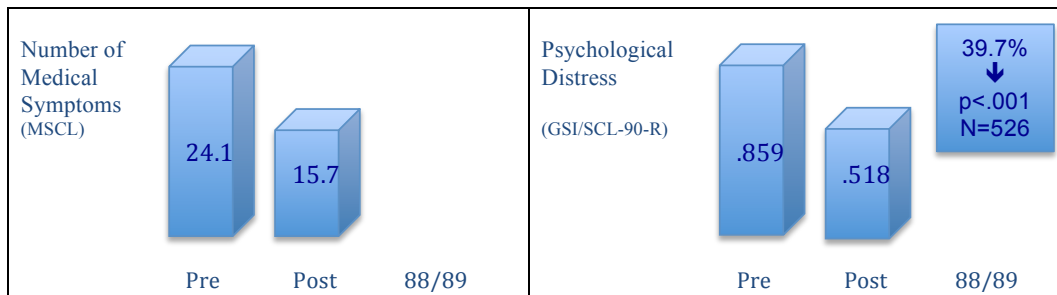


Notes: Results obtained from a search of the term "mindfulness" in the abstract and keywords of the ISI Web of Knowledge database on Feb 5, 2011. The search was limited to publication with English language abstracts by David S. Black MPH, PhD Candidate/[Mindfulness Research Guide](#).

The East Texas Stress Clinic How the Mindfulness-Based Stress Reduction Program May be Able to Help Some of Your Patients

Published research has repeatedly shown that meditation and relaxation training can be powerful adjuncts to the conventional medical treatment of many disorders. The Mindfulness-Based Stress Reduction Program incorporates the critical elements of all of these relaxation and meditation programs and takes the healing process an important step further. A central feature of the program is the teaching of a gentle yet effective method that encourages the patient to develop a profound level of inquiry into the application of mindfulness (moment-to-moment, nonjudgmental awareness) and mindfulness-based coping strategies in everyday life. Patients in the program are taught to become aware of, develop, their own resources to support their health, thus becoming more stress hardy, a quality that is associated with better health across the life span.

The East Texas Stress Reduction Program originated from the (MBSR) Mindfulness Based Stress Reduction Program at UMass Medical School, which has been on the cutting edge of mind/body and integrative medicine for thirty-two years and represents participatory and integrative medicine at its best. Over 19,000 patients with all manner of diagnoses have successfully completed the eight-week course and 1,400 physicians have referred patients to this program. Published evaluation of the medical outcomes resulting from patient participation have shown a 35% reduction in the number of medical symptoms and a 40% reduction in psychological symptoms (stable over four years) (Kabat-Zinn, 1982, 1985, 1986, 1992, 1998; Miller et al 1995, etc.).



Patients coming to the program are not separated by their referral diagnosis, so these outcome data apply across all the diagnostic categories that have been referred.

Stress and Patient Presentation

The American Academy of Family Physicians has estimated that up to two-thirds of all office visits to family doctors are for stress-related symptoms. Recent research has indicated that up to 60% of all HMO visits are made by people with no diagnosable disorder – the “worried well” (Sobel 1995) – and that many of these presenting symptoms are related to the patient’s psychosocial functioning – such things as depression, anxiety, social isolation, overwork etc. (Kroenke & Mangelsdorff 1989). At least one third of chest pain cardiology patients with normal or near normal coronary arteries have been found to be suffering from panic disorder (Kushner 1989).

Mindfulness training has been shown effective in addressing the malaise that often underlies these presentations (Kabat-Zinn 1982, 1985, 1986, 1992, Miller 1995, etc.), and further evidence of this can be seen in studies showing reduced need for clinical services following meditation training (Kabat-Zinn, 1987b, Hellman 1990, Caudill 1991a, 1991b, Tate 1994, Orme-Johnson 1994).

**To Refer Email To: referral@texasmindful.com
For More Info: (903) 258-3166**

FACT SHEET: MEDITATION, MINDFULNESS AND MINDFULNESS BASED PRORGRAM
The East Texas Stress Reduction Program: A Resource For Your Patients

Coronary Artery Disease

The addition of meditation training to standard cardiac rehabilitation regimens has been shown to reduce mortality (41% decrease during the first two years following, and 46% reduction in recurrence rates) morbidity, psychological distress, and some biological risk factors (plasma lipids, weight, blood pressure, blood glucose) (Linden 1996, Zammara 1996). Meditation practice alone has been shown to reduce exercise-induced myocardial ischemia in patients with coronary artery disease (Zammara 1996, Ornish 1983).

Hypertension

Meditation training has been shown to reduce blood pressure in amounts comparable to the changes that are produced by medication and other lifestyle modifications such as weight loss, sodium restriction, and increased aerobic exercise (Schneider 1995, Linden & Chambers 1994, Alexander 1994).

Cancer

A randomized trial with cancer outpatients showed Mindfulness-Based Stress Reduction (MBSR) was effective in significantly decreasing mood disturbance (65%), including depression, anxiety, anger and confusion, and also in decreasing the symptoms of stress such as cardiopulmonary and gastrointestinal symptoms (Specia 2000). These changes were sustained at six month follow up (Carlson 2001). Survival rates of both melanoma and metastatic breast cancer patients have been significantly improved by relaxation and meditation training (Fawzy 1993, Speigal 1989) and psychological distress was lessened in women with early breast cancer (Bridge 1988). Anticipatory nausea and vomiting due to chemotherapy is also inhibited (Green 1991). –

Chronic Pain

Mindfulness meditation has been shown to reduce both the experience of pain and its inhibition of patients' everyday activities. Further, mood disturbance and psychological symptomatology (including anxiety and depression) are also reduced. Pain related drug utilization was decreased and activity levels and self-esteem increased. This was in marked contrast to a traditional pain clinic comparison group, which showed no change on these dimensions (Kabat-Zinn 1982, 85). These gains were nearly all maintained at four-year follow-up (Kabat-Zinn 1987).

Fibromyalgia

Mindfulness training resulted in clinically significant improvements in physical condition and both psychological and social spheres (Grossman et al, 2007; Weissbecker 2002).

Diabetes – Type I & II

Type II – HA1c was reduced by 0.48% (P=.03; mean arterial pressure was reduced by 6 mmHg (P=.009) Rosenweig, Reibel et al (2006). Type I Meditation training significantly lowered glucose levels in patients with poorly controlled type I diabetes (McGrady 1991).

Irritable Bowel Syndrome

Meditation training has been shown to be effective in improving this condition (Blanchard 1992).

Anxiety

Mindfulness training has been shown to clinically reduce symptoms of anxiety, psychological distress and secondary depression (Kabat-Zinn 1992). These changes were maintained at 3-year follow-up (Miller 1995).

Asthma/Respiratory Disorders

Relaxation training has been shown to improve the psychological well being, functional status and frequency of attacks of asthma patients as well as adherence to treatment (Devine 1996). It has also been shown to have beneficial effect on dyspnea and psychological well being among adults with obstructive pulmonary disease (Divine & Pearcy, in press).

Psoriasis

Published research has shown that mindfulness meditation increase skin clearing rates four-fold when used in conjunction with phototherapy and photo chemotherapy (Kabat-Zinn 1998).

Headache

Meditation has been shown to decrease headache activity (Anastasio 1987).

Depression

The skills derived from mindfulness training and cognitive therapy have been shown effective in significantly reducing the recurrence of major depressive episodes in patients who have been treated fro depression (Ma and Teasdale, 2004, Segal et al 2002; Teasdale, 2002; Teasdale 2000).

Multiple Sclerosis

Training in mindfulness of movement resulted in MS patients reporting improvement over a broad range of symptoms, including balance (Mills 2000).

Health-Related Quality of Life

MBSR has been shown to significantly improve health-related quality of life (functional status, well-being, reduced physical symptoms, psychological distress) (Grossman 2006; Reibel, 2001).
