

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

MINDFULNESS AND ACCEPTANCE SIG

2007

DIRECTORY OF TRAINING OPPORTUNITIES

The Mindfulness and Acceptance Special Interest Group (SIG) of the Association for Behavioral and Cognitive Therapies (ABCT) established this directory of clinical, research, and didactic training opportunities in mindfulness- and acceptance-based approaches. The hope was that it would serve as a resource for students, recent graduates, faculty, clinicians, and researchers who are interested in this area.

While the officers of the Mindfulness and Acceptance SIG make every effort to provide accurate and complete information, various data may change prior to updating. For questions or comments, or to add, delete, or update an entry in the directory, contact Seoka Salstrom, Ph.D. (seoka.salstrom@gmail.com).

DISCLAIMER:

This directory is intended solely for use by individuals interested in clinical and research training opportunities relating to mindfulness- and acceptance-based approaches, and information contained within this directory is for informational purposes only. Individuals listed in the directory should not be contacted by services or others with commercial interests.

Information presented in this directory is considered public information. Please keep this under consideration should you choose to be listed in the directory.

AUSTRALIA-QLD

PROGRAM/ SITE INFORMATION

Program/Site Name: Conscious Leadership(TM); feelGOOD; reinvention(r) mind workouts

Director Name: Martina Sheehan

Mailing Address: P.O. Box 10724 Adelaide Street
Brisbane, QLD 04000
AUSTRALIA

Phone: 610417754717

E-mail: martina@reinvention.com.au

Website: reinvention.com.au

Program Type: Other

development programs primarily offered to organisations and workplaces. conscious leadership is designed to develop mindfulness in leaders; feelGOOD is designed to apply mindfulness for employee wellbeing; mind workouts are short practice sessions applied to various topics as relevant to clients.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

we are interested in working with a research facility to enable research to be undertaken on the impact of these programs.

Approximate number of faculty/professionals: 0

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Other

programs are of our own design.

Treatment for a specific population? Yes

leaders, employees

Clinical experiences offered: None

RESEARCH EXPERIENCES

Focus of research: Other

may not fit any of these specific descriptions, but elements of some would be in our programs.

none as yet

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes,Other,Seminars/workshops

individual coaching in addition to group activities

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

BRAZIL-SP

PROGRAM/ SITE INFORMATION

Program/Site Name: Graduate Program in Behavioral Medicine - www.unifesp.br/dpsicobio/extensao/index.htm

Director Name: Jose Roberto Leite PhD - Associate Professor

Mailing Address: R.Napoleao de Barros, 925 V.Clementino

Sao Paulo, SP 04024-002

BRAZIL

Phone: 55-11-5539-0155 Ext. 201

E-mail: julio@psicobio.epm.br

Website:

Program Type: Graduate program,Postdoc

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities,Graduate level - research opportunities,Postdoctoral fellowship

Approximate number of faculty/professionals: 18

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 50

Total participating in mindfulness/acceptance opportunities: 50

CLINICAL EXPERIENCES

Interventions conducted: Other

Meditation Training and Cognitive/Behavioral Therapy

Treatment for a specific population? Yes

It is offered meditation sessions for people with "stress" and anxiety complaints

Clinical experiences offered: Supervision guided by mindfulness-based approaches,Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Other

Research in Behavioral Medicine techniques and related subjects.

Experimental and clinical research

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes,Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

CANADA-AB

PROGRAM/ SITE INFORMATION

Program/Site Name: Calgary Internship Consortium in Clinical Psychology Tom Baker Cancer Centre-Holy Cross Site

Director Name: Michael Speca, Psy.D.(2004-2005)

Mailing Address: 2202 Second St. SW C
Calgary, AB t2s 3c1
CANADA

Phone: 403-210-0437

E-mail: michaelp@cancerboard.ab.ca

Website:

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Internship

Approximate number of faculty/professionals: 30

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 12

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR, Other

Patient's group MBSR experience may be augmented with one on one sessions, when indicated by patient interest, in the context of individual counseling relating to their cancer diagnosis.

Treatment for a specific population? Yes

Cancer patients

Clinical experiences offered: Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Various process and outcome studies in cancer population.

DIDACTICS EXPERIENCES

Didactic experiences: Other

Participant observer involvement in Group MBSR classes for graduate students or those conducting research.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: Training opportunities are of a limited nature and for a limited number of trainees. Predoctoral psychology interns at the Calgary Consortium have priority access to these opportunities within the context of their overall internship commitment. Research involvement typically depends on student developing a research proposal.

CANADA-AB

PROGRAM/ SITE INFORMATION

Program/Site Name: Millard Health Centre

Director Name: Dr. Peter Lyons

Mailing Address: 131 Airport Road
Edmonton, AB T5G 0W6
CANADA

Phone: 780-498-3273

E-mail: peter.lyons@millardhealth.com

Website: www.millardhealth.com

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

CANADA-MB

PROGRAM/ SITE INFORMATION

Program/Site Name: Department of Clinical Health Psychology University of Manitoba

Director Name: Dr. Valerie Holms

Mailing Address: PZ350, 771 Bannatyne Ave.
Winnipeg, MB R3E 3N4
CANADA

Phone: 204-787-3960

E-mail: vholms@hsc.mb.ca

Website: www.umanitoba.ca/medicine/clinical_health_psych

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals: 34

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 8

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? Yes

Depression

Clinical experiences offered: Therapy- Group

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

CANADA-ON

PROGRAM/ SITE INFORMATION

Program/Site Name: Centre for Mindful Therapies
Director Name: Anne Dranitsaris, Ph.D.
Mailing Address: 109 Old Kingston Road, Unit 14
Ajax, ON L1T3A
CANADA

Phone: 905.428.1404

E-mail: adranitsaris@mindfultherapies.com

Website: www.mindfultherapies.com

Program Type: adranitsaris@mindfultherapies.com
(Other, Private Practice)

Primary Theoretical Orientation: Holistic Health Centre including full service team of health care practitioners offering mind body therapies including MBSR, meditation, nutrition and mindful eating, etc.

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

(Graduate level - clinical opportunities, Professional training, Undergraduate level - clinical opportunities)

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 5

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: 3

(Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR)

Treatment for a specific population?

Yes

Clinical experiences offered: Depression, anxiety, eating disorders

(Assessment, Supervision guided by mindfulness-based approaches, Therapy- Individual)

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments: Yes

CANADA-ON

PROGRAM/ SITE INFORMATION

Program/Site Name: Dr. Kate Partridge, Psychologist
Director Name: Kate Partridge, Ph.D., C.Psych.
Mailing Address: 215 Piccadilly Street Suite 206
London, ON N6A 1S2
CANADA

Phone: 519-438-8591

E-mail: kpartridge@stressrelease.ca

Website: www.stressrelease.ca

Program Type: Other

I am a clinical psychologist in private practice. I work with adults suffering from stress, anxiety, depression and panic disorders. I also teach MBSR courses and stress workshops.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 2

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Adults with stress, anxiety, depression and panic disorders

Clinical experiences offered: Therapy- Group

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Other

The two PhD practicum students who are currently working with me began their training by sitting in on an 8-week MBSR course as participants.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

Canada-Ontario

PROGRAM/ SITE INFORMATION

Program/Site Name: Ottawa Mindfulness Clinic
Director Name: Dr. Lynette Monteiro, C.Psych. Dr. Frank Musten, C. Psych.
Mailing Address: 595 Montreal Road Suite 305
Ottawa, Ontario K1K4L
Canada

Phone: 613-745-5366

E-mail: omc@ottawamindfulnessclinic.com

Website: www.ottawamindfulnessclinic.com

Program Type: lynnettemonteiro@ottawamindfulnessclinic.com

Private Practice

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

(Graduate level - clinical opportunities, Internship, Undergraduate level - research opportunities)

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted:

(Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, Other)

Treatment for a specific population? Mindfulness-Based Symptom Management

Yes

Clinical experiences offered: Chronic Pain/Illness Anxiety

(Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual)

RESEARCH EXPERIENCES

Focus of research:

Other

Assessment of impact of symptoms on life activities after treatment. In development.

DIDACTICS EXPERIENCES

Didactic experiences:

(Other, Seminars/workshops)

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Practicum Training for Health Care Professionals Development of clinical practicum and internships program for 2007-2008

Additional Comments: Yes

CANADA-ON

PROGRAM/ SITE INFORMATION

Program/Site Name: Cognitive Therapy Clinic
Director Name: Zindel V. Segal, Ph.D.
Mailing Address: Centre for Addiction and Mental Health - Clarke 250 College St.
Toronto, ON M5T 1R8
CANADA

Phone: 416 979-6856

E-mail: zindel_segal@camh.net

Website:

Program Type: Postdoc

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? Yes

We offer MBCT groups for depressed patients in remission who are looking to prevent relapse.

Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT

We are conducting a 5 year RCT of MBCT and Maintenance Pharmacotherapy for prevention of depressive relapse.

DIDACTICS EXPERIENCES

Didactic experiences: Other

We have a weekly sitting group and a number of people knowledgeable about and available to discuss the intersection of mindfulness and psychotherapy.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

CANADA-ON

PROGRAM/ SITE INFORMATION

Program/Site Name: University Health Network

Director Name: Dr. Susan Abbey

Mailing Address: University Health Network Toronto General Hospital 585 University Avenue 11NCSB-11-C-1115
Toronto, ON M5G 2N2
CANADA

Phone: 416-340-4447

E-mail: susan.abbey@uhn.on.ca

Website: www.uhn.ca

Program Type: Other

UHN offers a variety of different clinical MBSR groups including a heterogenous MBSR group and groups for special populations including health care staff, cancer patients, patients with anxiety disorders (MBSR coupled with group cognitive therapy for anxiety) and a newly developing program for artists.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level - clinical opportunities, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 8 in MBSR

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, Other

Pilot program developing in loving-kindness meditation.

Treatment for a specific population? Yes

major medical illness, cardiac illness, lupus, cancer, anxiety disorders, health-care professionals, artists

Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Outcome research

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

CANADA-QC

PROGRAM/ SITE INFORMATION

Program/Site Name: Un pas vers la vitalité (A step toward vitality)

Director Name: Claude Fournier, md.

Mailing Address: 100 Rue Mgr Bilodeau
St-Lazare, QC G0R 1M0
CANADA

Phone: 418-883-2227

E-mail: claudef@medscape.com

Website: www.yangsheng.info

Program Type: Other

clinical practice in public health organization

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Training has not been offered yet

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT,Other
qigong, taijiquan

Treatment for a specific population? Yes

anxiety and mood disorders patients with cancer

Clinical experiences offered: Supervision guided by mindfulness-based approaches

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

ISRAEL-Israel

PROGRAM/ SITE INFORMATION

Program/Site Name: Bayit Chadash

Director Name: Instructor: Zvi Bellin

Mailing Address: 59 Kedem Street
Yaffo, Israel
ISRAEL

Phone: 03 683 9777

E-mail: zvi121@hotmail.com

Website: www.bayitchadash.org

Program Type: Other

Mindfulness training with experienced practitioner for groups and individuals. Call or email for more information and to set up a meeting.

Primary Theoretical Orientation: Humanistic/Existential

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

gain experience in practicing mindfulness and integrating into the therapeutic process

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

ITALY-

PROGRAM/ SITE INFORMATION

Program/Site Name: yoga practice and teaching and Teacher Training, Iyengar style

Director Name: Gabriella Giubilaro, Florence, Italy

Mailing Address: Tite Togni, via Fura 125
Brescia, 25100
ITALY

Phone: 0039 335 8090 481

E-mail: titetogni@virgilio.it

Website: www.tite.it

Program Type: Other

Teacher Training 2nd of three years

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: None

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Other

self awareness, through alignment in the body, that is "the temple of our spirit".

Asanas (postures) and Pranayama (breathing exercise) to practice for balance, i.e. stop being subject to movements of the mind: "yoga citta vritti niroda" (Patanjali)

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

THAILAND-Chiang Mai

PROGRAM/ SITE INFORMATION

Program/Site Name: Chiangmai Vipassana Foundation Center

Director Name: Pichai Kankulsoonthorn

Mailing Address: 4 Soi Jantasup, Huay Kaew
Muang, Chiang Mai 50000
THAILAND

Phone: 669-7001823

E-mail: pichai@vipassanachiangmai.com

Website: <http://www.vipassanachiangmai.com>

Program Type: Other

Vipassana training center for the public.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Other, Postdoctoral fellowship

Open for general public to take 7-day course regardless of religious background.

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 10

Approximate number of students/trainees: 2

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: None

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Other

Full-scale silent retreat (but with lecture/instruction twice daily).

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: Please contact me, nashara siamwalla, assistant instructor, at nash_siamwalla@yahoo.com or tel (669)115-5544. I am a local (Thai) Ph.D. student in Sociology doing research on how this kind of 7-day course can help raise social mindfulness.

UK-Devon

PROGRAM/ SITE INFORMATION

Program/Site Name: Mood Disorders Centre
Director Name: Willem Kuyken, PhD
Mailing Address: Mood Disorders Centre School of Psychology University of Exeter
Exeter, Devon EX4 4
UK

Phone: 01392 264645

E-mail: mdc@exeter.ac.uk

Website: <http://www.centres.ex.ac.uk/mood/>

Program Type: mdc@exeter.ac.uk

(Hospital/Medical Center, University/College)

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

(Graduate level - clinical opportunities, Graduate level - research opportunities, Postdoctoral fellowship, Professional training, Undergraduate level - research opportunities)

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population?

Yes

Clinical experiences offered: Mood Disorders

(Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual)

RESEARCH EXPERIENCES

Focus of research:

Mindfulness-Based Cognitive Therapy MBCT

DIDACTICS EXPERIENCES

Didactic experiences: See <http://www.centres.ex.ac.uk/mood/>

(Formal classes, Seminars/workshops)

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments: Yes

UNITED KINGDOM-

PROGRAM/ SITE INFORMATION

Program/Site Name: Heart and Mind Programme

Director Name: Sarah Lionheart

Mailing Address: Marsham Start Lane Whaley Bridge High Peak
, SK23 7BP
UNITED KINGDOM

Phone: (UK) 01663 732 701

E-mail: sarah@heartandmind.org

Website: www.heartandmind.org

Program Type: Other

yoga with mindfulness

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Open for anyone who is interested to learn about mindfulness and apply it to daily life

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 100

Total participating in mindfulness/acceptance opportunities: 100

CLINICAL EXPERIENCES

Interventions conducted: Other

working with the body mindfully working with the breath mindfully being aware of the mind

Treatment for a specific population? No

Clinical experiences offered: Administration of manualized treatments,Assessment,Supervision guided by mindfulness-based approaches,Therapy- Group,Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR,Other

To increase well being and deepen understanding of the mind and become a better human being

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes,Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-AR

PROGRAM/ SITE INFORMATION

Program/Site Name: U of Arkansas

Director Name: Tim Cavell

Mailing Address: Psychology
Fayetteville, AR 72701
USA

Phone: 479-575-4256

E-mail: tcavell@uark.edu

Website:

Program Type: Graduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals: 5

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 40

Total participating in mindfulness/acceptance opportunities: 20

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Other

Mindfulness based parenting interventions

Treatment for a specific population? No

Clinical experiences offered: Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Other
mindfulness/acceptance and parenting interventions

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

USA-AZ

PROGRAM/ SITE INFORMATION

Program/Site Name: Southern Arizona VA Health Care System
Director Name: James Comer, Ph.D.
Mailing Address: Mental Health Care Line (4-116A) 3601 S. 6th Avenue
Tucson, AZ 85723
USA
Phone: 520-792-1450 ext. 6331
E-mail: sabrina.hitt@med.va.gov
Website:
Program Type: Internship
Primary Theoretical Orientation: Cognitive Behavioral
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Internship
Approximate number of faculty/professionals: 10
Total participating in mindfulness/acceptance opportunities: 2
Approximate number of students/trainees: 4
Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR
Treatment for a specific population? No
Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes
Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: Therapeutic Residential Services

Director Name: Harmesh Kumar, Ph.D.

Mailing Address: 2075 Pacheco Street
Concord, CA 94520
USA

Phone: 925 356-0122

E-mail: Princess3455@sbcglobal.net

Website:

Program Type: Other, Postdoc

The Therapeutic Residential Services (TRS) provides residential services to mentally and developmentally disabled patients through licensed Board and Care Homes. It also provides psychological services to patients. The consultation and training services for the staff about how to serve and deal effectively with the population without finding fault and treat everybody with dignity and respect as a human being. TRS also incorporates mind, body and spirit in its model of service before self. It has contracts with Contra Costa, Alameda Counties along with many private insurance companies to provide mental health and EAP services.

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Postdoctoral fellowship

Approximate number of faculty/professionals: 3

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 2

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? Yes

The patients who are not psychotic and are having some reality awareness

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: ALAFIA MENTAL HEALTH INSTITUTE
Director Name: OLUJIMI O. BAMGBOSE, Ph.D.
Mailing Address: 555 WEST REDONDO BEACH BLVD. SUITE 204
Gardena, CA 90248
USA
Phone: 310.352.6422
E-mail: o.bamgbose.amhi@sbcglobal.net
Website: cihss.org
Program Type: Internship
Primary Theoretical Orientation: Cognitive Behavioral
Mindfulness- or Acceptance-based activities occurring at your site: No
Training Opportunities: Graduate level - clinical opportunities, Internship
Program is relatively new and still in process of developing specialty areas
Approximate number of faculty/professionals: 0
Total participating in mindfulness/acceptance opportunities: 0
Approximate number of students/trainees: 0
Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Mindfulness-Based Cognitive Therapy MBCT
Treatment for a specific population? No
Clinical experiences offered: None

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes
Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: Marin County Health and Human Services, Division of Community Mental Health, Psychology
Internship Program

Director Name: Chief Psychologist: Carol Kerr, Ph.D,

Mailing Address: Marin County CMHS 250 Bon Air Road
Greenbrae, CA 94904
USA

Phone: 514-499-3255

E-mail: cker@co.marin.ca.us

Website: http://www.co.marin.ca.us/depts/HH/main/mh/add_faq.cfm

Program Type: Internship,Postdoc

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Internship, Postdoctoral fellowship

Approximate number of faculty/professionals: 22

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 15

Total participating in mindfulness/acceptance opportunities: 9

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Axis 2, Cluster B are primary consumers.

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: M.E.T.T.A. Training and Consulting

Director Name: Steven A. Alper, L.C.S.W.

Mailing Address: 9415 Lavell St.
La Mesa, CA 91941
USA

Phone: 619-463-6387

E-mail: salper@mettaconsulting.com

Website: www.mettaconsulting.com

Program Type: Other

Private Practice- Psychotherapy, Consultation, Professional Education and Training

Primary Theoretical Orientation: Interpersonal-Relational; Cognitive-Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

MBSR and MBCT Professional Training

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction
MBSR, Other

Mindfulness-informed individual psychotherapy

Treatment for a specific population? Yes

Depressive Disorder (MBCT) Non-Psychotic Psychiatric and General Medical Population (MBSR)

Clinical experiences offered: Individual & Group - MBSR and MBCT - individual clinical supervision

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: The Guidance Center

Director Name: Sue Sundareson, Psy.D. Pre-Doctoral Internship Director

Mailing Address: 4335 Atlantic Ave.
Long Beach, CA 90807
USA

Phone: 562-485-2273

E-mail: ssundareson@glbcgc.org

Website:

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: VA Long Beach Healthcare System

Director Name: Kenneth D. Cole, Ph.D.

Mailing Address: Psychology Department (06/116B) 5901 East Seventh Street
Long Beach, CA 90082
USA

Phone: 562-826-8000 x4374

E-mail: kenneth.cole@va.gov

Website: www.long-beach.med.va.gov

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Internship

Approximate number of faculty/professionals: 17

Total participating in mindfulness/acceptance opportunities: 6

Approximate number of students/trainees: 12

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Mindfulness-Based Cognitive Therapy
MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Combat PTSD patients and Sexual Trauma Victims; Chronic Pain sufferers; Spinal Cord Injury patients

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group;
Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: University of Southern California Student Counseling Services

Director Name: Mark A. Stevens, Ph.D.

Mailing Address: 857 W. 36th Place
Los Angeles, CA 90089-0051
USA

Phone: 213 740-9774

E-mail: markalan@usc.edu

Website:

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship

Approximate number of faculty/professionals: 13

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 11

Total participating in mindfulness/acceptance opportunities: 11

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Students in a group called Living Zen and Wellness

Clinical experiences offered: Therapy- Group

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: Mindful Awareness Research Center

Director Name: Susan Smalley Ph.D. and Daniel Siegel M.D.

Mailing Address: UCLA Semel Institute for Neuroscience and Human Behavior 760 Westwood Blvd., Rm 47-444
Los Angeles, CA 90095-1759
USA

Phone: 310 206 7503

E-mail: scunningham@mednet.ucla.edu

Website: www.marc.ucla.edu

Program Type: Other

Research and Resource Center

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities, Internship, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 6

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 4

Total participating in mindfulness/acceptance opportunities: 1

CLINICAL EXPERIENCES

Interventions conducted: Other

pilot studies on mindful awareness practices across the lifespan (starting at pre-school) for clinical and non-clinical populations. Also working on bringing a mindfulness meditation trainer on the staff.

Treatment for a specific population? Yes

currently we are focusing on ADHD

Clinical experiences offered: Administration of manualized treatments, Assessment

RESEARCH EXPERIENCES

Focus of research: Other

Mindful awareness practices (mediation, yoga etc)

the impact of mindful awareness on the brain, mental and physical health.

DIDACTICS EXPERIENCES

Didactic experiences: Other

pilot studies

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: We are in the set up phase and are developing a resource guide for mindful awareness programs and practitioners in the Los Angeles area. This should be available on our evolving website before the end of 2005.

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: VA Palo Alto Health Care System
Director Name: Antonette Zeiss, Ph.D.
Mailing Address: VA Palo Alto HCS (116B) 3801 Miranda Ave.
Palo Alto, CA 94304
USA
Phone: 650 493-5000x64743
E-mail: Antonette.Zeiss@med.va.gov
Website: www.avapl.org
Program Type: Internship,Postdoc
Primary Theoretical Orientation: Cognitive Behavioral
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Internship
Approximate number of faculty/professionals: 60
Total participating in mindfulness/acceptance opportunities: 6
Approximate number of students/trainees: 20
Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

1. MBSR with Oncology patients
2. Mindfulness strategies as stress reduction interventions in Behavioral Pain Management groups and individual work w/ chronic pain pts
3. Acceptance-based intervention for chronic disease in primary care
4. ACT with PTSD

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT

Mindfulness research study (MBSR - like) to occur in the men and women inpatient PTSD setting

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: Renee Burgard LCSW/Mindfulness & Health

Director Name: Renee Burgard LCSW

Mailing Address: 541-C Cowper Street
Palo Alto, CA 94301
USA

Phone: 650-269-4807

E-mail: reneeburgard@yahoo.com

Website:

Program Type: reneeburgard@yahoo.com

(Other,Private Practice,Training Center no University/College/Medical Center affiliation)

Primary Theoretical Orientation: Home base for the Palo Alto Community of Mindful Living (Sangha), practicing in the tradition of Thich Nhat Hanh

Mindfulness- or Acceptance-based activities occurring at your site: Mindfulness-based psychotherapy & stress reduction, and CBT

Training Opportunities: Yes

(Other,Professional training)

Approximate number of faculty/professionals: 1)MSBR programs for individuals, small groups, local companies,community organizations 2) Founder/facilitator: 2 consultation groups: Mind-Body Health & MBSR Professionals and Mindfulness-based Psychotherapists 3) Mindfulness-based Psychotherapy 4) Coachi

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 1

Total participating in mindfulness/acceptance opportunities: 1

CLINICAL EXPERIENCES

Interventions conducted: 2

(Mindfulness-Based Cognitive Therapy MBCT,Mindfulness-Based Stress Reduction MBSR,None)

Treatment for a specific population? Mindfulness-based psychotherapy Interactive Guided Imagery Mind-body interventions for pain Mind-body interventions for people with swallowing, digestive, respiratory,dermatologic and cardiac conditions Some EFT Co-treatment with on-site chiropractor Co-t

Yes

Clinical experiences offered: Stress-related and psychosomatic illnesses and disorders including seizure disorders, swallowing problems, torticollis, psychogenic paralysis and pain; Pain and other chronic medical and psychological conditions Breathing training Panic and anxiety PTSD

(Assessment,Other,Supervision guided by mindfulness-based approaches,Therapy- Individual)

RESEARCH EXPERIENCES

Focus of research: Mentoring and co-teaching with large and small Mindfulness/MBSR classes

Mindfulness-Based Stress Reduction MBSR

DIDACTICS EXPERIENCES

Didactic experiences: Collaborated with a medical student doing a large MSBR study with my classes(and all local classes with other instructors)for a year(worked with IRB at Palo Alto Medical Foundation).

Using MAAS and Compassion Scales data with students in MBSR II for Our

(Formal classes,Other,Seminars/workshops)

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Individual therapy and stress management instruction

Additional Comments: Yes

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: Santa Barbara Life Skills
Director Name: Jerome Yoman, Ph.D.
Mailing Address: 2323 De la Vina St., Ste. 208
Santa Barbara, CA 93105
USA

Phone: 805 563-7434

E-mail: sblifeskills@adelphia.net

Website: www.sblifeskills.com

Program Type: Other

Clinical psychology practice

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

DBT and other mindfulness related psychotherapies

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

Borderline personality disorder

Clinical experiences offered: Administration of manualized treatments, Assessment, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Other

Consultation on difficult cases

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: Santa Clara University

Director Name: Shauna Shapiro

Mailing Address: Department of Counseling Psychology 500 El Camino Real
Santa Clara, CA 95053-0201
USA

Phone: 408-554-4436

E-mail: slshapiro@scu.edu

Website:

Program Type: Graduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level - clinical opportunities, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 7

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 30

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-CA

PROGRAM/ SITE INFORMATION

Program/Site Name: The InnerKids Foundation

Director Name: Susan Kaiser

Mailing Address: 1739 Berkeley Street Suite 105
Santa Monica, CA 90404
USA

Phone: 310-828-3703

E-mail: susan@innerkids.org

Website: www.innerkids.org

Program Type: Other

Develop and teach mindfulness practices for children ages pre-school through elementary. We are also collaborating with the Mindful Awareness Research Center at UCLA in connection with research around mindfulness practices and children.

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: None

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: While we have been in existence for several years, ours is a relatively small program concentrating on development and research of a formal mindfulness based curriculum for young children and a training program for their teachers.

USA-CO

PROGRAM/ SITE INFORMATION

Program/Site Name: University of Denver, Graduate School of Professional Psychology
Director Name: Contact: John McNeill, PsyD, Assoc. Prof. [not the director] Peter Buirski, PhD [Dean of the School]
Mailing Address: University of Denver Graduate School of Professional Psychology 2450 South Vine Street
Denver, CO 80208
USA

Phone: 303.871.3876

E-mail: jwmcneill00@hotmail.com

Website:

Program Type: Graduate program

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Other

Daoist / Buddhist philosophy and skillful means applications are covered in the Behavior Analysis 4-quarter course sequence, and in the Behavior Therapy Prof-Seminar (McNeill), and some also in the Acceptance and Commitment Therapy Prof-Seminar (Storaasli)

Approximate number of faculty/professionals: 14

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Mindfulness-Based Cognitive Therapy MBCT, Other
Daoism / Buddhism taught beyond the simple pragmatic uses of mindfulness approaches

Treatment for a specific population? Yes

Incorporated in most interventions across client and problems in the Behavior Therapy Prof- Seminar

Clinical experiences offered: Behavioral assessment, Supervision guided by mindfulness-based approaches, Therapy-
Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT

More in line with Daoist / Buddhist pragmatics where mindfulness is typically not employed as a form of coping strategy for controlling problems, but use rather as a vehicle for increasing acceptance, commitment, and skillful means [cultivating life-pract

Interests include mindfulness, exposure, skillful means

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: The behavior analytic training in our program focuses on acceptance-based practice

USA-DC

PROGRAM/ SITE INFORMATION

Program/Site Name: American University
Director Name: Anthony Ahrens
Mailing Address: Department of Psychology 4400 Massachusetts Ave., NW
Washington, DC 20016-8062
USA

Phone: 202-885-1714

E-mail: ahrens@american.edu

Website: <http://www.american.edu/cas/psych/ta-info.html>

Program Type: Graduate program

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities

Approximate number of faculty/professionals: 8

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 45

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Other

Mindfulness processes in general

I'm interested in exploring the processes by which mindfulness practice affects vulnerability to psychopathology.

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-DC

PROGRAM/ SITE INFORMATION

Program/Site Name: George Washington University, Clinical Program, Ph.D.

Director Name: Rolf A. Peterson, Ph.D.

Mailing Address: Dept. of Psychology George Washington Univ.
Washington, DC 20052
USA

Phone: 202-994-6544

E-mail: roilp@gwu.edu

Website: <http://www.gwu.edu/~psycdept>

Program Type: Graduate program, Undergraduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities: Other

Some discussion and readings in Behavior Change class.

Approximate number of faculty/professionals: 7

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 40

Total participating in mindfulness/acceptance opportunities: 1

CLINICAL EXPERIENCES

Interventions conducted: None

Treatment for a specific population? No

Clinical experiences offered: Other

Some discussion in class and a couple of readings. Have one student very involved with ACT and she has also presented.

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-FL

PROGRAM/ SITE INFORMATION

Program/Site Name: Janice Lindsay-Hartz, Ph.D.

Director Name: Janice Lindsay-Hartz, PH.D.

Mailing Address: 1570 Madruga Ave. PH 2
Coral Gables, FL 33146
USA

Phone: 305-662-4127

E-mail: hartzjan@aol.com

Website: www.hometown.aol.com/hartzjan/drhartz.html

Program Type: Other

Private Practice of Psychotherapy, integrated with mindfulness meditation, also teacher of Mindfulness-Based Stress Reduction

Primary Theoretical Orientation: Psychodynamic/Psychoanalytic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Provide MBSR for the public, provide psychotherapy integrated with mindfulness meditation

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction
MBSR, Other

integration of mindfulness meditation with psychodynamic psychotherapy also

Treatment for a specific population? Yes

anxiety, depression, pain patients, loss and grief, health issues

Clinical experiences offered: Other, Supervision guided by mindfulness-based approaches, Therapy- Individual

MBSR, mindfulness-based stress reduction courses, therapy integrated with mindfulness meditation, supervision and teaching of other professionals (fee for service)

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: I am engaged in the private practice of psychotherapy, and the teaching of mindfulness meditation. All instruction or supervision of students is on an individual, fee for service, basis.

USA-FL

PROGRAM/ SITE INFORMATION

Program/Site Name: The Mind/Body Program for Infertility

Director Name: Cary Frank Schwimmer, Psy.D.

Mailing Address: 801 West Tropical Way
Plantation, FL 33317
USA

Phone: 954-478-0400

E-mail: schwimster@aol.com

Website: mindbodyinfertility1.com

Program Type: Other

Hospital and private practice based program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Other

Graduate and professional level group facilitators

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction
MBSR, Other

A wide range of cognitive, mindfulness, and relaxation training skills are taught.

Treatment for a specific population? Yes

Women in infertility treatment

Clinical experiences offered: Administration of manualized treatments, Assessment, Other, Supervision guided by
mindfulness-based approaches, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Other

Continued program evaluation/research to assess program effectiveness and improve program format.

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-ID

PROGRAM/ SITE INFORMATION

Program/Site Name: Warm Springs Counseling Center

Director Name: Scott H. Armentrout, Ph.D.

Mailing Address: 740 Warm Springs Avenue
Boise, ID 83712
USA

Phone: 208-343-7797

E-mail: sarmentrout@childrenshomesociety.com

Website: www. childrenshomesociety.com

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship

Approximate number of faculty/professionals: 15

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 4

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? No

Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-IL

PROGRAM/ SITE INFORMATION

Program/Site Name: Adler School of Professional Psychology

Director Name: Ian Wickramasekera II, PsyD Coordinator of Hypnosis Training

Mailing Address: Core Faculty and Coordinator of Hypnosis Training; Adler School of Professional Psychology; 65
East Wacker Place - Suite 2100
Chicago, IL 60601
USA

Phone: 312-201-5900 Ext 214

E-mail: Rigdzen@hotmail.com

Website: BuddhistPsychotherapy.com

Program Type: Graduate program

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Internship, Other
Training to the general public through a clinic at the Adler school.

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 15

Total participating in mindfulness/acceptance opportunities: 60

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction
MBSR, Other

Mindfulness for Wellness

Treatment for a specific population? Yes

Health Psychology Clients

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Mind/Body Medicine for a wide variety of situations in Health Psychology. My specialty is in personality and
health; particularly empathy.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-IL

PROGRAM/ SITE INFORMATION

Program/Site Name: NIU

Director Name: Lovejoy

Mailing Address: psychology building
DeKalb, IL 60115
USA

Phone: 815 753 5920

E-mail: horcutt@niu.edu

Website: <http://www.niu.edu/psychology>

Program Type: Graduate program, Undergraduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level
- research opportunities

Approximate number of faculty/professionals: 30

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 80

Total participating in mindfulness/acceptance opportunities: 10

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT

Treatment for a specific population? No

Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Individual
Other

RESEARCH EXPERIENCES

Focus of research: experiential avoidance and acceptance
measure development and
Other

DIDACTICS EXPERIENCES

Didactic experiences:
Yes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-IL

PROGRAM/ SITE INFORMATION

Program/Site Name: Rush Behavioral Health
Director Name: Daniel H. Angres M.D.
Mailing Address: 610 Maple Ave. suite 5600
Oak Park, IL 60304
USA

Phone: 312-563-4594

E-mail: daniel_angres@rush.edu

Website: Rush University Medical Center

Program Type: Other

Chemical Dependency Treatment Program for Professionals

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 15

Total participating in mindfulness/acceptance opportunities: 12

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Addicted Professionals

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Evaluating the role of mindfulness on attention and recovery

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-IN

PROGRAM/ SITE INFORMATION

Program/Site Name: Southlake Center for Mental Health

Director Name: Shona Vas, Ph.D.

Mailing Address: 8555 Taft Street
Merrillville, IN 46410
USA

Phone: 219-322-6622

E-mail: shona.vas@southlakecenter.com

Website:

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship

Approximate number of faculty/professionals: 20

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 4

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Borderline personality disorder

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-KS

PROGRAM/ SITE INFORMATION

Program/Site Name: Community/Clinical Psychology Doctoral Program Wichita State University

Director Name: Rob Zettle (contact person) Deac Dorr (Director of Clinical Training)

Mailing Address: Department of Psychology Wichita State University
Wichita, KS 67208
USA

Phone: 316-978-3081

E-mail: robert.zettle@wichita.edu

Website:

Program Type: Graduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level
- research opportunities

Approximate number of faculty/professionals: 4

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 15

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT

Treatment for a specific population? Yes

Depression and anxiety disorders

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT

Comparative outcome and process research evaluating ACT vs. empirically-supported therapies for anxiety disorders (systemic desensitization) and depression (cognitive therapy). Experimental analogue research comparing how subjects low vs. high in levels

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-KY

PROGRAM/ SITE INFORMATION

Program/Site Name: doctoral program in clinical psychology, Department of Psychology, University of Kentucky

Director Name: Greg Smith, PhD, Director of Clinical Training

Mailing Address: Dept of Psychology 115 Kastle Hall Univ of KY
Lexington, KY 40506
USA

Phone: 859-257-6454

E-mail: gsmith@uky.edu

Website: www.uky.edu

Program Type: rbaer@uky.edu

University/College

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

(Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level - research opportunities)

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 40

Approximate number of students/trainees: 10

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: 8

(Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT)

Treatment for a specific population?

Yes

Clinical experiences offered: DBT for people with BPD or borderline characteristics

(Administration of manualized treatments, Therapy- Group, Therapy- Individual)

RESEARCH EXPERIENCES

Focus of research:

(Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, Other)
assessment & conceptualization of mindfulness, processes & mechanisms

DIDACTICS EXPERIENCES

Didactic experiences: see above

(Formal classes, Other)

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: supervision

Additional Comments: Yes

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Institute for Meditation and Psychotherapy
Director Name: Christopher Germer, PhD Director of Continuing Education
Mailing Address: 94 Pleasant Street
Arlington, MA 02476
USA
Phone: 978 526 4095
E-mail: campsych@earthlink.net
Website: meditationandpsychotherapy.org
Program Type: Other

IMP is a non-profit organization dedicated to education and training of mental health professionals interested in the integration of mindfulness meditation and psychotherapy. CE credit is offered for most programs. The vision of IMP is practice-based, and all teaching faculty have extensive personal and professional experience in the practice of mindfulness meditation. Many programs are co-sponsored by the Barre Center for Buddhist Studies. Other activities of IMP include consultation to meditation centers, clinical supervision, therapy referrals, and networking interested clinicians.

Primary Theoretical Orientation: Other
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Other

Continuing education: Workshops, seminars, symposia, supervision, meditation retreats.

Approximate number of faculty/professionals: 12 part-time
Total participating in mindfulness/acceptance opportunities: 12
Approximate number of students/trainees: 0
Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: None
Treatment for a specific population?
Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Other
Ongoing theoretical exploration of issues at the interface of mindfulness and psychotherapy, based on clinical and mindfulness meditation practice of faculty
Book co-edited and co-authored by IMP faculty describing some of this inquiry. Mindfulness and Psychotherapy (C. Germer, R. Siegel, P. Fulton, Eds.), Guilford Press, 2005. A comprehensive introduction to mindfulness and its contemporary application, root

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Other, Seminars/workshops
Conferences occasionally held at other locations in the USA. Also, offer meditation retreats for clinicians and clinical supervision.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes
Additional Comments: Please go to the IMP website for a complete listing of CE programs:
meditationandpsychotherapy.org

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Harvard Longwood Psychiatry Residency Training Program

Director Name: Robert M. Goisman, M.D., Associate Director

Mailing Address: Massachusetts Mental Health Center 180 Morton Street
Boston, MA 02130
USA

Phone: 617-626-9549

E-mail: robert_goisman@hms.harvard.edu

Website: www.harvardlongwoodpsychiatry.org

Program Type: Other

Psychiatry residency training program

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Psychiatry residency training program offering clinical rotations, didactic instruction, and supervision.

Approximate number of faculty/professionals: 100 (entire program)

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 60

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

DBT for borderline personality disorder Relaxation exercises for patients with schizophrenia

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Other

Little psychosocial research going on at present

Anxiety disorders CBT applications Psychosocial rehabilitation

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Two Brattle Center's Adolescent DBT Program
Director Name: Michael Hollander Ph.D Director of Adolescent Services
Mailing Address: Two Brattle Center 64 Church Street
Cambridge, MA 02138
USA

Phone: 617 441 7500

E-mail: michael.hollander@twobrattle.com

Website: Twobrattle.com

Program Type: Other, Postdoc

Out patient Psychiatric Clinic

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Postdoctoral fellowship

Approximate number of faculty/professionals: 25

Total participating in mindfulness/acceptance opportunities: 20

Approximate number of students/trainees: 12

Total participating in mindfulness/acceptance opportunities: 12

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

character disordered adolescent, parents and character disordered adults

Clinical experiences offered: Administration of manualized treatments, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Division of Counseling and Psychology Lesley University

Director Name: Susan H. Gere, Ph.D.

Mailing Address: 29 Everett St.
Cambridge, MA 02138
USA

Phone: 617-349-8342

E-mail: sgere@lesley.edu

Website: <http://www.lesley.edu/gsass/30cpp.html>

Program Type: Graduate program

Primary Theoretical Orientation: Humanistic/Existential

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 12

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 250

Total participating in mindfulness/acceptance opportunities: 90

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Children Psychosocial Trauma Illness and Wellness

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, Other Graduate program in counseling and psychology with a holistic specialization; trauma certificate program; school and community specializations

Research on the use of "Inspirit," "positive attitude" and "Inventory of Stressful Situations" - assessment tools for spiritual development and wellness created by Dr. Jared Kass. Research on the wellness needs of college students. Research on mentorin

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Voice Therapy Program

Director Name: Linda Abdelahad

Mailing Address: 141 Shaw Farm Road
Canton, MA 02021
USA

Phone: 781-575-1719

E-mail: lindatalk@msn.com

Website: none

Program Type: Other

I am a private clinical practice situated within a multifaceted facility predominantly focused on treating patients with otolaryngological issues.

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

None right now. I am purely working on a therapeutic level. I am open if one is interested in doing research with this population however.

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR, Other

I include hypnosis, meditation and some Reiki. I also am about to begin a smoking cessation program using the MBSR program and the foundation.

Treatment for a specific population? Yes

Smoking Cessation as above for a group. I have also been using a modified version of MBSR program as the foundation for the voice therapy patients individually, and integrate MBSR and more traditional behavioural techniques.

Clinical experiences offered: Assessment, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: I would be interested in getting involved in any way that I can. Thank you.

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Massachusetts General Hospital

Director Name: Sara Lazar

Mailing Address: Room 2609 149 13th St
Charlestown, MA 02129
USA

Phone: 617-724-7108

E-mail: lazar@nmr.mgh.harvard.edu

Website:

Program Type: Postdoc

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship,Other,Postdoctoral fellowship

Although we do not have a graduate program, graduate students from academic institutions in the Boston area have collaborated with us.

Approximate number of faculty/professionals: 15

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 20

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted: None

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR,Other

In addition to MBSR, we also study people with a extensive meditation experience, particularly from the vipassana (Insight) tradition.

Functional neuroimaging and psychophysiology of meditation.

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: We collaborate with the Center for Mindfulness in Worcester and with the Insight Meditation Society in Barre.

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: MBSR 8 week program modeled after the Center for Mindfulness (Worcester MA)

Director Name: lauri klein, licsw facilitator

Mailing Address: 210 whiting st #3
Hingham, MA 02043
USA

Phone: 781 740 9044

E-mail: odiesmom@comcast.net

Website:

Program Type: Other

Clinical Social Worker in Private Practice offering classes at local Church Hall

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Only the 8 week program but offering it at discount to professionals MD's and MH pros in order to expose them to these techniques and encourage them to prescribe to patients

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Women in Peri or full blown Menopause

Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: The Stone Path Center

Director Name: Dr. Cynthia Cushman, M.D.

Mailing Address: 89 Church Street
Lenox, MA 01240
USA

Phone: 413-637-5637

E-mail: cynthia.cushman@verizon.net

Website: www.stonepathcenter.org

Program Type: Other

Private practice

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Free-standing clinic offering psychological, psychiatric and psychoeducational services--MBSR, MBCT, ACT.

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Mindfulness-Based Cognitive Therapy
MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

MBCT

Clinical experiences offered: Administration of manualized treatments, Assessment, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: I am interested in the interface between researchers and clinicians--how we can achieve better results in the clinic, and how we can make research more fully relevant to the non-academic clinical world. I think the mindfulness and acceptance community is an ideal opportunity for this to flourish. One example of this that I know of is that Kelly Wilson invites clinicians to come spend time in his lab, observing. This invitation seems so significant to me; I believe that even brief time spent in a good lab will vastly increase the challenge, interest, and perhaps validity and efficacy of the work I do. It's an opportunity to grapple with the theoretical underpinnings of the work, and a reminder to bring humility and skepticism to the things that I think are 'working' in the clinic. A humbug detector, in other words.

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Western New England College

Director Name: Dennis Kolodziejski

Mailing Address: WNEC Box #3390 1215 Wilbraham Rd
Springfield, MA 01119
USA

Phone: 203-509-1557

E-mail: eremilla@wnec.edu

Website:

Program Type: Undergraduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

We have a health psychology course that incorporates the practice. Also, the Behavioral Counseling Methods course that I am currently taking involves relaxation tapes, but it's not really geared towards acceptance.

Approximate number of faculty/professionals: 2

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 35

Total participating in mindfulness/acceptance opportunities: 25

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR, Other
Acceptance as well.

Treatment for a specific population? No

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Brightside for Families and Children

Director Name: James Bastien

Mailing Address: 2112 Riverdale Street
West Springfield, MA 01089
USA

Phone: 413-837-4255

E-mail: james.bastien@sphs.com

Website: www.brightsidecares.com

Program Type: Internship,Other

Brightside is a Chapter 766 Residential School and Treatment Center that serves latency and adolescent girls with complex trauma histories, sexually reactive latency aged boys, conduct disorder juvenile males and sexually abusing adolescent males. We have a capacity of 103 beds.

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship,Other

We have integrated mindfulness training throughout the organization at both the staff and client levels. The staff have received training from the Mind/Body Medical Institute at Harvard Medical School. Staff practice the relaxation response prior to the b

Approximate number of faculty/professionals: 450

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 140

Total participating in mindfulness/acceptance opportunities: 100

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT,Other

See description provided above

Treatment for a specific population? Yes

Sexually offending adolescent males Sexually reactive latency males Latency males with complex trauma histories Latency females Adolescent females

Clinical experiences offered: Administration of manualized treatments,Supervision guided by mindfulness-based approaches,Therapy- Group,Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MA

PROGRAM/ SITE INFORMATION

Program/Site Name: Center for Mindfulness University of Massachusetts Medical School

Director Name: Saki Santorelli, Ed.D., M.A.

Mailing Address: Shaw Building 55 Lake Ave. North
Worcester, MA 01655
USA

Phone: 508-856-2656

E-mail: Jean.Baril@umassmed.edu

Website: www.umassmed.edu/cfm

Program Type: Other

The Center for Mindfulness was founded by Jon Kabat-Zinn in 1979. We are part of the Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School. We run a Mindfulness-Based Stress Reduction Clinic and Professional Training Programs in Mindfulness-Based Stress Reduction.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities,Other

Professional Training in Mindfulness-Based Stress Reduction leading to Teacher Certification in MBSR

Approximate number of faculty/professionals: 7

Total participating in mindfulness/acceptance opportunities: 7

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Assessment,Other,Supervision guided by mindfulness-based approaches,Therapy-
Group,Therapy- Individual

Professional Training programs in MBSR.

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

clinical research trials

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes,Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MD

PROGRAM/ SITE INFORMATION

Program/Site Name: Mindfulness-Based Stress Reduction Program University of Maryland Center for Integrative
Medicine

Director Name: Trish Magyari, MS

Mailing Address: MBSR Program U-MD Center for Integrative Medicine 2200 Kernan Drive, Kernan Mansion
Baltimore, MD 21207
USA

Phone: 410-448-6271

E-mail: tmagyari@compmed.umm.edu

Website: www.compmed.umm.edu

Program Type: Graduate program, Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Internship

Approximate number of faculty/professionals: 8

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

While our classes are generally open to mixed groups, we specialize in MBSR classes for persons with chronic pain conditions, and those with anxiety.

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Randomized clinical trials using MBSR, with qualitative, quantitative, and biologic measures. In 2005, completing clinical trial for persons with rheumatoid arthritis. Interested in both medical and psychological outcomes, especially decreasing anxiety,

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Other, Seminars/workshops

We offer MBSR/MBCT training internships for persons who have already completed the 7-day professional trainings, and are interested in additional practical experience. Level 1 is observational with supervision. Level 2 is participatory (interns particip

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MD

PROGRAM/ SITE INFORMATION

Program/Site Name: VA Maryland Health Care System / Univ of Maryland School of Medicine Psychology Internship Consortium

Director Name: Mark Arenas

Mailing Address: 10 N. Greene St. VAMHCS (116B)
Baltimore, MD 21218
USA

Phone: 410-605-7406

E-mail: mark.arenas@med.va.gov

Website: <http://www.vamhcs.med.va.gov/mhcc/intern/Internintro.html>

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Internship, Postdoctoral fellowship

Approximate number of faculty/professionals: 50

Total participating in mindfulness/acceptance opportunities: 15

Approximate number of students/trainees: 8

Total participating in mindfulness/acceptance opportunities: 5

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

An ACT-based approach for treatment of PTSD, substance use disorders, and the two problems concurrently. DBT for individuals with trauma histories and emotion regulation problems is also provided.

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT

Program evaluation for ACT-based dual diagnosis program, ongoing research on emotional functioning and avoidance in trauma survivors

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: Dr. Mark Arenas is the internship site director. However, inquiries about the specific ACT and DBT-based training opportunities on this internship should be directed to Dr. Sonja Batten (email: svbatten@earthlink.net; (410) 605-7422).

USA-MD

PROGRAM/ SITE INFORMATION

Program/Site Name: Nurturing Ourselves Through Mindfulness: Inviting People to S.H.I.N.E.

Support*Honor*Inspire*Nurture*Encourage

Director Name: Amy Bloom Connolly, M.S.

Mailing Address: 49 Wandsworth Bridge Way

Timonium, MD 21093

USA

Phone: 410.339.7607

E-mail: amyshines@comcast.net

Website:

Program Type: Other

1. Community-based fee-for-service programs 2. Grant-supported self-awareness, parenting and community-building programs for people living in poverty.

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

I conduct three or four cycles of the eight week program Nurturing Ourselves Through Mindfulness each year.

The program is based on Jon Kabat-Zinn's MBSR work, and integrates small-group reflection and conversations about integrating mindfulness into work

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR,Other

S.H.I.N.E. programs are described above.

Treatment for a specific population? Yes

I also run a mindfulness-based self awareness, parenting and community-building program called FAMILYSHINE for women who are single moms/grandmoms living in poverty.

Clinical experiences offered: Other

I train community members from poor communities to co-facilitate the SHINE programs.

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Other,Seminars/workshops

Workshops and seminars for Mindfulness at Work and Mindfulness in Education are in development.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: Thank you for collecting this information! Warm regards, Amy

USA-MI

PROGRAM/ SITE INFORMATION

Program/Site Name: Allegan County Community Mental Health

Director Name: Jeri Roebling, CSW

Mailing Address: 3285 122nd Ave.
Allegan, MI 49010
USA

Phone: 269-673-6617

E-mail: doreegro@umich.edu

Website:

Program Type: Other

It is a county mental health agency serving residents of Allegan county who have chronic mental illness.

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

We are developing DBT programs for adults, adolescents, and developmentally disabled populations.

Approximate number of faculty/professionals: 9

Total participating in mindfulness/acceptance opportunities: 9

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

Borderline Personality Disorder Adolescents with extreme problem behaviors Developmentally disabled adults

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT

We will be doing follow up studies to track the progress of clients participating in our DBT programs.

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

USA-MI

PROGRAM/ SITE INFORMATION

Program/Site Name: Chelsea Arbor Addiction Treatment Center Mindfulness Meditation Class

Director Name: Elizabeth A.R. Robinson, Ph.D.

Mailing Address: 955 W. Eisenhower, Suite B
Ann Arbor, MI 48103
USA

Phone: 734-930-0201

E-mail: earrobin@umich.edu

Website:

Program Type: Other

Teaching 8-week MBCT-type class to individuals with substance use disorders.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Teaching clients MBCT (see above).

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT,Other

Many of our clients in the substance abuse tx program have depression and anxiety, as well. I have adapted MBCT for this population, making changes particularly in the last 4 weeks of the 8-week program developed by Segal et al.

Treatment for a specific population? Yes

Individuals with diagnoses of alcohol or drug dependence or abuse. I prefer to only admit those who have at least 60 days clean/sober and who are psychiatrically stable.

Clinical experiences offered: Other

A Mindfulness Meditation Class. I prefer to present this as a class, which distinguishes it from the group therapy experiences that most of our clients receive. Their expectations and behaviors are different in a class than in group therapy, as are mine.

RESEARCH EXPERIENCES

Focus of research: None,Other

We are intending to carry out some research in the future, as the program becomes established.

We intend to first carry out some basic outcomes research. But we are in the process of setting up an imaging project with the U. Michigan Depression Center.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

For our clients only at this time.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

USA-MI

PROGRAM/ SITE INFORMATION

Program/Site Name: Henry Ford Health Sciences Center

Director Name: Philip J. Lanzisera, Ph.D., ABPP

Mailing Address: 1 Ford Place, 1C
Detroit, MI 48084
USA

Phone: 313.874-6677

E-mail: PsychIntern@hfhs.org

Website: www.henryford.com

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 7

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? No

Clinical experiences offered: Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MI

PROGRAM/ SITE INFORMATION

Program/Site Name: Vision Counseling
Director Name: Daniel Renstrom
Mailing Address: 302 W. Walnut St.
Kalamazoo, MI 49001
USA

Phone: 269-345-7577

E-mail: visioncounseling@yahoo.com

Website:

Program Type: Other

private psychotherapy practice

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-MI

PROGRAM/ SITE INFORMATION

Program/Site Name: Counseling and Testing Center Western Michigan University

Director Name: Dr. John Coons Dr. Paula Andrasi, Training Director

Mailing Address: 2513 Faunce, WMU
Kalamazoo, MI 49008-5323
USA

Phone: 269-387-1850

E-mail: paula.andrasi@wmich.edu

Website: www.uctc.wmich.edu

Program Type: Internship

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 8

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Other

Individually, a therapist may choose to use any of the above. Most commonly meditation is a shared practice and intervention. Also Contemplative Supervision is taught as part of supervision training.

Treatment for a specific population? No

Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual
again this is on an individual basis.

RESEARCH EXPERIENCES

Focus of research: Other

Although our faculty are engaged in research, none of us are doing any research at this time that is mindfulness-based.

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: This is really only a minor part of our program. However, we are open to students who are interested in working from a mindfulness-based perspective.

USA-MN

PROGRAM/ SITE INFORMATION

Program/Site Name: Human Services Inc. in Washington County

Director Name: Jim Wojcik, Ph.D., LP

Mailing Address: 1066 Stillwater Boulevard
Oakdale, MN 55128-3939
USA

Phone: 651-777-5222

E-mail: jwojcik@hsciares.org

Website: www.hsciares.org

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Internship

Approximate number of faculty/professionals: 15

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 4

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Dialectical Behavior Therapy for individuals diagnosed with Borderline Personality Disorder. Our program offers individual, group skills and day treatment therapy using DBT.

Clinical experiences offered: Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: We would be interested in any training opportunities offered by your program involving MBSR, DBT, or Acceptance and/or Mindfulness-based approaches. The following staff member is specifically interested in this area, and would also be interested in research opportunities. Elizabeth Hayes, Psy.D., L.P. ehayes@hsciares.org ph: 651-251-5043 Her dissertation, "The Experience of Psychiatric Nursing Staff in a Mindfulness-based Stress Reduction Program," examined the use of MBSR with nurses who worked with borderline patients in a state psychiatric facility.

USA-MN

PROGRAM/ SITE INFORMATION

Program/Site Name: choicepoint! etc

Director Name: m. kirkeberg

Mailing Address: 158 13th avenue northeast
minneapolis, mn 55413
USA

Phone: 612-379-1223

E-mail: choicepointetc@msn.com

Website:

Program Type: choicepointetc@msn.com

Private Practice

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

Other

Approximate number of faculty/professionals: Aggression Reduction Education Coaching for Entrepreneurs, Managers,
and Organizations

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 1

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Other

Treatment for a specific population? Acceptance and Commitment Training

Yes

Clinical experiences offered: Education for men referred for aggression issues; Integral part of coaching process

Other

RESEARCH EXPERIENCES

Focus of research: Education for clients

None*

DIDACTICS EXPERIENCES

Didactic experiences:

(Formal classes, Seminars/workshops)

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Solutions Training for Aggression Reduction A men's class based in ACT and Mindfulness to reduce aggression. Coaching and training for individuals with a desire to improve their lives with mindfulness and acceptance

Additional Comments: No

USA-MN

PROGRAM/ SITE INFORMATION

Program/Site Name: Minnesota Dept of Corrections

Director Name: Kenneth Carlson, Ph.D.

Mailing Address: 1450 Energy Park Drive, Suite 200

St. Paul, MN 55108

USA

Phone: 651-632-5067

E-mail: kcarlson@co.doc.state.mn.us

Website:

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-MN

PROGRAM/ SITE INFORMATION

Program/Site Name: Metropolitan Community Mental Health Center

Director Name: Dr. Jill Ajao, PsyD, LP

Mailing Address: 2700 University Avenue West

St. Paul, MN 55104

USA

Phone: 651-917-5575

E-mail: jajao@mcmhc.com

Website: mcmhc.com

Program Type: Internship

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Internship

Approximate number of faculty/professionals: 15

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 12

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

immigrants, sex offenders, MI/DD, SPMI, Personality Disorders

Clinical experiences offered: Other, Therapy- Group, Therapy- Individual

Day treatment

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT

outcome studies

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MO

PROGRAM/ SITE INFORMATION

Program/Site Name: Mindfulness & Wellness Program, University of MO-Columbia Dept. of Health Psychology

Director Name: Laura Schopp, Ph.D.

Mailing Address: DC46.46, 1 Hospital Drive
Columbia, MO 65212
USA

Phone: 573-882-8847

E-mail: schoppl@health.missouri.edu

Website:

Program Type: Internship,Other,Postdoc

We conduct mindfulness-related interventions and research among hospital staff and patients and families in an academic medical center.

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities,Graduate level - research opportunities,Internship,Postdoctoral fellowship

Approximate number of faculty/professionals: 2

Total participating in mindfulness/acceptance opportunities: 15

Approximate number of students/trainees: 4

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

hospital staff and management; patients and their families; university employees

Clinical experiences offered: Administration of manualized treatments,Supervision guided by mindfulness-based approaches,Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Research on MBSR as a treatment intervention among rehabilitation populations; quality improvement studies on MBSR among health care workers

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes,Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MO

PROGRAM/ SITE INFORMATION

Program/Site Name: Holos University Graduate Seminary

Director Name: C. Norman Shealy, M.D., Ph.D.

Mailing Address: 5607 S. 222nd Rd
Fair grove, MO 65648
USA

Phone: 417-267-4625

E-mail: norm@hugs-edu.org

Website:

Program Type: Graduate program

Primary Theoretical Orientation: Humanistic/Existential

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 20

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 96

Total participating in mindfulness/acceptance opportunities: 96

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Each student conducts an outcomes-based research project for dissertation. Several have addressed these approaches

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: All our courses are open to those who wish just individual courses. We also have several certificate programs that do not require enrollment in the doctoral program

USA-MO

PROGRAM/ SITE INFORMATION

Program/Site Name: Saint Louis Behavioral Medicine Institute

Director Name: Ryan M. Niemiec, Psy.D.

Mailing Address: 1129 Macklind Ave.
St. Louis, MO 63110
USA

Phone: 314-289-9413

E-mail: rmjn@lycos.com

Website: www.slbmi.com

Program Type: Other

Outpatient clinic that uses mindfulness in individual and group therapy.

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? Yes

Priests, nuns, and members of religious orders

Clinical experiences offered: Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-MO

PROGRAM/ SITE INFORMATION

Program/Site Name: Saint Louis University Doctoral program in clinical psychology

Director Name: Michael Ross, Ph.D., ABPP

Mailing Address: Saint Louis University Dept. of Psychology 3511 Laclede Ave Shannon Hall Rm 210
St. Louis, MO 63103
USA

Phone: 314-977-2278

E-mail: ferlandd@slu.edu

Website:

Program Type: Graduate program

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population? No

Clinical experiences offered: None

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-NC

PROGRAM/ SITE INFORMATION

Program/Site Name: Duke University Medical Center; Behavior Research and Therapy Program

Director Name: Clive Robins, Ph.D.

Mailing Address: Box 3362 Duke University Medical Center
Durham, NC 27710
USA

Phone: 919-684-4464

E-mail: robin026@mc.duke.edu

Website:

Program Type: Graduate program, Internship, Postdoc

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Internship

Approximate number of faculty/professionals: 5

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 8

Total participating in mindfulness/acceptance opportunities: 8

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

Currently for adults with borderline personality disorder and other problems with emotion dysregulation and impulsive behaviors. May soon offer mindfulness based cognitive therapy for recurrent depression

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT

Treatment outcome research; Basic research on emotion regulation and impulsivity

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NC

PROGRAM/ SITE INFORMATION

Program/Site Name: Mindfulness Based Stress Reduction

Director Name: Maggie Dailey/ Ann McCarty

Mailing Address: 2000 West First Street
Winston-Salem, NC 27104
USA

Phone: 336 713-5269

E-mail: mdailey@wfubmc.edu/amccarty@wfubmc.edu

Website:

Program Type: Other

MBSR training

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Other
MBSR education for multiple populations

Approximate number of faculty/professionals: 0

Total participating in mindfulness/acceptance opportunities: 8

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Cancer, Obesity, Adolescents, Medical Students, Medical Center employees, community

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Mastalgia Small cell lung cancer patients Overweight and obese adolescents

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-NJ

PROGRAM/ SITE INFORMATION

Program/Site Name: Joan Cohen

Director Name: Joan Cohen

Mailing Address: 3 Park Lane
Madison, NJ 07940
USA

Phone: 973-822-2212

E-mail: JoCoh9@aol.com

Website:

Program Type: Other

I am in private practice.

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

In working with clients my framework is partly mind/body. I always inquire about diet and exercise and make appropriate referrals. I do bio and neurofeedback, clinical hypnosis, EMDR.

Approximate number of faculty/professionals: one

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Other

See above

Treatment for a specific population? No

Clinical experiences offered: Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments: This work is so helpful in doing therapy I am happy to see it being promoted.

USA-NJ

PROGRAM/ SITE INFORMATION

Program/Site Name: Rutgers University Graduate School of Applied and Professional Psychology

Director Name: Dr. Donald Morgan

Mailing Address: 152 Frelinghuysen Rd
Piscataway, NJ 08854
USA

Phone: 732 445 6114 x22

E-mail: dmorgan@rci.rutgers.edu

Website: www.rutgerspsychservices.com

Program Type: Graduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 30

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 100

Total participating in mindfulness/acceptance opportunities: 15

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction
MBSR, Other

We have done some clinical research projects integrating yoga, meditation and short term dynamic models of psychotherapy

Treatment for a specific population? No

Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR, Other
teaching meditation with assistance from neurofeedback

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops
Contemplative Psychotherapy and Supervision.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NJ

PROGRAM/ SITE INFORMATION

Program/Site Name: Life Center for Growth and Healing

Director Name: Jeffrey Rutstein, Psy.D.

Mailing Address: 1684 Old Trenton Road
West Windsor, NJ 08550-3205
USA

Phone: 609.426.4144

E-mail: jrutstein@comcast.net

Website: lifecenterforyou.com

Program Type: Other

We do offer the traditional 8 week intensive training as per Kabit-Zinn. The Director of program participated in the 7 day teacher training program with Kabit-Zinn in 1994, and has been practicing meditation for over 30 years. We also offer Mindfulness Meditation as adjunctive interventions for individual's and groups.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Primarily Training is offered to Professionals and Community Organizaitons.

Approximate number of faculty/professionals: 2-6

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 8

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, DBT, Acceptance and Commitment Therapy, Integrative Psychotherapy

We work to nurture the evolution and deeper maturation of the individual.

Treatment for a specific population? Yes

Trauma Survivors, PTSD, Stress, Anxiety, Depression, Life after Heart Attack, Grief, Chronic Illness, Chronic Pain, Life Transition, ADD, Couples, New Parents, Enhancing Creativity, Deepening Spirituality.

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Other

Minfulness Training for Mental Health Professionals, MBSR with Survivors of Severe, Complex Trauma, Contemplative Psychotherapy and Supervision.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NM

PROGRAM/ SITE INFORMATION

Program/Site Name: MBSR at University of New Mexico

Director Name: Brian Shelley MD

Mailing Address: MSC10-5550 1 UNM
Albuquerque, NM 87131
USA

Phone: 505-272-2340

E-mail: bshelley@salud.unm.edu

Website: http://hsc.unm.edu/medicine/integrative_med/education.shtml

Program Type: Other

Community-based at UNM Hospital

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

We do not train teachers, just give the MBSR course

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Other

Standard MBSR group discussions within MBSR course

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Pre and post measures: BDI, STAI, many others

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments: Again, we are not training MBSR teachers -- we are happy for people to enroll at the course, by calling the number at the website.

USA-NM

PROGRAM/ SITE INFORMATION

Program/Site Name: Dialectical Behavior Therapy

Director Name: Cedar Koons, MSW plus 10 local therapists in consultation weekly. (I am one of the team members, Barbara Lampert, MD)

Mailing Address: DBT Consultation Team Office; 1012 Marquez Place; Ste. 211A
Santa Fe, NM 87505
USA

Phone: 505 660-6406

E-mail: blampert1@hotmail.com

Website: www.dbtsantafe.net

Program Type: Other

Most of the team practices out of a single location in Santa Fe, New Mexico

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

All of us have been intensively trained in DBT. We all cycle into the "skills training" portion of the therapy in order to learn how to conduct the groups. Cedar Koons is a trainer for Behavioral Technologies. She gives trainings all over the world. "Bt

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 10

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

DBT was developed for patients with Borderline Pers. DO. We have more advanced mindfulness groups for patients who've completed the basic skills groups. Patients with many other psychiatric diagnoses benefit from the DBT as well.

Clinical experiences offered: Administration of manualized treatments, Assessment, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NV

PROGRAM/ SITE INFORMATION

Program/Site Name: Department of Psychology University of Nevada, Reno

Director Name: William Follette DCT Victoria Follette Chair

Mailing Address: Dept of Psych MS 296 UNR
Reno, NV 89557
USA

Phone: 775 784 6828

E-mail: vmf@unr.edu

Website: www.unr.edu/psych/

Program Type: Graduate program, Undergraduate program

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level
- research opportunities

Approximate number of faculty/professionals: 8 clinical

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 20

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

Trauma, substance abuse, anxiety, general distress

Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based
approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Relational Frame
Theory RFT

Variety of mindfulness and acceptance based research programs with RFT in one lab.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NV

PROGRAM/ SITE INFORMATION

Program/Site Name: Clinical Psychology Program, University of Nevada

Director Name: Bill Follette

Mailing Address: Department of Psychology University of Nevada
Reno, NV 89557-0062
USA

Phone: 775-784-6828

E-mail: Contact Steve Hayes: hayes@unr.edu

Website: www.unr.edu/psych

Program Type: Graduate program

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 8

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 80

Total participating in mindfulness/acceptance opportunities: 60

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Other
Borkovec - style mindfulness training Variants of meditation

Treatment for a specific population? Yes

These methods are being applied here in psychosis, anxiety, depression, smoking, substance abuse, BPD, eating disorders, diabetes, pain, stigma, burnout, stress

Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Relational Frame Theory RFT

ACT, DBT, RFT, Borkovec-style CBT, and meditation for all of the populations above

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: Faculty with some mindfulness interests (their interests may be broader but these are a few areas that are clearly relevant) Steve Hayes - ACT and RFT Victoria Follette - ACT and DBT Alan Fruzzetti - DBT Melanie Duckworth - mediation and pain Holly Hazlett-Stevens - Borkovec-style CBT and anxiety; mindfulness-informed exposure Bill O'Donohue - Zen and CBT Other faculty: Bill Follette -- FAP Jane Fisher -- behavioral gerontology; functional analysis

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: Bronx VA Medical Center Dialectical Behavioral Therapy Program

Director Name: Marianne Goodman MD Hillel Becker PhD

Mailing Address: Bronx VA Medical Center 130 West Kingsbridge Road
Bronx, NY 10468
USA

Phone: 718-584-9000 ext 5188

E-mail: marianne.goodman@med.va.gov

Website:

Program Type: Internship, Postdoc

We are a treatment clinic within a Veterans Hospital treating individuals with personality disorders (primarily Borderline personality disorder). There is an educational/training arm and research arm within the program. As we are part of the Mood and Personality Disorder Research Program, the DBT research projects aim to intergrate the therapy with neurobiological principles and mechanisms of change.

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Internship, Postdoctoral fellowship, Undergraduate level - clinical opportunities, Undergraduate level - research opportunities

we have the ability to offer both a clinical experience of mindfulness through our DBT clinical program to multiple levels of trainees as well as opportunities to study underlying biological mechanism through associated neuroscience research group

Approximate number of faculty/professionals: 8-10

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes
personality disordered individuals

Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based approaches, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT

mechanisms of change, link with neuroscience group, we are using neuroimaging and endophenotype markers of the disease and examining how treatment affects these processes. Mindfulness is one of the components of DBT treatment.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Other, Seminars/workshops
weekly supervision of DBT for trainees

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: School Counseling Program Brooklyn College/CUNY

Director Name: David Forbes, Ph.D.

Mailing Address: James Hall Brooklyn College/CUNY 2900 Bedford Avenue
Brooklyn, NY 11210
USA

Phone: 718 951 5938

E-mail: dforbes@brooklyn.cuny.edu

Website: <http://schooled.brooklyn.cuny.edu/ed-guide.htm>

Program Type: Graduate program Masters'

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Within the program see below; also a small group of Brooklyn College faculty has begun a contemplative network that is developing future projects.

Approximate number of faculty/professionals: 3 1/2 Full time in School Counseling

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 150

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: None

Treatment for a specific population? No

Clinical experiences offered: Students take a group practicum course and a 600 hour internship sequence; both may provide opportunities to include mindfulness practices.

RESEARCH EXPERIENCES

Focus of research: Other

Students conduct small school-based projects on a variety of topics that may include mindfulness. meditation with adolescents in schools.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

Students are introduced to mindfulness as part of the foundations course. A second course is on contemplative practices as related to urban school counseling.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: The research interests of one faculty member (David Forbes) is in applying meditation and contemplative practices in urban schools. Students interested in this area and employing mindfulness at their internship sites are welcome to apply.

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: Columbia Integrative Medicine Program, Columbia University, College of Physicians and Surgeons

Director Name: Erin L. Olivo, PhD Mehmet C Oz, MD

Mailing Address: 177 Fort Washington Avenue, MHB 7-435

New York, NY 10032

USA

Phone: 212-342-0002

E-mail: elo4@columbia.edu

Website: columbiaintegrativemedicine.org

Program Type: Other

Program provides services and conducts research related to the use of integrative therapies (including mindfulness) in a medical setting.

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities, Other

Research protocol using Mindfulness training with cardiac patients

Approximate number of faculty/professionals: 5

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 4

Total participating in mindfulness/acceptance opportunities: 3

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Cardiac Patients

Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based approaches

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Modified MBSR program for cardiac inpatients and outpatients

DIDACTICS EXPERIENCES

Didactic experiences: Other

Informal instruction/supervision

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: Jewish child care association

Director Name: margot lacey

Mailing Address: 1075 broadway
Pleasantville, NY 10570
USA

Phone: 914 7414570

E-mail: laceym@jccany.org

Website:

Program Type: Internship

Primary Theoretical Orientation: Psychodynamic/Psychoanalytic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Internship

Approximate number of faculty/professionals: 7

Total participating in mindfulness/acceptance opportunities: 5

Approximate number of students/trainees: 9

Total participating in mindfulness/acceptance opportunities: 5

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: University of Rochester Department of Psychiatry

Director Name: Deborah A King, PhD (Clinical Psychology Training) and Paul R Duberstein, PhD (Research Director, Psychological and Social Sciences)

Mailing Address: Box Psych Geri-Neuro Program University of Rochester Medical Center 300 Crittenden Boulevard
Rochestere, NY 14642
USA

Phone: 585 275 6742

E-mail: paul_duberstein@urmc.rochester.edu; deborah_king@urmc.rochester.edu

Website: <http://www.urmc.rochester.edu/smd/psych/index.html>

Program Type: Internship,Postdoc

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities, Internship, Postdoctoral fellowship, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 100

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 20

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Administration of manualized treatments, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

We are examining the effects of MBSR on immune function and health in older adults.

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: Coler-Goldwater Specialty Hospital & Nursing Facility
Director Name: Steven Guggenheim PhD
Mailing Address: Department of Psychiatry Goldwater Campus Room F 1-1 1 Main Street
Roosevelt Island, NY 10044
USA

Phone: 212-318-4961

E-mail: Steven.Guggenheim@nychhc.org

Website: www.coler-goldwater.org

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-NY

PROGRAM/ SITE INFORMATION

Program/Site Name: North Bronx Healthcare Network Jacobi Medical Center

Director Name: Jill Conklin, Ph.D.

Mailing Address: Building #1, 10th Floor North 1400 Pelham Parkway
South Bronx, NY 10461
USA

Phone: 718 918-6748

E-mail: Jill.Conklin@nbhn.net

Website: www.ci.nyc.ny.us/html/hhc/ncbh/htms/psychology_internship/psychology_internship.html

Program Type: Internship

Primary Theoretical Orientation: Psychodynamic/Psychoanalytic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Internship

Approximate number of faculty/professionals: 30

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 13

Total participating in mindfulness/acceptance opportunities: 13

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

Borderline Personality Disorders

Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based approaches

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-OH

PROGRAM/ SITE INFORMATION

Program/Site Name: Laurelwood Hospital & Counseling Centers
Director Name: Diane Wetzig PhD
Mailing Address: 23240 Chagrin Blvd. Tower IV Suite #610
Beachwood, OH 44122
USA
Phone: 216-595-0500 X 124
E-mail: dianewetzig@adelphia.net
Website: www.laurelwoodhospital.com
Program Type: Internship
Primary Theoretical Orientation: Other
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Internship
Approximate number of faculty/professionals: 30
Total participating in mindfulness/acceptance opportunities: 6
Approximate number of students/trainees: 7
Total participating in mindfulness/acceptance opportunities: 7

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR
Treatment for a specific population? Yes
depression anxiety eating disorders chronic pain/illness substance abuse
Clinical experiences offered: Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR
outcome research

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes
Additional Comments:

USA-OK

PROGRAM/ SITE INFORMATION

Program/Site Name: Vicki Harris Wyatt, Ph.D., LPC The Wyatt Group Counseling and Consulting Center Oklahoma City,
OK

Director Name: Vicki Harris Wyatt, Ph.D., LPC

Mailing Address: P.O. Box 1947
Oklahoma City, OK 73101
USA

Phone: 405.232.1000

E-mail: vickiwyatt@wyattgroup.biz

Website: www.wyattgroup.biz

Program Type: Other

Private practice counseling, consulting, neurofeedback center

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Private practice counseling, consulting, neurofeedback center

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT, Mindfulness-
Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? No

Clinical experiences offered: Assessment, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments:

USA-OR

PROGRAM/ SITE INFORMATION

Program/Site Name: Pacific University School of Professional Psychology
Director Name: Michel Hersen
Mailing Address: School of Professional Psychology Livery Building 2004 Pacific Avenue
Forest Grove, OR 97116
USA
Phone: 503-352-2240
E-mail: vankrank@pacificu.edu
Website: <http://www.pacificu.edu/academics/spp/>
Program Type: Graduate program
Primary Theoretical Orientation: Eclectic
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities
Approximate number of faculty/professionals: 20
Total participating in mindfulness/acceptance opportunities: 2
Approximate number of students/trainees: 200
Total participating in mindfulness/acceptance opportunities: 20

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT
Treatment for a specific population? Yes
Primarily offered to clients with history of depression and anxiety.
Clinical experiences offered: Administration of manualized treatments, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No
Additional Comments: Individuals interested in mindfulness-based opportunities at the SPP should contact Dr. James Lane (lanejb@pacificu.edu).

USA-OR

PROGRAM/ SITE INFORMATION

Program/Site Name: Pacific University School of Professional Psychology

Director Name: Michel Hersen, Ph.D., ABPP Dean

Mailing Address: 2004 Pacific Avenue
Forrest Grove, OR 97116
USA

Phone: 503-352-2240

E-mail: lanejb@pacificu.edu

Website: www.pacificu.edu/academic/spp/ www.pacificu.edu/academic/spp/psc/

Program Type: Graduate program, Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 25

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? Yes
anxiety and depression

Clinical experiences offered: Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

1. Survey research regarding definitions, training, clinical use of mindfulness based interventions. 2. Quasi-experimental into basic mechanisms. 3. Variables related to treatment outcome.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Institute for Graduate Clinical Psychology Widener University

Director Name: Frank Masterpasqua Ph.D.

Mailing Address: Institute for Graduate Clinical Psychology One University Place
Chester, PA 19013
USA

Phone: 610 499 1234

E-mail: frank.j.masterpasqua@widener.edu

Website:

Program Type: Graduate program, Internship

APA approved program in clinical psychology that includes an APA approved internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Drexel University, Dept. of Psychology
Director Name: James D. Herbert, Ph.D.; Evan Forman, Ph.D.
Mailing Address: Mail Stop 626; 245 N. 15th Street
Philadelphia, PA 19102-1192
USA
Phone: 215.762.1692; 215.762.4021
E-mail: james.herbert@drexel.edu; evan.forman@drexel.edu
Website: <http://www.psychology.drexel.edu/anxietyresearch/pages/index.htm>
Program Type: Graduate program, Undergraduate program
Primary Theoretical Orientation: Cognitive Behavioral
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level
- research opportunities
Approximate number of faculty/professionals: 18
Total participating in mindfulness/acceptance opportunities: 2
Approximate number of students/trainees: 40
Total participating in mindfulness/acceptance opportunities: 16

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT
Treatment for a specific population? Yes
Anxiety and mood disorders (esp. social anxiety disorder); smoking cessation; mixed population of students
through a Student Counseling Center
Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based
approaches, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT
Psychotherapy outcome trials of various ACT-related protocols for mood & anxiety disorders (including social
phobia), some in relation to traditional CBT

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes
Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: LaSalle University, Department of Psychology

Director Name: Frank Gardner, Ph.D., ABPP

Mailing Address: 1900 W. Olney Ave.
Philadelphia, PA 19141
USA

Phone: 215-951-1350

E-mail: psyd@lasalle.edu

Website: http://www.lasalle.edu/admiss/grad/doc_psych/index/php

Program Type: Graduate Program PsyD

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 12

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 75

Total participating in mindfulness/acceptance opportunities: 25

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Acceptance-Based Behavioral Treatment for GAD, Mindfulness-Acceptance-Commitment-Based Approach for Performance Enhancement

Treatment for a specific population? Yes
anger, anxiety, sports psychology

Clinical experiences offered: Administration of manualized treatments, supervision guided by mindfulness-based approaches, therapy - individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness and acceptance-based approaches in sports psychology, for anger and anxiety/trauma

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: University of Pennsylvania Mindbody Research Consortium

Director Name: Amishi P. Jha, Ph.D

Mailing Address: 3401 Walnut St. Suite 302 C
Philadelphia, PA 19104
USA

Phone: 215-898-8011

E-mail: apjha@psych.upenn.edu

Website: mindbodyresearch.psych.upenn.edu

Program Type: apjha@psych.upenn.edu

University/College

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site: Cognitive Neuroscience

Training Opportunities: Yes

(Graduate level - research opportunities,Other,Undergraduate level - research opportunities)

Approximate number of faculty/professionals: In addition to research opportunities, we offer courses in the cognitive neuroscience of meditation to Undergraduates.

Total participating in mindfulness/acceptance opportunities: 10

Approximate number of students/trainees: 2

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: 4

Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population?

Yes

Clinical experiences offered: Attention Deficit disorder (in a research context only)

None

RESEARCH EXPERIENCES

Focus of research:

(Mindfulness-Based Stress Reduction MBSR,Other)

Cognitive Neuroscience of Attention and Working Memory

DIDACTICS EXPERIENCES

Didactic experiences: Neural bases of Attention and Working Memory Neural Effect of Mindfulness Training on Attention

Neural Effect of MBSR on Patients with ADHD

(Formal classes,Seminars/workshops)

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments: Yes

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Penn Program for Stress Management University of Pennsylvania School of Medicine

Director Name: Michael Baime, M.D.

Mailing Address: 3930 Chestnut Street, 6th floor
Philadelphia, PA 19104
USA

Phone: 215-615-2774

E-mail: stress.management@uphs.upenn.edu

Website:

Program Type: Other

A clinical mindfulness-based stress management program at the University of Pennsylvania. We offer research positions that can be combined with graduate work or postdoc training in the Department of Cognitive Psychology at the University or other programs within the University, Medical School, or Health system. There is a robust environment of clinical and research work in cognitive therapy and applied neuroscience.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities, Internship, Other, Postdoctoral fellowship, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 10

Approximate number of students/trainees: 6

Total participating in mindfulness/acceptance opportunities: 6

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Obesity (NIH funded research) MS (research funded from the National MS society) Addiction Health Care providers Hospice caregivers Schoolteachers Social Workers

Clinical experiences offered: Administration of manualized treatments, Assessment, Other, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual

System-Centered Therapy, through collaboration with SCT training faculty.

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, Other

Numerous ongoing externally funded research programs on clinical applications of customized mindfulness training, and on the impact of mindfulness training on health care caregivers and patients.

DIDACTICS EXPERIENCES

Didactic experiences: Other, Seminars/workshops

Faculty working group on development of mindfulness training for medical and nursing students and other health care providers.

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: We would be unable to offer training opportunities to someone outside of our institution unless it was funded externally or combined with participation in another academic or clinical program, such as psychology, psychiatry, neuroscience, pastoral care, or cognitive therapy. We do not have independent funding for post-graduate training.

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Friends Hospital

Director Name: Richard Weiner

Mailing Address: 4641 Roosevelt Blvd.
Philadelphia, PA 19124
USA

Phone: 215-831-4612

E-mail: nwilliams@fbhs.org

Website:

Program Type: Internship, Postdoc

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Western Psychiatric Institute and Clinic Women's Intensive Outpatient Programs

Director Name: Tiffany L. Painter, LCSW

Mailing Address: 3811 O'hara Street
Pittsburgh, PA 15213
USA

Phone: 412-246-5454

E-mail: paintertl@upmc.edu

Website:

Program Type: Other

Clinical program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Undergraduate level - clinical opportunities

Approximate number of faculty/professionals: 14

Total participating in mindfulness/acceptance opportunities: 12

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

People with h/o trauma, bpd, or complicated people with several psychiatric diagnoses.

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Private practice

Director Name: Linda Baker Filetti, PhD

Mailing Address: 31 Fox Lair Lane
Thornton, PA 19373
USA

Phone: 484-437-7885

E-mail: lbfiletti@comcast.net

Website:

Program Type: Other

Private practice - Dialectical Behavior Therapy Skills Training Groups

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals: 3

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? No

Clinical experiences offered: Assessment, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: solo private practice

Director Name: Tasha P. Knob, LCSW

Mailing Address: 119 Chestnut Parkway
Wallingford, PA 19086
USA

Phone: 484-332-0978

E-mail: tknob@comcast.net

Website:

Program Type: Other

solo private practice loosely associated with large group of other clinicians, all of whom used to work with The Renfrew Center

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

by "activities" I mean that I use mindfulness techniques with my clients

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Mindfulness-Based Cognitive Therapy MBCT, Other meditation/grounding techniques

Treatment for a specific population? Yes

eating disordered women

Clinical experiences offered: Administration of manualized treatments, Assessment

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments: not really applicable

USA-PA

PROGRAM/ SITE INFORMATION

Program/Site Name: Program in Mindfulness for Adolescents

Director Name: Trish Broderick, Ph.D.

Mailing Address: Department of Counseling and Educational Psychology West Chester University of PA
West Chester, PA 19383
USA

Phone: 610-436-6963

E-mail: pbroderick@wcupa.edu

Website:

Program Type: Other

I run Mindfulness groups for High School students in a local private academy. I also conduct research on Mindfulness at West Chester University and run an MBSR program there.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other
MBSR program

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR,Other
MBSR adapted for adolescents

Treatment for a specific population? Yes
Adolescents

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Other

The effects of meditation, rumination and distraction in response to a period of dysphoric mood.

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-SC

PROGRAM/ SITE INFORMATION

Program/Site Name: Wofford College Psychology Department

Director Name: John Lefebvre, PhD Department Chair

Mailing Address: 429 N. Church St.
Spartanburg, SC 29303
USA

Phone: 864-597-4647

E-mail: keensm@wofford.edu

Website:

Program Type: Undergraduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-TN

PROGRAM/ SITE INFORMATION

Program/Site Name: Experiential Assessment of Insomnia (a new program of insomnia research)

Director Name: Sidney D. Nau, PhD

Mailing Address: Department of Psychology University of Memphis
Memphis, TN 381-3230
USA

Phone: 901-578-8841

E-mail: sid-nau@mail.psy.memphis.edu

Website:

Program Type: Other

a new program of insomnia research

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 1

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 1

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Other

research into new insomnia assessment techniques that incorporate some components of mindfulness exercises

Treatment for a specific population? No

Clinical experiences offered: None

RESEARCH EXPERIENCES

Focus of research: Other

research into new insomnia assessment techniques that incorporate some components of mindfulness exercises
see above

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-TN

PROGRAM/ SITE INFORMATION

Program/Site Name: Vanderbilt University Medical Center, Division of Adolescent Medicine and Behavioral Science
Director Name: Lynn S. Walker, Ph.D. (Division Director) Laurie A. Greco, Ph.D. (Supervisor of acceptance and mindfulness research/clinical work)
Mailing Address: 436 Medical Center South Vanderbilt University Medical Center
Nashville, TN 37232-3571
USA
Phone: 615-936-3802
E-mail: Laurie.Greco@Vanderbilt.Edu
Website: <http://kc.vanderbilt.edu/people/show.aspx?id=263>
Program Type: Other

Division of Adolescent Medicine & Behavioral Science; Dr. Walker & Dr. Greco have secondary appointments in Psychology at Vanderbilt University and work closely with students and faculty in the Psychology Department. Offer clinical practicum and ACT seminars for psychology graduate students; Research opportunities for undergraduate and graduate students

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level - research opportunities

Approximate number of faculty/professionals: 5

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT

Treatment for a specific population? Yes

Children, Adolescents, Families

Clinical experiences offered: Administration of manualized treatments, Assessment, Other, Supervision guided by mindfulness-based approaches, Therapy- Individual

Family therapy

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT

Current projects: Development & refinement of child/adolescent acceptance & mindfulness measures; ACT pilot/feasibility study targeting teens with functional abdominal pain & clinically significant anxiety and/or depression; Studies examining the role of

DIDACTICS EXPERIENCES

Didactic experiences: Other, Seminars/workshops

Clinical practicum for psychology graduate students

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: Dr. Walker is the Division Director; however, correspondence regarding mindfulness/acceptance training opportunities should be directed to Dr. Greco. thank you!

USA-TX

PROGRAM/ SITE INFORMATION

Program/Site Name: Educational Psychology Department University of Texas at Austin

Director Name: (Contact Kristin Neff)

Mailing Address: 1 University Station, D5800
Austin, TX 78712
USA

Phone: 512-294-0382

E-mail: kristin.neff@mail.utexas.edu

Website: <http://edpsych.edb.utexas.edu/>

Program Type: Graduate program

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 25

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 100

Total participating in mindfulness/acceptance opportunities: 5

CLINICAL EXPERIENCES

Interventions conducted: Other

The counseling program offers training in a variety of methods, although not mindfulness-based techniques in particular.

Treatment for a specific population? No

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Other

I conduct research on the psychological benefits of self-compassion.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-TX

PROGRAM/ SITE INFORMATION

Program/Site Name: University of Texas Medical Branch

Director Name: Jeff Baker, Ph.D.

Mailing Address: UTMB 301 University Blvd.
Galveston, TX 77555-1152
USA

Phone: 4097729576

E-mail: jbaker@utmb.edu

Website: <https://www.utmb.edu/psychology>

Program Type: Postdoc

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Postdoctoral fellowship

Approximate number of faculty/professionals: 12

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? Yes

Patients who are being treated for chronic pain and other chronic medical conditions.

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-TX

PROGRAM/ SITE INFORMATION

Program/Site Name: UTMB - Galveston, TX

Director Name: Cara Geary

Mailing Address: Department of Pediatrics Division of Neonatology 301 Universtiy Blvd Route 0526
Galveston, TX 77555-0526
USA

Phone: 409-772-2815

E-mail: cageary@utmb.edu

Website:

Program Type: Other

Dr. Geary is a Neonatologist involved in teaching mindfulness to women in early pregnancy and studying whether this intervention can improve pregnancy and neonatal outcomes.

Primary Theoretical Orientation: Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Postdoctoral fellowship

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR,Other

We have developed a program specifically tailored for pregnancy

Treatment for a specific population? Yes

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

Clinical Trial on Effectiveness of meditation for reducing stress and poor pregnancy outcomes

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-TX

PROGRAM/ SITE INFORMATION

Program/Site Name: Center For Substance Abuse Education, Prevention and Research

Director Name: Marianne T. Marcus, EdD, RN,FAAN

Mailing Address: University of Texas Houston Health Science School Of Nursing 6901 Bertner Room 467
Houston, TX 77030
USA

Phone: 713-500-2120

E-mail: Marianne.T.Marcus@uth.tmc.edu

Website:

Program Type: Graduate program,Other,Undergraduate program

We are conducting research in mindfulness as an adjunct to substance abuse treatment.

Primary Theoretical Orientation: Other

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

Research

Approximate number of faculty/professionals: 70 faculty

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Research protocol for substance abuse recovery.

Clinical experiences offered: Administration of manualized treatments

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Stress Reduction MBSR

We are conducting a behavioral therapies trial of MBSR in a therapeutic community

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes,Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-UT

PROGRAM/ SITE INFORMATION

Program/Site Name: The University of Texas M.D. Anderson Cancer Center

Director Name: David W. Wetter, Ph.D.

Mailing Address: David W. Wetter, Ph.D., Professor UT M.D. Anderson Cancer Center Unit 1330, Dept. of Behavioral Science P.O. Box 301439; OVERNIGHT MAIL UT M.D. Anderson Cancer Center Unit 1330, Dept. of Behavioral Science 1155 Pressler Street Cancer Prevention Building Houston, UT 77230-1439
USA

Phone: 713-745-2682

E-mail: dwetter@mdanderson.org

Website: <http://www.mdanderson.org/departments/behavioralsci/>

Program Type: Postdoc

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Postdoctoral fellowship

Approximate number of faculty/professionals: 12

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 15

Total participating in mindfulness/acceptance opportunities: 4

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

substance use disorders, cancer patients

Clinical experiences offered: Administration of manualized treatments, Assessment, Therapy- Group

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR

Mindfulness-based treatments for substance use disorders and cancer patients.

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-UT

PROGRAM/ SITE INFORMATION

Program/Site Name: Psychology Department, Brigham Young University

Director Name: M. Gawain Wells, Ph.D. Department Chair

Mailing Address: 1082 SWKT, BYU

Provo, UT 84602

USA

Phone: 801-422-6125

E-mail: gawain_wells@byu.edu

Website:

Program Type: Graduate program, Undergraduate program

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: No

Training Opportunities:

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted:

Treatment for a specific population?

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments:

USA-UT

PROGRAM/ SITE INFORMATION

Program/Site Name: University Counseling Center at the University of Utah, predoctoral internship in psychology

Director Name: Lauren Weitzman, Ph.D.

Mailing Address: 201 South 1460 East RM 426
Salt Lake City, UT 84112-9061
USA

Phone: 801-581-6826

E-mail: fharris@sa.utah.edu

Website: <http://www.sa.utah.edu/counsel/>

Program Type: Internship

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Internship, Other, Undergraduate level - clinical opportunities
Staff training in these techniques

Approximate number of faculty/professionals: 14

Total participating in mindfulness/acceptance opportunities: 10

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 12

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR

Treatment for a specific population? Yes

Persons with anxiety disorders

Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy-
Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-VA

PROGRAM/ SITE INFORMATION

Program/Site Name: League of Integrative Therapy

Director Name: Tarn Singh, LCSW

Mailing Address: 911 East Jefferson Street
Charlottesville, VA 22902
USA

Phone: 434-984-0023 ext. 12

E-mail: clt911@cstone.net

Website:

Program Type: Other

We are a community-based non-profit group (mainly therapists) who are committed to bringing mindfulness into community settings through accessible programs and in non-traditional forms. We currently are offering programs in Mindful Parenting and Mindful Caregiving as well as ongoing supervision and formal training programs for therapists who desire to bring more mindful presence to their work. The Mindful Parenting programs in particular are soon to be offered to parents who are considered by community agencies to be at high risk and under exceptionally high parenting stress.

Primary Theoretical Orientation: Humanistic/Existential

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Other

We offer supervision and training in mindfulness and "Interpersonal Presence" to clinical staff who work in a wide variety of public and private settings.

Approximate number of faculty/professionals: 2

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 25

Total participating in mindfulness/acceptance opportunities: 25

CLINICAL EXPERIENCES

Interventions conducted: Other
see above

Treatment for a specific population? Yes

Parents at high risk for debilitating parenting stress

Clinical experiences offered: Other, Supervision guided by mindfulness-based approaches

for therapists: 1. Ongoing group supervision in mindfulness and 2. Monthly workshop/trainings for parents: recurrent 8 or 12 week groups on "Mindful Parenting"

RESEARCH EXPERIENCES

Focus of research: Other

We are affiliated with colleagues at the University of Virginia and at Penn State University who are looking at the impact of our trainings on therapist and on parenting presence, behavior and outcome

We are currently developing the formal research protocols.

DIDACTICS EXPERIENCES

Didactic experiences: Formal classes, Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-VA

PROGRAM/ SITE INFORMATION

Program/Site Name: Eden Counseling Center
Director Name: Paul Van Valin, Ph.D.
Mailing Address: 6330 Newtown Road Suite 627
Norfolk, VA 23502
USA

Phone: 757-650-6125

E-mail: stacsco@cox.net

Website:

Program Type: Internship,Other,Postdoc
Private practice

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities,Internship,Postdoctoral fellowship

Approximate number of faculty/professionals: 18

Total participating in mindfulness/acceptance opportunities: 4

Approximate number of students/trainees: 8

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

Dually-diagnosed patients on disability, borderline personality disorder, eating disorders, other mixed with Axis II features

Clinical experiences offered: Administration of manualized treatments,Therapy- Group,Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Dialectical Behavior Therapy DBT

Basic outcomes using SCL-90 only in pilot with day group; plan to expand the research on DBT with dually-diagnosed out-patients in group.

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-VA

PROGRAM/ SITE INFORMATION

Program/Site Name: Virginia Commonwealth University, Social Psychology Program

Director Name: Kirk Warren Brown, PhD

Mailing Address: Department of Psychology, Virginia Commonwealth University, 806 West Franklin St.
Richmond, Virginia 23284
USA

Phone: 804.828.6754

E-mail: kwbrown@vcu.edu

Website: <http://www.has.vcu.edu/psy/people/brown.html>

Program Type: kwbrown@vcu.edu

University/College

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

(Graduate level - research opportunities, Undergraduate level - research opportunities)

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 140

Approximate number of students/trainees: 35

Total participating in mindfulness/acceptance opportunities: 2

CLINICAL EXPERIENCES

Interventions conducted: 10

(Mindfulness-Based Stress Reduction MBSR, Other)

Treatment for a specific population? Experimental interventions

Clinical experiences offered:

RESEARCH EXPERIENCES

Focus of research:

(Mindfulness-Based Stress Reduction MBSR, Other)

Aside from MBSR, we conduct experimental and non-experimental research on the mindfulness phenomenon itself.

DIDACTICS EXPERIENCES

Didactic experiences: Implicit in many approaches to the enhancement of well-being is the importance of becoming aware of one's cognitive, emotional, interpersonal and social ecological circumstances. My research examines the role of mindfulness in self-regulation and psychology

Formal classes

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments: Yes

USA-VT

PROGRAM/ SITE INFORMATION

Program/Site Name: The Vermont Center for Cognitive Behavior Therapy

Director Name: Jennifer Gordon

Mailing Address: One Kennedy Drive Suite U-7
South Burlington, VT 5403
USA

Phone: 802-651-8999

E-mail: jgordon@therapyvermont.com

Website: www.therapyvermont.com

Program Type: jgordon@therapyvermont.com

Private Practice

Primary Theoretical Orientation:

Mindfulness- or Acceptance-based activities occurring at your site:

Training Opportunities: Yes

Approximate number of faculty/professionals:

Total participating in mindfulness/acceptance opportunities: 0

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 1

CLINICAL EXPERIENCES

Interventions conducted: 0

(Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR)

Treatment for a specific population?

No

Clinical experiences offered: (Assessment, Therapy- Individual)

RESEARCH EXPERIENCES

Focus of research:

Mindfulness-Based Stress Reduction MBSR

DIDACTICS EXPERIENCES

Didactic experiences: pre and post measures on MBSR program

None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities:

Additional Comments: Yes

USA-WA

PROGRAM/ SITE INFORMATION

Program/Site Name: Family Center for Behavioral Health

Director Name: Brian D. O'Connor (there is no director)

Mailing Address: 4700 Pt. Fosdick Dr. NW Ste. 302

Gig Harbor, WA 98335

USA

Phone: 253-620-4472

E-mail: danielann@centurytel.net

Website:

Program Type: Other

Private Practice - 10 clinicians - 3 do mindfulness based therapy with some clients. Clinician responding - Brian D.O'Connor MA LMHC CDP

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities:

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 3

Approximate number of students/trainees: 0

Total participating in mindfulness/acceptance opportunities: 0

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR
Treatment for a specific population?

Clients experiencing depression, anxiety, adhd, substance abuse

Clinical experiences offered: Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: None

DIDACTICS EXPERIENCES

Didactic experiences: None

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: No

Additional Comments: We do not generally offer training opportunities as we are a group of private practitioners. However, many of us would be interested in training opportunities as they potentially come up in the future.

USA-WA

PROGRAM/ SITE INFORMATION

Program/Site Name: Hall Health Mental Health Clinic, University of Washington, Seattle

Director Name: Anil Coumar, MBBS, MA

Mailing Address: Box 354410 Hall Health Center University of Washington
Seattle, WA 98195-4410
USA

Phone: 206-221-2446

E-mail: coumar@u.washington.edu

Website: <http://www.hallhealthcenter.com/mentalhealth>

Program Type: Other

Mental Health clinic primarily for Uuniveristy of Washington students, but also open to University staff, faculty and people from the community.

Primary Theoretical Orientation: Eclectic

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - research opportunities, Internship, Undergraduate level - research opportunities
We have been running a MBCT Group every academic quarter since Jan 2003, with the exception of last summer quarter. The group attendees are primarily students, but we also had staff and people from outside attend as well.

Approximate number of faculty/professionals: 19

Total participating in mindfulness/acceptance opportunities: 1

Approximate number of students/trainees: 3

Total participating in mindfulness/acceptance opportunities: 1

CLINICAL EXPERIENCES

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT

Treatment for a specific population? No

Clinical experiences offered: Administration of manualized treatments, Therapy- Group, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research:

DIDACTICS EXPERIENCES

Didactic experiences:

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments:

USA-WA

PROGRAM/ SITE INFORMATION

Program/Site Name: Seattle VA Medical Center
Director Name: Steve McCutcheon, PhD
Mailing Address: Mental Health - 116 VA Medical Center 1660 S. Columbian Way
Seattle, WA 98108
USA

Phone: 206-764-2895
E-mail: Stephen.McCutcheon@med.va.gov
Website: www.avapl.org/training/Seattle
Program Type: Internship,Postdoc
Primary Theoretical Orientation: Cognitive Behavioral
Mindfulness- or Acceptance-based activities occurring at your site: Yes
Training Opportunities: Internship,Postdoctoral fellowship
Approximate number of faculty/professionals: 32
Total participating in mindfulness/acceptance opportunities: 6
Approximate number of students/trainees: 12
Total participating in mindfulness/acceptance opportunities: 6

CLINICAL EXPERIENCES

Interventions conducted: Dialectical Behavior Therapy DBT,Mindfulness-Based Cognitive Therapy MBCT,Mindfulness-Based Stress Reduction MBSR
Treatment for a specific population? Yes
PTSD, Substance Abuse
Clinical experiences offered: Supervision guided by mindfulness-based approaches,Therapy- Group,Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Mindfulness-Based Cognitive Therapy MBCT
Treatment outcome

DIDACTICS EXPERIENCES

Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes
Additional Comments:

USA-WI

PROGRAM/ SITE INFORMATION

Program/Site Name: University of Wisconsin-Milwaukee

Director Name: Douglas W. Woods, Ph.D.

Mailing Address: Department of Psychology Box 413 University of Wisconsin-Milwaukee
Milwaukee, WI 53201
USA

Phone: 414-229-5335

E-mail: dwoods@uwm.edu

Website: www.uwm.edu

Program Type: Graduate program

Primary Theoretical Orientation: Cognitive Behavioral

Mindfulness- or Acceptance-based activities occurring at your site: Yes

Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities

Approximate number of faculty/professionals: 10

Total participating in mindfulness/acceptance opportunities: 2

Approximate number of students/trainees: 40

Total participating in mindfulness/acceptance opportunities: 10

CLINICAL EXPERIENCES

Interventions conducted: Acceptance and Commitment Therapy ACT, Dialectical Behavior Therapy DBT

Treatment for a specific population? Yes

My lab does research looking at the use of ACT for Trichotillomania and other body-focused repetitive behaviors.

Clinical experiences offered: Administration of manualized treatments, Therapy- Individual

RESEARCH EXPERIENCES

Focus of research: Acceptance and Commitment Therapy ACT, Other, Relational Frame Theory RFT
FAP

outcome studies on efficacy of ACT for trichotillomania

DIDACTICS EXPERIENCES

Didactic experiences: Other

reading groups

ADDITIONAL INFORMATION

Can contact to inquire about training opportunities: Yes

Additional Comments: