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.
<table>
<thead>
<tr>
<th><strong>AUSTRALIA-QLD</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PROGRAM/ SITE INFORMATION</strong></td>
</tr>
<tr>
<td>Program/Site Name: Conscious Leadership(TM); feelGOOD; reinvention(r) mind workouts</td>
</tr>
<tr>
<td>Director Name: Martina Sheehan</td>
</tr>
<tr>
<td>Mailing Address: P.O. Box 10724 Adelaide Street</td>
</tr>
<tr>
<td>Brisbane, QLD 04000</td>
</tr>
<tr>
<td>AUSTRALIA</td>
</tr>
<tr>
<td>Phone: 610417754717</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:martina@reinvention.com.au">martina@reinvention.com.au</a></td>
</tr>
<tr>
<td>Website: reinvention.com.au</td>
</tr>
<tr>
<td>Program Type: Other</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Primary Theoretical Orientation: Other</td>
</tr>
<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site: Yes</td>
</tr>
<tr>
<td>Training Opportunities: Other</td>
</tr>
<tr>
<td>we are interested in working with a research facility to enable research to be undertaken on the impact of these programs.</td>
</tr>
<tr>
<td>Approximate number of faculty/professionals: 0</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities: 0</td>
</tr>
<tr>
<td>Approximate number of students/trainees: 0</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities: 0</td>
</tr>
<tr>
<td><strong>CLINICAL EXPERIENCES</strong></td>
</tr>
<tr>
<td>Interventions conducted: Other</td>
</tr>
<tr>
<td>programs are of our own design.</td>
</tr>
<tr>
<td>Treatment for a specific population? Yes</td>
</tr>
<tr>
<td>leaders, employees</td>
</tr>
<tr>
<td>Clinical experiences offered: None</td>
</tr>
<tr>
<td><strong>RESEARCH EXPERIENCES</strong></td>
</tr>
<tr>
<td>Focus of research: Other</td>
</tr>
<tr>
<td>may not fit any of these specific descriptions, but elements of some would be in our programs.</td>
</tr>
<tr>
<td>none as yet</td>
</tr>
<tr>
<td><strong>DIDACTICS EXPERIENCES</strong></td>
</tr>
<tr>
<td>Didactic experiences: Formal classes, Other, Seminars/workshops</td>
</tr>
<tr>
<td>individual coaching in addition to group activities</td>
</tr>
<tr>
<td><strong>ADDITIONAL INFORMATION</strong></td>
</tr>
<tr>
<td>Can contact to inquire about training opportunities: Yes</td>
</tr>
</tbody>
</table>
| Additional Comments:
**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:
Program/Site Name: Calgary Internship Consortium in Clinical Psychology Tom Baker Cancer Centre-Holy Cross Site
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.
**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

<table>
<thead>
<tr>
<th>CLINICAL EXPERIENCES</th>
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</thead>
<tbody>
<tr>
<td>Interventions conducted:</td>
</tr>
<tr>
<td>Treatment for a specific population?</td>
</tr>
<tr>
<td>Clinical experiences offered:</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>RESEARCH EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus of research:</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>DIDACTICS EXPERIENCES</th>
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<tbody>
<tr>
<td>Didactic experiences:</td>
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<table>
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<tr>
<th>ADDITIONAL INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can contact to inquire about training opportunities:</td>
</tr>
<tr>
<td>Additional Comments:</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Centre for Mindful Therapies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Anne Dranitsaris, Ph.D.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>109 Old Kingston Road, Unit 14</td>
</tr>
<tr>
<td></td>
<td>Ajax, ON L1T3A</td>
</tr>
<tr>
<td></td>
<td>CANADA</td>
</tr>
<tr>
<td>Phone:</td>
<td>905.428.1404</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:adranitsaris@mindfultherapies.com">adranitsaris@mindfultherapies.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.mindfultherapies.com">www.mindfultherapies.com</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td><a href="mailto:adranitsaris@mindfultherapies.com">adranitsaris@mindfultherapies.com</a></td>
</tr>
<tr>
<td></td>
<td>(Other, Private Practice)</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Holistic Health Centre including full service team of health care practitioners offering mind body therapies including MBSR, meditation, nutrition and mindful eating, etc.</td>
</tr>
<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
<td>Yes</td>
</tr>
<tr>
<td>Training Opportunities:</td>
<td>Yes</td>
</tr>
<tr>
<td>(Graduate level - clinical opportunities, Professional training, Undergraduate level - clinical opportunities)</td>
<td></td>
</tr>
<tr>
<td>Approximate number of faculty/professionals:</td>
<td>1</td>
</tr>
<tr>
<td>Approximate number of students/trainees:</td>
<td>5</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Focus of research:</th>
</tr>
</thead>
</table>

### DIDACTICS EXPERIENCES

| Didactic experiences: | |
| Seminars/workshops |

### ADDITIONAL INFORMATION

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

<table>
<thead>
<tr>
<th>PROGRAM/ SITE INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name: Dr. Kate Partridge, Psychologist</td>
</tr>
<tr>
<td>Director Name: Kate Partridge, Ph.D., C.Psych.</td>
</tr>
</tbody>
</table>
| 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 |

<table>
<thead>
<tr>
<th>CLINICAL EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR</td>
</tr>
<tr>
<td>Treatment for a specific population? Yes</td>
</tr>
<tr>
<td>Adults with stress, anxiety, depression and panic disorders</td>
</tr>
<tr>
<td>Clinical experiences offered: Therapy - Group</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RESEARCH EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus of research: None</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DIDACTICS EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Didactic experiences: Other</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDITIONAL INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can contact to inquire about training opportunities: No</td>
</tr>
<tr>
<td>Additional Comments:</td>
</tr>
</tbody>
</table>
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
**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:
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

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

Focus of research: Mindfulness-Based Stress Reduction MBSR
Outcome research

Didactic experiences: Seminars/workshops

Can contact to inquire about training opportunities: Yes
Additional Comments:
**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 Behvavior 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:
### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Bayit Chadash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Instructor: Zvi Bellin</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>59 Kedem Street</td>
</tr>
<tr>
<td></td>
<td>Yaffo, Israel</td>
</tr>
<tr>
<td></td>
<td>ISRAEL</td>
</tr>
<tr>
<td>Phone:</td>
<td>03 683 9777</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:zvi121@hotmail.com">zvi121@hotmail.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.bayitchadash.org">www.bayitchadash.org</a></td>
</tr>
</tbody>
</table>

**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:**
- 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**

<table>
<thead>
<tr>
<th>PROGRAM/ SITE INFORMATION</th>
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<tbody>
<tr>
<td>Program/Site Name:</td>
</tr>
<tr>
<td>Director Name:</td>
</tr>
<tr>
<td>Mailing Address:</td>
</tr>
<tr>
<td>Phone:</td>
</tr>
<tr>
<td>E-mail:</td>
</tr>
<tr>
<td>Website:</td>
</tr>
<tr>
<td>Program Type:</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
</tr>
<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
</tr>
<tr>
<td>Training Opportunities:</td>
</tr>
<tr>
<td>Open for general public to take 7-day course regardless of religious background.</td>
</tr>
<tr>
<td>Approximate number of faculty/professionals:</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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<tr>
<td>Approximate number of students/trainees:</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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</tbody>
</table>

**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 Socioloty 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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Heart and Mind Programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Sarah Lionheart</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Marsham Start Lane Whaley Bridge High Peak, SK23 7BP, UNITED KINGDOM</td>
</tr>
<tr>
<td>Phone:</td>
<td>(UK) 01663 732 701</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:sarah@heartandmind.org">sarah@heartandmind.org</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.heartandmind.org">www.heartandmind.org</a></td>
</tr>
<tr>
<td>Program Type:</td>
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</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
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</table>

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:
<table>
<thead>
<tr>
<th><strong>USA-AR</strong></th>
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<tbody>
<tr>
<td><strong>PROGRAM/SITE INFORMATION</strong></td>
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<tr>
<td>Program/Site Name:</td>
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<tr>
<td>Director Name:</td>
</tr>
<tr>
<td>Mailing Address:</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
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<td>Program Type:</td>
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<td>Primary Theoretical Orientation:</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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<td>Training Opportunities:</td>
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<tr>
<td>Approximate number of faculty/professionals:</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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<tr>
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<tr>
<td>Interventions conducted:</td>
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<tr>
<td>Mindfulness based parenting interventions</td>
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<td>Treatment for a specific population?</td>
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<tr>
<td>Clinical experiences offered:</td>
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<tr>
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<td>Focus of research:</td>
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<table>
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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:
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

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

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

Focus of research: None

Didactic experiences: Seminars/workshops

Can contact to inquire about training opportunities: Yes

Additional Comments:
**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:**
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<th><strong>PROGRAM/SITE INFORMATION</strong></th>
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<tbody>
<tr>
<td><strong>Program/Site Name:</strong> Marin County Health and Human Services, Division of Community Mental Health, Psychology Internship Program</td>
</tr>
<tr>
<td><strong>Director Name:</strong> Chief Psychologist: Carol Kerr, Ph.D.</td>
</tr>
<tr>
<td><strong>Mailing Address:</strong> Marin County CMHS 250 Bon Air Road Greenbrae, CA 94904 USA</td>
</tr>
<tr>
<td><strong>Phone:</strong> 514-499-3255</td>
</tr>
<tr>
<td><strong>E-mail:</strong> <a href="mailto:cker@co.marin.ca.us">cker@co.marin.ca.us</a></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.co.marin.ca.us/depts/HH/main/mh/add_faq.cfm">http://www.co.marin.ca.us/depts/HH/main/mh/add_faq.cfm</a></td>
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<td><strong>Program Type:</strong> Internship, Postdoc</td>
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<td><strong>Primary Theoretical Orientation:</strong> Other</td>
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<td><strong>Training Opportunities:</strong> Graduate level - clinical opportunities, Internship, Postdoctoral fellowship</td>
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<td><strong>Approximate number of faculty/professionals:</strong> 22</td>
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<tr>
<td><strong>Interventions conducted:</strong> Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR</td>
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<tr>
<td>Treatment for a specific population? Yes</td>
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<tr>
<td>Axis 2, Cluster B are primary consumers.</td>
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<td><strong>Clinical experiences offered:</strong> Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual</td>
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<td><strong>Focus of research:</strong> None</td>
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<td><strong>Can contact to inquire about training opportunities:</strong> Yes</td>
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### USA-CA

#### PROGRAM/SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>M.E.T.T.A. Training and Consulting</th>
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<tbody>
<tr>
<td>Director Name:</td>
<td>Steven A. Alper, L.C.S.W.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>9415 Lavell St. La Mesa, CA 91941 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>619-463-6387</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:salper@mettaconsulting.com">salper@mettaconsulting.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.mettaconsulting.com">www.mettaconsulting.com</a></td>
</tr>
<tr>
<td>Program Type:</td>
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<tr>
<td>Private Practice-</td>
<td>Psychotherapy, Consultation, Professional Education and Training</td>
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<td>Primary Theoretical Orientation:</td>
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<td>MBSR and MBCT Professional Training</td>
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#### 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:
<table>
<thead>
<tr>
<th>PROGRAM/ SITE INFORMATION</th>
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</thead>
<tbody>
<tr>
<td>Program/Site Name: The Guidance Center</td>
</tr>
<tr>
<td>Director Name: Sue Sundareson, Psy.D. Pre-Doctoral Internship Director</td>
</tr>
<tr>
<td>Mailing Address: 4335 Atlantic Ave. Long Beach, CA 90807 USA</td>
</tr>
<tr>
<td>Phone: 562-485-2273</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:ssundareson@glbcgc.org">ssundareson@glbcgc.org</a></td>
</tr>
<tr>
<td>Website:</td>
</tr>
<tr>
<td>Program Type: Internship</td>
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<tr>
<td>Primary Theoretical Orientation: Eclectic</td>
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<td>Clinical experiences offered:</td>
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<tbody>
<tr>
<td>Can contact to inquire about training opportunities:</td>
</tr>
<tr>
<td>Additional Comments:</td>
</tr>
</tbody>
</table>
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:
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

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

Focus of research: None

Didactic experiences: Seminars/workshops

Can contact to inquire about training opportunities: Yes
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 (meditation, 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.
### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name</th>
<th>VA Palo Alto Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name</td>
<td>Antonette Zeiss, Ph.D.</td>
</tr>
<tr>
<td>Mailing Address</td>
<td>VA Palo Alto HCS (116B) 3801 Miranda Ave, Palo Alto, CA 94304 USA</td>
</tr>
<tr>
<td>Phone</td>
<td>650 493-5000x64743</td>
</tr>
<tr>
<td>E-mail</td>
<td><a href="mailto:Antonette.Zeiss@med.va.gov">Antonette.Zeiss@med.va.gov</a></td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.avapl.org">www.avapl.org</a></td>
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<tr>
<td>Program Type</td>
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#### 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 |

#### RESEARCH EXPERIENCES

<table>
<thead>
<tr>
<th>Focus of research</th>
<th>Acceptance and Commitment Therapy ACT</th>
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</thead>
<tbody>
<tr>
<td>Mindfulness research study (MBSR - like) to occur in the men and women's inpatient PTSD setting</td>
<td></td>
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### ADDITIONAL INFORMATION

| Can contact to inquire about training opportunities | Yes |
| Additional Comments                               |    |
**USA-CA**

### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Renee Burgard LCSW/Mindfulness &amp; Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Renee Burgard LCSW</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>541-C Cowper Street</td>
</tr>
<tr>
<td></td>
<td>Palo Alto, CA 94301</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>650-269-4807</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:reneeburgard@yahoo.com">reneeburgard@yahoo.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="mailto:reneeburgard@yahoo.com">reneeburgard@yahoo.com</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td>(Other,Private Practice,Training Center no University/College/Medical Center affiliation)</td>
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<tr>
<td>Primary Theoretical Orientation:</td>
<td>Home base for the Palo Alto Community of Mindful Living (Sangha), practicing in the tradition of Thich Nhat Hanh</td>
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<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
<td>Mindfulness-based psychotherapy &amp; stress reduction, and CBT</td>
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#### Training Opportunities: Yes

<table>
<thead>
<tr>
<th>Other,Professional training</th>
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#### 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

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<tbody>
<tr>
<td>(Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR, None)</td>
<td></td>
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</tbody>
</table>

#### Treatment for a specific population:

Mindfulness-based psychotherapy Interactive Guided Imagery 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

#### 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
**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:**
Program/Site Name: Santa Clara University
Director Name: Shauna Shapiro
Mailing Address: Department of Counseling Psychology 500 El Camino Rea
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
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
Focus of research: Mindfulness-Based Stress Reduction MBSR
Didactic experiences: Formal classes, Seminars/workshops
Can contact to inquire about training opportunities: Yes
Additional Comments:
**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:**  
- Total participating in mindfulness/acceptance opportunities: 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
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: ahrsens@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:
**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](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:**

---
**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.homtown.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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>The Mind/Body Program for Infertility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Cary Frank Schwimmer, Psy.D.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>801 West Tropical Way</td>
</tr>
<tr>
<td></td>
<td>Plantation, FL 33317</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>954-478-0400</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:schwimster@aol.com">schwimster@aol.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td>mindbodyinfertility1.com</td>
</tr>
<tr>
<td>Program Type:</td>
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</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Cognitive Behavioral</td>
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<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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<tr>
<td>Training Opportunities:</td>
<td>Graduate level - clinical opportunities, Other</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Total participating in mindfulness/acceptance opportunities:</td>
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</table>

### 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:
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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Adler School of Professional Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Ian Wickramasekera II, PsyD Coordinator of Hypnosis Training</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Core Faculty and Coordinator of Hypnosis Training; Adler School of Professional Psychology; 65 East Wacker Place - Suite 2100 Chicago, IL 60601 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>312-201-5900 Ext 214</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:Rigdzen@hotmail.com">Rigdzen@hotmail.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td>BuddhistPsychotherapy.com</td>
</tr>
<tr>
<td>Program Type:</td>
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<tr>
<td>Primary Theoretical Orientation:</td>
<td>Other</td>
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</table>

**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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>NIU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Lovejoy</td>
</tr>
</tbody>
</table>
| 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:
### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Rush Behavioral Health</th>
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</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Daniel H. Angres M.D.</td>
</tr>
</tbody>
</table>
| 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                  |
| 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:
**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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Community/Clinical Psychology Doctoral Program Wichita State University</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Rob Zettle (contact person) Deac Dorr (Director of Clinical Training)</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Department of Psychology Wichita State University</td>
</tr>
<tr>
<td></td>
<td>Wichita, KS 67208 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>316-978-3081</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:robert.zettle@wichita.edu">robert.zettle@wichita.edu</a></td>
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<td>Website:</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>1</td>
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<td>Approximate number of students/trainees:</td>
<td>15</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>4</td>
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</table>

### 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 (systemtic 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:
- Total participating in mindfulness/acceptance opportunities: 2

**CLINICAL EXPERIENCES**

Interventions conducted: 8
- Dialectical Behhavior 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 Behhavior 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
**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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Harvard Longwood Psychiatry Residency Training Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Robert M. Goisman, M.D., Associate Director</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Massachusetts Mental Health Center 180 Morton Street</td>
</tr>
<tr>
<td></td>
<td>Boston, MA 02130</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>617-626-9549</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:robert_goisman@hms.harvard.edu">robert_goisman@hms.harvard.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.harvardlongwoodpsychiatry.org">www.harvardlongwoodpsychiatry.org</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Other</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Eclectic</td>
</tr>
<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
<td>Yes</td>
</tr>
<tr>
<td>Training Opportunities:</td>
<td>Other</td>
</tr>
<tr>
<td>Approximate number of faculty/professionals:</td>
<td>100 (entire program)</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>0</td>
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<tr>
<td>Approximate number of students/trainees:</td>
<td>60</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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</tr>
</tbody>
</table>

#### CLINICAL EXPERIENCES

| Interventions conducted: | Dialectical Behavior Therapy DBT, Mindfulness-Based Stress Reduction MBSR |
| DBT for a specific population? | Yes                              |
| 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 Behvior Therapy DBT

DIDACTICS EXPERIENCES
Didactic experiences: Seminars/workshops

ADDITIONAL INFORMATION
Can contact to inquire about training opportunities: Yes
Additional Comments:
**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 Behvior 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 "Inspirits," "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:
**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 Reike. 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.
**Program/Site Information**

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name</td>
<td>Massachusetts General Hospital</td>
</tr>
<tr>
<td>Director Name</td>
<td>Sara Lazar</td>
</tr>
<tr>
<td>Mailing Address</td>
<td>Room 2609 149 13th St</td>
</tr>
<tr>
<td></td>
<td>Charlestown, MA 02129</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone</td>
<td>617-724-7108</td>
</tr>
<tr>
<td>E-mail</td>
<td><a href="mailto:lazar@nmr.mgh.harvard.edu">lazar@nmr.mgh.harvard.edu</a></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>Website</td>
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<tr>
<td>Program Type</td>
<td>Postdoc</td>
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<tr>
<td>Primary Theoretical Orientation</td>
<td>Other</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site</td>
<td>Yes</td>
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<tr>
<td>Training Opportunities</td>
<td>Internship, Other, Postdoctoral fellowship</td>
</tr>
<tr>
<td></td>
<td>Although we do not have a graduate program, graduate students from academic institutions in the Boston area have collaborated with us.</td>
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<tr>
<td>Approximate number of faculty/professionals</td>
<td>15</td>
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<td>Total participating in mindfulness/acceptance opportunities</td>
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<tr>
<td>Approximate number of students/trainees</td>
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**Clinical Experiences**

<table>
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<tbody>
<tr>
<td>Interventions conducted</td>
<td>None</td>
</tr>
<tr>
<td>Treatment for a specific population?</td>
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</tr>
<tr>
<td>Clinical experiences offered</td>
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**Research Experiences**

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
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<tbody>
<tr>
<td>Focus of research</td>
<td>Mindfulness-Based Stress Reduction MBSR, Other</td>
</tr>
<tr>
<td></td>
<td>In addition to MBSR, we also study people with a extensive meditation experience, particularly from the vippassana (Insight) tradition.</td>
</tr>
<tr>
<td></td>
<td>Functional neuroimaging and psychophysiology of meditation.</td>
</tr>
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</table>

**Didactics Experiences**

<table>
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<tr>
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<th>Details</th>
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<tbody>
<tr>
<td>Didactic experiences</td>
<td>None</td>
</tr>
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**Additional Information**

<table>
<thead>
<tr>
<th>Field</th>
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<tbody>
<tr>
<td>Can contact to inquire about training opportunities</td>
<td>Yes</td>
</tr>
<tr>
<td>Additional Comments</td>
<td>We collaborate with the Center for Mindfulness in Worcester and with the Insight Meditation Society in Barre.</td>
</tr>
</tbody>
</table>
**USA-MA**

<table>
<thead>
<tr>
<th>PROGRAM/SITE INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name: MBSR 8 week program modeled after the Center for Mindfulness (Worcester MA)</td>
</tr>
<tr>
<td>Director Name: lauri klein, licsw facilitator</td>
</tr>
</tbody>
</table>
| 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 |

<table>
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<th>CLINICAL EXPERIENCES</th>
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<tbody>
<tr>
<td>Interventions conducted: Mindfulness-Based Stress Reduction MBSR</td>
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<tr>
<td>Treatment for a specific population? Yes</td>
</tr>
<tr>
<td>Women in Peri or full blown Menopause</td>
</tr>
<tr>
<td>Clinical experiences offered: Supervision guided by mindfulness-based approaches, Therapy- Individual</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RESEARCH EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus of research: None</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DIDACTICS EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Didactic experiences: Seminars/workshops</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>ADDITIONAL INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can contact to inquire about training opportunities: Yes</td>
</tr>
<tr>
<td>Additional Comments:</td>
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</table>
**USA-MA**

### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>The Stone Path Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Dr. Cynthia Cushman, M.D.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>89 Church Street</td>
</tr>
<tr>
<td></td>
<td>Lenox, MA 01240</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>413-637-5637</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:cynthia.cushman@verizon.net">cynthia.cushman@verizon.net</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.stonepathcenter.org">www.stonepathcenter.org</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Other</td>
</tr>
<tr>
<td></td>
<td>Private practice</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Other</td>
</tr>
<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
<td>Yes</td>
</tr>
<tr>
<td>Training Opportunities:</td>
<td>Other</td>
</tr>
<tr>
<td>Free-standing clinic offering psychological, psychiatric and psychoeducational services--MBSR, MBCT, ACT.</td>
<td></td>
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<tr>
<td>Approximate number of faculty/professionals:</td>
<td>1</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>1</td>
</tr>
<tr>
<td>Approximate number of students/trainees:</td>
<td>0</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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</table>

### 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.
# Program/Site Information

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Western New England College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Dennis Kolodziejski</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>WNEC Box #3390 1215 Wilbraham Rd  Springfield, MA 01119 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>203-509-1557</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:eremilla@wnec.edu">eremilla@wnec.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td></td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Brightside for Families and Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>James Bastien</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>2112 Riverdale Street</td>
</tr>
<tr>
<td></td>
<td>West Springfield, MA 01089</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>413-837-4255</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:james.bastien@sphs.com">james.bastien@sphs.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.brightsidecares.com">www.brightsidecares.com</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Internship, Other</td>
</tr>
</tbody>
</table>

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 disorderd 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**

<table>
<thead>
<tr>
<th>Interventions conducted:</th>
<th>Dialectical Behavior Therapy DBT, Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>See description provided above</td>
</tr>
</tbody>
</table>

**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:
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 Kerman 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
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
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.
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 participate)
Can contact to inquire about training opportunities: Yes
**USA-MD**

### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>VA Maryland Health Care System / Univ of Maryland School of Medicine Psychology Internship Consortium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Mark Arenas</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>10 N. Greene St. VAMHCS (116B) Baltimore, MD 21218 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>410-605-7406</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:mark.arenas@med.va.gov">mark.arenas@med.va.gov</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.vamhcs.med.va.gov/mhcc/intern/Internintro.html">http://www.vamhcs.med.va.gov/mhcc/intern/Internintro.html</a></td>
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<td>Primary Theoretical Orientation:</td>
<td>Cognitive Behavioral</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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</tr>
<tr>
<td>Training Opportunities:</td>
<td>Graduate level - clinical opportunities, Graduate level - research opportunities, Internship, Postdoctoral fellowship</td>
</tr>
<tr>
<td>Approximate number of faculty/professionals:</td>
<td>50</td>
</tr>
<tr>
<td>Approximate number of students/trainees:</td>
<td>8</td>
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### CLINICAL EXPERIENCES

<table>
<thead>
<tr>
<th>Interventions conducted:</th>
<th>Acceptance and Commitment Therapy ACT, Dialectical Behavioral Therapy DBT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment for a specific population?</td>
<td>Yes</td>
</tr>
<tr>
<td>An ACT-based approach for treatment of PTSD, substance use disorders, and the two problems concurrently.</td>
<td></td>
</tr>
<tr>
<td>DBT for individuals with trauma histories and emotion regulation problems is also provided.</td>
<td></td>
</tr>
<tr>
<td>Clinical experiences offered:</td>
<td>Administration of manualized treatments, Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual</td>
</tr>
</tbody>
</table>

### RESEARCH EXPERIENCES

<table>
<thead>
<tr>
<th>Focus of research:</th>
<th>Acceptance and Commitment Therapy ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program evaluation for ACT-based dual diagnosis program, ongoing research on emotional functioning and avoidance in trauma survivors</td>
<td></td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Chelsea Arbor Addiction Treatment Center Mindfulness Meditation Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Elizabeth A.R. Robinson, Ph.D.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>955 W. Eisenhower, Suite B Ann Arbor, MI 48103 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>734-930-0201</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:earrobin@umich.edu">earrobin@umich.edu</a></td>
</tr>
</tbody>
</table>

**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:**
**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**

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Vision Counseling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Daniel Renstrom</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>302 W. Walnut St.</td>
</tr>
<tr>
<td></td>
<td>Kalamazoo, MI 49001</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>269-345-7577</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:visioncounseling@yahoo.com">visioncounseling@yahoo.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Other</td>
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<tr>
<td></td>
<td>private psychotherapy practice</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Other</td>
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<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
<td>No</td>
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<tr>
<td>Training Opportunities:</td>
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<tr>
<td>Approximate number of faculty/professionals:</td>
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<td>Total participating in mindfulness/acceptance opportunities:</td>
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<td>Approximate number of students/trainees:</td>
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<tr>
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**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: |                  |
**PROGRAM/SITE INFORMATION**

<table>
<thead>
<tr>
<th>Program/Site Name: Counseling and Testing Center Western Michigan University</th>
<th>Director Name: Dr. John Coons Dr. Paula Andrasí, Training Director</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mailing Address: 2513 Faunce, WMU Kalamazoo, MI 49008-5323 USA</td>
<td>Phone: 269-387-1850</td>
</tr>
<tr>
<td></td>
<td>E-mail: paula.andrasí@wmich.edu</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.uctc.wmich.edu">www.uctc.wmich.edu</a></td>
</tr>
<tr>
<td></td>
<td>Program Type: Internship</td>
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<tr>
<td></td>
<td>Primary Theoretical Orientation: Other</td>
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<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site: Yes</td>
<td>Training Opportunities: Internship</td>
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<tr>
<td>Approximate number of faculty/professionals: 10</td>
<td>Approximate number of students/trainees: 8</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities: 3</td>
<td>Total participating in mindfulness/acceptance opportunities: 0</td>
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</table>

**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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Human Services Inc. in Washington County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Jim Wojcik, Ph.D., LP</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>1066 Stillwater Boulevard</td>
</tr>
<tr>
<td></td>
<td>Oakdale, MN 55128-3939</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>651-777-5222</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:jwojcik@hsicares.org">jwojcik@hsicares.org</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.hsicares.org">www.hsicares.org</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Internship</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Cognitive Behavioral</td>
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<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
<td>Yes</td>
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<tr>
<td>Training Opportunities:</td>
<td>Internship</td>
</tr>
<tr>
<td>Approximate number of faculty/professionals:</td>
<td>15</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>2</td>
</tr>
<tr>
<td>Approximate number of students/trainees:</td>
<td>4</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>4</td>
</tr>
</tbody>
</table>

### 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@hsicares.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.
<table>
<thead>
<tr>
<th><strong>PROGRAM/ SITE INFORMATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name: choicepoint! etc</td>
</tr>
<tr>
<td>Director Name: m. kirkeberg</td>
</tr>
<tr>
<td>Mailing Address: 158 13th avenue northeast minneapolis, mn 55413 USA</td>
</tr>
<tr>
<td>Phone: 612-379-1223</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:choicepointetc@msn.com">choicepointetc@msn.com</a></td>
</tr>
<tr>
<td>Website:</td>
</tr>
<tr>
<td>Program Type: <a href="mailto:choicepointetc@msn.com">choicepointetc@msn.com</a></td>
</tr>
<tr>
<td>Private Practice</td>
</tr>
<tr>
<td>Primary Theoretical Orientation: Mindfulness- or Acceptance-based activities occurring at your site:</td>
</tr>
<tr>
<td>Training Opportunities: Yes Other</td>
</tr>
<tr>
<td>Approximate number of faculty/professionals: Aggression Reduction Education Coaching for Entrepreneurs, Managers, and Organizations</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities: 0</td>
</tr>
<tr>
<td>Approximate number of students/trainees: 1</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities: 0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CLINICAL EXPERIENCES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Interventions conducted: Other</td>
</tr>
<tr>
<td>Treatment for a specific population? Acceptance and Commitment Training</td>
</tr>
<tr>
<td>Yes</td>
</tr>
<tr>
<td>Clinical experiences offered: Education for men referred for aggression issues; Integral part of coaching process Other</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>RESEARCH EXPERIENCES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus of research: Education for clients None*</td>
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<table>
<thead>
<tr>
<th><strong>DIDACTICS EXPERIENCES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Didactic experiences: (Formal classes, Seminars/workshops)</td>
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</table>

<table>
<thead>
<tr>
<th><strong>ADDITIONAL INFORMATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>Additional Comments: No</td>
</tr>
</tbody>
</table>
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

Interventions conducted:
Treatment for a specific population?
Clinical experiences offered:

Focus of research:

Didactic experiences:

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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Mindfulness &amp; Wellness Program, University of MO-Columbia Dept. of Health Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Laura Schopp, Ph.D.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>DC46.46, 1 Hospital Drive</td>
</tr>
<tr>
<td></td>
<td>Columbia, MO 65212</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>573-882-8847</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:schoppl@health.missouri.edu">schoppl@health.missouri.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td></td>
</tr>
</tbody>
</table>

**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:
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

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

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

Didactic experiences: Seminars/workshops

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
**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  

**Interventions conducted:** Mindfulness-Based Cognitive Therapy MBCT  

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

**Focus of research:**  

**Didactic experiences:** Seminars/workshops  

**Can contact to inquire about training opportunities:** Yes  

**Additional Comments:**
**USA-MO**

<table>
<thead>
<tr>
<th>PROGRAM/SITE INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name: Saint Louis University Doctoral program in clinical psychology</td>
</tr>
<tr>
<td>Director Name: Michael Ross, Ph.D., ABPP</td>
</tr>
<tr>
<td>Mailing Address: Saint Louis University Dept. of Psychology 3511 Laclede Ave Shannon Hall Rm 210 St. Louis, MO 63103 USA</td>
</tr>
<tr>
<td>Phone: 314-977-2278</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:ferlandd@slu.edu">ferlandd@slu.edu</a></td>
</tr>
<tr>
<td>Website:</td>
</tr>
<tr>
<td>Program Type: Graduate program</td>
</tr>
<tr>
<td>Primary Theoretical Orientation: Eclectic</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site: No</td>
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<td>Training Opportunities:</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Total participating in mindfulness/acceptance opportunities: 0</td>
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<td>Approximate number of students/trainees: 0</td>
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<td>Interventions conducted:</td>
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<tr>
<td>Treatment for a specific population? No</td>
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<tr>
<td>Clinical experiences offered: None</td>
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<tbody>
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<td>Focus of research:</td>
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</table>

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<thead>
<tr>
<th>DIDACTICS EXPERIENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Didactic experiences:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDITIONAL INFORMATION</th>
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</thead>
<tbody>
<tr>
<td>Can contact to inquire about training opportunities:</td>
</tr>
<tr>
<td>Additional Comments:</td>
</tr>
</tbody>
</table>
**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 Behvior 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 Behvior 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:
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

Interventions conducted: Other
See above
Treatment for a specific population? No
Clinical experiences offered: Therapy- Individual

Focus of research: None

Didactic experiences: None

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.
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 Organizations.  
**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  
Mindfulness 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:**
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  
CLI CAL 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.
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

Interventions conducted: Dialectical Behhavior 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

Focus of research: None

Didactic experiences: None

Can contact to inquire about training opportunities: Yes

Additional Comments:
**USA-NV**

### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Department of Psychology University of Nevada, Reno</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>William Follette DCT Victoria Follette Chair</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Dept of Psych MS 296 UNR Reno, NV 89557 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>775 784 6828</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:vmf@unr.edu">vmf@unr.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.unr.edu/psych/">www.unr.edu/psych/</a></td>
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<td>Program Type:</td>
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<td>Primary Theoretical Orientation:</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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<td>Training Opportunities:</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Approximate number of students/trainees:</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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</table>

### 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:**
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

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

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

Didactic experiences: Seminars/workshops

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
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 integrate 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

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

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.

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

Can contact to inquire about training opportunities: Yes

Additional Comments:
## USA-NY

### PROGRAM/SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>School Counseling Program Brooklyn College/CUNY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>David Forbes, Ph.D.</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>James Hall Brooklyn College/CUNY 2900 Bedford Avenue</td>
</tr>
<tr>
<td></td>
<td>Brooklyn, NY 11210 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>718 951 5938</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:dforbes@brooklyn.cuny.edu">dforbes@brooklyn.cuny.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://schooled.brooklyn.cuny.edu/ed-guide.htm">http://schooled.brooklyn.cuny.edu/ed-guide.htm</a></td>
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<tr>
<td>Program Type:</td>
<td>Graduate program Masters’</td>
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<tr>
<td>Primary Theoretical Orientation:</td>
<td>Eclectic</td>
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</table>

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.

### 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.
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  
  - Total participating in mindfulness/acceptance opportunities: 5  
- **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  
- **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  
Rochester, 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:**
  - 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:**
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

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

Focus of research: None

Didactic experiences: Formal classes

Can contact to inquire about training opportunities: Yes
Additional Comments:
### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Laurelwood Hospital &amp; Counseling Centers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Diane Wetzig PhD</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>23240 Chagrin Blvd. Tower IV Suite #610</td>
</tr>
<tr>
<td></td>
<td>Beachwood, OH 44122 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>216-595-0500 X 124</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:dianewetzig@adelphia.net">dianewetzig@adelphia.net</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.laurelwoodhospital.com">www.laurelwoodhospital.com</a></td>
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<td>Program Type:</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Approximate number of students/trainees:</td>
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### 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 Behavor 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**

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Pacific University School of Professional Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Michel Hersen</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>School of Professional Psychology Livery Building 2004 Pacific Avenue Forest Grove, OR 97116 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>503-352-2240</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:vankrank@pacificu.edu">vankrank@pacificu.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.pacificu.edu/academics/spp/">http://www.pacificu.edu/academics/spp/</a></td>
</tr>
</tbody>
</table>

**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/  
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:
**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**

<table>
<thead>
<tr>
<th>PROGRAM/ SITE INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name: Drexel University, Dept. of Psychology</td>
</tr>
<tr>
<td>Director Name: James D. Herbert, Ph.D.; Evan Forman, Ph.D.</td>
</tr>
<tr>
<td>Mailing Address: Mail Stop 626; 245 N. 15th Street Philadelphia, PA 19102-1192 USA</td>
</tr>
<tr>
<td>Phone: 215.762.1692; 215.762.4021</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:james.herbert@drexel.edu">james.herbert@drexel.edu</a>; <a href="mailto:evan.forman@drexel.edu">evan.forman@drexel.edu</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.psychology.drexel.edu/anxietyresearch/pages/index.htm">http://www.psychology.drexel.edu/anxietyresearch/pages/index.htm</a></td>
</tr>
<tr>
<td>Program Type: Graduate program, Undergraduate program</td>
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<tr>
<td>Primary Theoretical Orientation: Cognitive Behavioral</td>
</tr>
<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site: Yes</td>
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<tr>
<td>Training Opportunities: Graduate level - clinical opportunities, Graduate level - research opportunities, Undergraduate level - research opportunities</td>
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<tr>
<td>Approximate number of faculty/professionals: 18</td>
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<td>Total participating in mindfulness/acceptance opportunities: 2</td>
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<td>Approximate number of students/trainees: 40</td>
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<td>Total participating in mindfulness/acceptance opportunities: 16</td>
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<table>
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<th>CLINICAL EXPERIENCES</th>
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<tbody>
<tr>
<td>Interventions conducted: Acceptance and Commitment Therapy ACT</td>
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<tr>
<td>Treatment for a specific population? Yes</td>
</tr>
<tr>
<td>Anxiety and mood disorders (esp. social anxiety disorder); smoking cessation; mixed population of students through a Student Counseling Center</td>
</tr>
<tr>
<td>Clinical experiences offered: Administration of manualized treatments, Supervision guided by mindfulness-based approaches, Therapy - Group, Therapy - Individual</td>
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</table>

<table>
<thead>
<tr>
<th>RESEARCH EXPERIENCES</th>
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<tbody>
<tr>
<td>Focus of research: Acceptance and Commitment Therapy ACT</td>
</tr>
<tr>
<td>Psychotherapy outcome trials of various ACT-related protocols for mood &amp; anxiety disorders (including social phobia), some in relation to traditional CBT</td>
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<table>
<thead>
<tr>
<th>DIDACTICS EXPERIENCES</th>
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<tbody>
<tr>
<td>Didactic experiences: Seminars/workshops</td>
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<th>ADDITIONAL INFORMATION</th>
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<tbody>
<tr>
<td>Can contact to inquire about training opportunities: Yes</td>
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<tr>
<td>Additional Comments:</td>
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USA-PA

### PROGRAM/SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>LaSalle University, Department of Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Frank Gardner, Ph.D., ABPP</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>1900 W. Olney Ave.</td>
</tr>
<tr>
<td></td>
<td>Philadelphia, PA 19141 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>215-951-1350</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:psyd@lasalle.edu">psyd@lasalle.edu</a></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Graduate Program PsyD</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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<tr>
<td>Training Opportunities:</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>4</td>
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<tr>
<td>Approximate number of students/trainees:</td>
<td>75</td>
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<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
<td>25</td>
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### 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: |  |
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

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

Focus of research:
(Mindfulness-Based Stress Reduction MBSR, Other)
Cognitive Neuroscience of Attention and Working Memory

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)

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.
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:
  Total participating in mindfulness/acceptance opportunities: 0

Interventions conducted:
  Treatment for a specific population?
Clinical experiences offered:

Focus of research:

Didactic experiences:

Can contact to inquire about training opportunities:

Additional Comments:
<table>
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<tr>
<th><strong>PROGRAM SITE INFORMATION</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name: Western Psychiatric Institute and Clinic Women’s Intensive Outpatient Programs</td>
<td></td>
</tr>
<tr>
<td>Director Name: Tiffany L. Painter, LCSW</td>
<td></td>
</tr>
<tr>
<td>Mailing Address: 3811 O’hara Street Pittsburgh, PA 15213 USA</td>
<td></td>
</tr>
<tr>
<td>Phone: 412-246-5454</td>
<td></td>
</tr>
<tr>
<td>E-mail: <a href="mailto:paintertl@upmc.edu">paintertl@upmc.edu</a></td>
<td></td>
</tr>
<tr>
<td>Website:</td>
<td></td>
</tr>
<tr>
<td>Program Type: Other</td>
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<td>Clinical program</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site: Yes</td>
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<td>Training Opportunities: Graduate level - clinical opportunities, Undergraduate level - clinical opportunities</td>
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<td>Approximate number of faculty/professionals: 14</td>
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<td>Total participating in mindfulness/acceptance opportunities: 12</td>
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<td>Interventions conducted: Dialectical Behaviors Therapy DBT</td>
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<td>Treatment for a specific population? Yes</td>
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<tr>
<td>People with h/o trauma, bpd, or complicated people with several psychiatric diagnoses.</td>
<td></td>
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<td>Clinical experiences offered: Assessment, Supervision guided by mindfulness-based approaches, Therapy- Group, Therapy- Individual</td>
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<tr>
<td>Focus of research: None</td>
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<tr>
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<td>Didactic experiences: Seminars/workshops</td>
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<tr>
<td>Can contact to inquire about training opportunities: Yes</td>
<td></td>
</tr>
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<td>Additional Comments:</td>
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**USA-PA**

### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name</th>
<th>Private practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name</td>
<td>Linda Baker Filetti, PhD</td>
</tr>
</tbody>
</table>
| 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

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>solo private practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Tasha P. Knob, LCSW</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>119 Chestnut Parkway</td>
</tr>
<tr>
<td></td>
<td>Wallingford, PA 19086</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>484-332-0978</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:tknob@comcast.net">tknob@comcast.net</a></td>
</tr>
<tr>
<td>Website:</td>
<td></td>
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<tr>
<td>Program Type:</td>
<td>Other</td>
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<tr>
<td>Primary Theoretical Orientation:</td>
<td>Eclectic</td>
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<tr>
<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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<tr>
<td>Training Opportunities:</td>
<td>Other</td>
</tr>
<tr>
<td></td>
<td>by &quot;activities&quot; I mean that I use mindfulness techniques with my clients</td>
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<tr>
<td>Approximate number of faculty/professionals:</td>
<td>1</td>
</tr>
<tr>
<td>Total participating in mindfulness/acceptance opportunities:</td>
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<td>Approximate number of students/trainees:</td>
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### 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 |
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

Interventions conducted: Mindfulness-Based Stress Reduction MBSR, Other
MBSR adapted for adolescents
Treatment for a specific population? Yes
Adolescents

Clinical experiences offered:

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

Didactic experiences:

Can contact to inquire about training opportunities:

Additional Comments:
**USA-SC**

### PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name</th>
<th>Wofford College Psychology Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name</td>
<td>John Lefebvre, PhD Department Chair</td>
</tr>
<tr>
<td>Mailing Address</td>
<td>429 N. Church St.</td>
</tr>
<tr>
<td></td>
<td>Spartanburg, SC 29303</td>
</tr>
<tr>
<td></td>
<td>USA</td>
</tr>
<tr>
<td>Phone</td>
<td>864-597-4647</td>
</tr>
<tr>
<td>E-mail</td>
<td><a href="mailto:keenms@wofford.edu">keenms@wofford.edu</a></td>
</tr>
<tr>
<td>Website</td>
<td></td>
</tr>
</tbody>
</table>

**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:
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.psyc.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

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

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

Didactic experiences: None

Can contact to inquire about training opportunities: Yes
Additional Comments:
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!
**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:
**PROGRAM/ SITE INFORMATION**

Program/Site Name: UTMB - Galveston, TX  
Director Name: Cara Geary  
Mailing Address: Department of Pediatrics Division of Neonatology 301 University 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

<table>
<thead>
<tr>
<th>PROGRAM/SITE INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program/Site Name:</td>
</tr>
<tr>
<td>Director Name:</td>
</tr>
<tr>
<td>Mailing Address:</td>
</tr>
<tr>
<td>Phone:</td>
</tr>
<tr>
<td>E-mail:</td>
</tr>
<tr>
<td>Website:</td>
</tr>
<tr>
<td>Program Type:</td>
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<tr>
<td>We are conducting research in mindfulness as an adjunct to substance abuse treatment.</td>
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<td>Primary Theoretical Orientation:</td>
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<td>Interventions conducted:</td>
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<td>Treatment for a specific population?</td>
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<td>Research protocol for substance abuse recovery.</td>
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<td>Clinical experiences offered:</td>
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<td>Focus of research:</td>
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<td>We are conducting a behavioral therapies trial of MBSR in a therapeutic community</td>
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<td>Can contact to inquire about training opportunities:</td>
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**USA-UT**

<table>
<thead>
<tr>
<th>PROGRAM/SITE INFORMATION</th>
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<tbody>
<tr>
<td>Program/Site Name: The University of Texas M.D. Anderson Cancer Center</td>
</tr>
<tr>
<td>Director Name: David W. Wetter, Ph.D.</td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>Phone: 713-745-2682</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:dwetter@mdanderson.org">dwetter@mdanderson.org</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.mdanderson.org/departments/behavioralsci/">http://www.mdanderson.org/departments/behavioralsci/</a></td>
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<td>Program Type: Postdoc</td>
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<td>Primary Theoretical Orientation: Cognitive Behavioral</td>
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<tr>
<td>Training Opportunities: Postdoctoral fellowship</td>
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<td>Approximate number of faculty/professionals: 12</td>
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<td>Total participating in mindfulness/acceptance opportunities: 3</td>
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<td>Approximate number of students/trainees: 15</td>
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<td>Total participating in mindfulness/acceptance opportunities: 4</td>
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<td>Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR</td>
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<tr>
<td>Treatment for a specific population? Yes</td>
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<tr>
<td>substance use disorders, cancer patients</td>
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<tr>
<td>Clinical experiences offered: Administration of manualized treatments, Assessment, Therapy - Group</td>
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<th>RESEARCH EXPERIENCES</th>
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<tr>
<td>Focus of research: Mindfulness-Based Cognitive Therapy MBCT, Mindfulness-Based Stress Reduction MBSR</td>
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<tr>
<td>Mindfulness-based treatments for substance use disorders and cancer patients.</td>
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<tr>
<td>Can contact to inquire about training opportunities: Yes</td>
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<td>Additional Comments:</td>
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# USA-UT

## Program/Site Information

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Psychology Department, Brigham Young University</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>M. Gawain Wells, Ph.D. Department Chair</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>1082 SWKT, BYU</td>
</tr>
<tr>
<td></td>
<td>Provo, UT 84602 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>801-422-6125</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:gawain_wells@byu.edu">gawain_wells@byu.edu</a></td>
</tr>
<tr>
<td>Website:</td>
<td></td>
</tr>
<tr>
<td>Program Type:</td>
<td>Graduate program, Undergraduate program</td>
</tr>
<tr>
<td>Primary Theoretical Orientation:</td>
<td>Eclectic</td>
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</table>

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

Training Opportunities:
- 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:
- 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/](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:**
**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:**
# 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:
**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

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 psycholog

**ADDITIONAL INFORMATION**

Can contact to inquire about training opportunities:  
Additional Comments: Yes
**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
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
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
Focus of research: None
Didactic experiences: None
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.
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 University 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

Interventions conducted: Mindfulness-Based Cognitive Therapy MBCT
Treatment for a specific population? No
Clinical experiences offered: Administration of manualized treatments, Therapy- Group, Therapy- Individual

Focus of research:

Didactic experiences:

Can contact to inquire about training opportunities: Yes
Additional Comments:
**USA-WA**

## PROGRAM/ SITE INFORMATION

<table>
<thead>
<tr>
<th>Program/Site Name:</th>
<th>Seattle VA Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director Name:</td>
<td>Steve McCutcheon, PhD</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Mental Health - 116 VA Medical Center 1660 S. Columbian Way Seattle, WA 98108 USA</td>
</tr>
<tr>
<td>Phone:</td>
<td>206-764-2895</td>
</tr>
<tr>
<td>E-mail:</td>
<td><a href="mailto:Stephen.McCutcheon@med.va.gov">Stephen.McCutcheon@med.va.gov</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.avapl.org/training/Seattle">www.avapl.org/training/Seattle</a></td>
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<td>Primary Theoretical Orientation:</td>
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<td>Mindfulness- or Acceptance-based activities occurring at your site:</td>
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<td>Training Opportunities:</td>
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<td>Approximate number of faculty/professionals:</td>
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<td>Approximate number of students/trainees:</td>
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<td>Total participating in mindfulness/acceptance opportunities:</td>
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## 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 Behavioral 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: