Dr Mindfulness: science and the meditation boom

Quieten your mind. Attend to the moment. Mindfulness-based meditation is being touted as beneficial for any number of afflictions: from anxiety to asthma; social phobia to psoriasis. But what is it, and how can science scrutinise subjective states of mind? Three scientists at high powered institutions discuss how they've turned a personal passion into a professional investigation.

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EPISODE: Meditation and the Mind: Science Meets Buddhism - This week the Dalai Lama joins behavioural scientists and other Buddhist intellectuals at MIT in Massachusetts - in what has become a regular meeting of minds.

EPISODE: Mindfulness - The 'holy grail' of meditation techniques is Mindfulness.

STORY: Buddhist-style meditation to prevent the recurrence of depression - Researchers investigated whether mindfulness meditation, i.e.

STORY: Mindfulness Meditation in treating Binge Eating Disorders - Mindfulness techniques have developed out of traditional meditation practices and are being used therapeutically in a number of forms.

Transcript

Guests

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Publications

**Title**
A pilot study of Mindfulness-based stress reduction for hot flashes

**Author**
James Carmody, Sybil Crawford, Linda Churchill

**Publisher**

**Homepage**

**Title**
The Effects of Mindfulness Meditation on Cognitive Processes and Affect in Patients with Past Depression

**Author**
Wiveka Ramel, Philippe R Goldin, Paula E. Carmona, John R. McQuaid

**Publisher**
Journal of Cognitive Therapy and Research, Volume 28, Number 4 / August, 2004

**Homepage**
http://www.springerlink.com/content/w5433431733q0661/

**Title**
The Neural Bases of Emotion Regulation: Reappraisal and Suppression of Negative Emotion

**Author**

**Publisher**
Biological Psychiatry. 2007 Sep 20;

**Homepage**

**Title**
Relationship between mindfulness pratice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program

**Author**
James Carmody and Ruth A. Baer

**Publisher**
Journal of Behavioral Medicine, Thursday, September 27, 2007.

**Homepage**
http://www.springerlink.com/content/n26838t52m727u13/

**Title**
Mindfulness training modifies subsystems of attention

**Author**
Amishi P Jha, Jason Krompinger, and Michael Baim.

**Publisher**
Cognitive, Affective, and Behavioral Neuroscience. 7(2): 109-119

**Homepage**
http://www.amishi.com/lab/people/amishi.php

**Description**
PDF available at the above link

**Title**
Mindfulness, Bliss and Beyond: A Meditator's Handbook

**Author**
Ajahn Brahm

**Publisher**
Wisdom Publications, 2006

**Description**
ISBN: 0-86171-275-7

Further Information

**Buddhism and happiness (ABC Health and Wellbeing)**
Feature on ABC Health and Wellbeing website by Kathy Graham
(October 2007).

**Credits**

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