

Having trouble viewing this email? [Click here](#)

# Awake Mind Mindfulness Newsletter

## Fall 2011



Dear Julie,

This quarterly newsletter focuses on **mindfulness with children, families and couples**. This is a rapidly growing application area for mindfulness approaches. There are positive results being reported with a wide range of psychological health and well-being factors.

The Five Facet Mindfulness Questionnaire (developed by Ruth Baer) that we have been using in my Mindfulness, Meditation & EMDR workshop since 2010 is now [online at my website](#). You and your clients can use it to assess your mindfulness at any time.

Best to you in your life and work!  
Julie Greene

## Mindfulness, Children and Families

### Resources

#### **Making Happiness a Habit Through Mindfulness**

by Susan Kaiser Greenland at Huffington Post Parents website, Aug. 12, 2011  
[Link to Free Online Article](#)

#### **Relax, kids: Meditation touted as stress buster for kids**

by Tralee Pearce in the Globe and Mail, Nov. 10, 2011  
[Link to Free Online Article](#)

#### **The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive**

Book by Daniel J. Siegel and Tina Payne Bryson, 2011  
[Link to Book at Amazon](#)

#### **Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed**

Book by Christopher Willard, 2010  
[Link to Book Website](#)



### Selected Research

**Burke, C.A. (2010).** *Mindfulness-Based Approaches with Children and Adolescents: A Preliminary Review of Current Research in an Emergent Field.* Journal of Child and Family Studies, 19, 133-144.

This article provides an overview of the research in the field, particularly focusing on MBSR/MBCT approaches, and the need for larger randomized empirical studies.  
[Link to free article #492](#)

**Flook, L., Smalley, S. L., Kitil, M. J., Galla, B. M., Kaiser-Greenland, et al. (2010).** *Effects of mindful awareness practices on executive functions in elementary school children.* Journal of Applied School Psychology, 26(1), 70-95.

This randomized control study of 64 second and third grade children showed that children who participated in the mindfulness treatment (MAPS) showed gains in behavioral regulation, metacognition and global executive control.  
[Link to free article PDF download](#)

## Mindfulness and Couples

### Resources

#### **A Matter of Choice: Deciding to be right or be married?**

Article by Terry Real in the Psychotherapy Networker, November 2011

[Link to Free Online Article](#)

#### **Mindfulness Meditation Helps Relationships**

Article about the Carson's development and research of mindfulness with couples at Enews-Medical website, February 7, 2005.

[Link to Free Online Article](#)



#### **Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy**

Book by Marion Solomon and Stan Tatkin, 2011

[Link to Book at Amazon](#)

### Selected Research

**Barnes, S., et al.** (2007). *The role of mindfulness in romantic relationship satisfaction and responses to relationship stress.* Journal of Marital & Family Therapy, 33(4), 482-500.

Report of two studies looking at trait and state mindfulness. Higher mindfulness was related to more relationship satisfaction and less emotional stress response.

[Link to Abstract](#)

**Carson, J., et al.** (2004). *Mindfulness-Based Relationship Enhancement.* Behavior Therapy, 35, 471-494.

This randomized control study of 44 couples found mindfulness-based relationship enhancement (MBRE) favorably impacted relationship factors, individuals' psychological factors, and maintained benefits at 3-month follow-up.

[Link to Free Online Article](#)

## Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs  
with Julie Greene, LPC

-- let your friends and colleagues know --

#### **Tampa, Florida**

January 27-28, 2012 (Friday & Saturday)

#### **Austin, Texas**

March 30-31, 2012 (Friday & Saturday)

**Regular Fee: \$350. Early Bird: \$300.**

*(Limited to 24 participants so register early)*

[more info](#)



Try it FREE today.

This email was sent to julie@awakemind.org by [julie@awakemind.org](mailto:julie@awakemind.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Awake Mind, LLC | PO Box 1026 | Crestone | CO | 81131-1026