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# Awake Mind Mindfulness Newsletter

## Summer 2011



Dear Julie,

The sphere of mindfulness and psychotherapy continues to expand in exciting directions.

This quarterly newsletter focuses on **mindfulness with addictions**. Alan Marlatt, a pioneer in this field, died this past March. Colleagues of his at the University of Washington continue researching and teaching Mindfulness Based Relapse Prevention.

I've also included some Spanish mindfulness resources and information about future workshops.

Best regards,  
Julie Greene

## Mindfulness and Addictions

### Resources

#### ***The New Quitter***

Article in Psychology Today July 2010

[Link to Free Online Article](#)

#### ***Mindfulness, Harm Reduction and Relapse Prevention***

Shrink Rap Radio Interview with Alan Marlatt

[Link to Free Online Interview](#)

#### ***Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide.*** By Sarah Bowen, Neha Chawla, G. Alan Marlatt. (2011) The Guilford Press.

[Link to Amazon Preview of Book](#)

### Selected Research

**Bowen, S. et al.** *The role of thought suppression in the relation between mindfulness meditation and alcohol use.* Addictive Behavior (2007); 32(10): 2324-2328.

[Link to Article](#)

**Brewer, J.A., et al.** *Mindfulness training and stress reactivity in substance abuse: Results from a randomized, controlled stage I pilot study.* Substance Abuse (2009); 30(4): 306-317.

[Link to Article](#)

**Simpson, T.L., et al.** *PTSD symptoms, substance use, and Vipassana meditation among incarcerated individuals.* Journal of Traumatic Stress (2007); 20(3): 239-249.

[Link to Article](#)

## Spanish Resources

**Five Facet Mindfulness Questionnaire in Spanish**

[Link to PDF](#)

**Spanish Meditation Website**

Under the section "Practicas de Meditacion" there are instructions for seated meditation, breath practice, etc. in Spanish.  
[Link to www.espanol.wildmind.org](http://www.espanol.wildmind.org)

## Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs  
with Julie Greene, LPC  
*-- let your friends and colleagues know --*

### **Boulder, Colorado**

October 21-22, 2011 (Friday & Saturday)

### **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](#)



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