Continuing Medical Education

Licking Memorial Hospital INDEPENDENT LEARNING ACTIVITY Enduring Materials

"Clinician Education on Mindfulness-Based Intervention"

Jessica Englehart, LPCC-S, ATR, RYT, LM Behavioral Health

RESOURCES

Click or tap here to enter text. Heckenberg, R. A., Eddy, P., Kent, S., & Wright, B. J. (2018). Do workplace-based mindfulness meditation programs improve physiological indices of stress? A systematic review and metaanalysis. Journal of Psychosomatic Research, 114, 62–71. <u>https://doi.org/10.1016/j.jpsychores.2018.09.010</u>

Hofmann, Et Al., S. G. (2010, April). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. Journal of Consulting and Clinical Psychology, 78(2), 169–183. https://doi.org/10.1037/a0018555

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