



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 meta-analysis. *Journal of Psychosomatic Research*, 114, 62–71. <https://doi.org/10.1016/j.jpsychores.2018.09.010>

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>