

**Meditation and Psychotherapy Research Group**  
**2011-2012**  
**Dr. Lynn C. Waelde**

This research group will be the best match for students who are interested in learning to conduct research through every phase from initial literature review through data collection and preparing papers for publication. The Research Group meets one hour a week during the regular school terms to coordinate our collaborative projects and for didactics and discussion about research. Meetings are held at a time that is mutually convenient for RG members.

**Current Projects:** We are currently involved in the following collaborative projects. Students can also conduct their own independent projects.

1. Clinical trial of Inner Resources (IR) meditation for pediatric chronic pain at Packard Children's Hospital
2. Federally funded study of functional connectivity (fMRI) of hypnosis and meditation, conducted in collaboration with researchers at Stanford Univ. School of Medicine
3. Clinical trials of Inner Resources (IR) meditation for active duty military in residential treatment for substance use disorders and veterans treated by VA facilities

**Clinical Training Opportunities:** Research group members can receive training as an Inner Resources meditation therapist by enrolling in F250 Practicum Elective: Psychoeducational Groups. IR therapists can be interventionists for research protocols and offer the groups in clinical settings the Inner Resources Center, a specialty clinic of the Kurt and Barbara Gronowski Psychology Clinic.

**Openings:** 2 to 4 new members to join the group in Fall quarter.

**Application Process:** Interested students are asked to submit the following items to Dr. Waelde by the regular deadline by **email** only.

1. Curriculum Vitae
2. Brief email discussing past research experience, how and why the student became interested in meditation and psychotherapy, and description of specific research and clinical interests in this group
3. A writing sample, which can be a paper submitted for a class while a student at PGSP.

**Recent Meditation-Related Publications (those with student coauthors marked by \*):**

Bekke-Hansen, S., Pedersen, C. G., Thastum, M., Thygesen, K., Christensen, S., Waelde, L. C., Zacharia, R. (2010). *Faith and use of complementary and alternative medicine among heart attack patients in a secular society*. Manuscript submitted for publication.

\*Estupinian, G., & Waelde, L. C. (in press). The impact of spirituality on posttraumatic stress disorder and depression among military personnel. *Counselling and Spirituality*.

Murray-Swank, N. A., & Waelde, L. C. (in press). Spirituality, religion, and sexual trauma. In K. I. Pargament, A. Mahoney, & E. Shafranske (Eds.). *APA Handbook of psychology, religion, and spirituality*. Washington, DC: American Psychological Association.

Spiegel, D., White, M., & Waelde, L. (2010). Hypnosis, mindfulness meditation, and brain imaging. In D. Barrett, (Ed.), *Hypnosis and hypnotherapy Vol. 1: Neuroscience, personality, and cultural factors* (pp. 37-52). Santa Barbara, CA: Praeger.

- \*Waelde, L. C., Uddo, M., Marquett, R., Ropelato, M., Freightman, S., Pardo, A., Salazar, J. (2008). A pilot study of meditation for mental health workers following Hurricane Katrina. *Journal of Traumatic Stress*, 21, 497-500.
- Butler, L. D., Waelde, L. C., Hastings, A., Chen, X., Symons, B., Marshall, J., Kaufman, A., Nagy, T. F., Blasey, C. M., Seibert, E. O., Spiegel, D. (2008). Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: A randomized pilot trial. *Journal of Clinical Psychology*, 64, 806-820.
- Waelde, L. C. (2008). Meditation. In G. Reyes, J. D. Elhai, & J. D. Ford (Eds.), *Encyclopedia of psychological trauma*. Hoboken, New Jersey: John Wiley & Sons.
- Waelde, L. C. (2004). Dissociation and meditation. *Journal of Trauma and Dissociation*, 5(2), 147-162.
- Waelde, L. C., Thompson, L., & Gallagher-Thompson, D. (2004). A pilot study of a yoga and meditation intervention for dementia caregiver stress. *Journal of Clinical Psychology*. 60, 677-687.

#### **Recent Meditation-Related Presentations (those with student coauthors marked by \*):**

- \*Delorefice, A., Pan, I., & Waelde, L. C. (2011, August). *Ethnic differences in responses to meditation among mental health workers following Hurricane Katrina*. Poster session to be presented at the 119<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C.
- \*Waelde, L. C., Uddo, M., Estupinian, G., Mortensen, M. J., Kukreja, S., Spanring, J., & Zief, A. (2008, November). *Meditation homework adherence in PTSD treatment*. Poster presented at the 24th Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- \*Waelde, L. C., Marquett, R., Ropelato, M., Freightman, S., Pardo, A., Salazar, J., & Uddo, M. (2007, August). *Meditation for mental health workers following Hurricane Katrina*. Poster presented at the 115th Annual Convention of the American Psychological Association, August, 2007, San Francisco, CA.
- \*Kukreja, S., Carr, M., Estupinian, G., Mortensen, M. J., Penner, A., Gallagher-Thompson, D., & Waelde, L. C. (2007, August). *Meditation homework adherence among family dementia caregivers*. Poster presented at the 115th Annual Convention of the American Psychological Association, August, 2007, San Francisco, CA.

#### **Selected Treatment Manuals**

- Waelde, L. C. (2009). *Inner Resources*. Treatment manual and materials for 4-week program. (Available from the Inner Resources Center, Pacific Graduate School of Psychology, 405 Broadway Street, Redwood City, CA 94063).
- Waelde, L. C. (2005). *Inner Resources for Stress: A Psychoeducational Program of Meditation*. Treatment manual and materials.
- Waelde, L. C. (2004). *Inner Resources for Veterans: A Psychotherapeutic Program of Meditation*. Treatment manual and materials.
- Waelde, L. C. (2003). *Inner Resources Therapist Training Manual*. Therapist manual and materials.

#### **Grant Support**

- Spiegel, D. (PI). *Resting state of functional MRI investigation of hypnotic trance and mindfulness meditation*. Project Dates: 9/30/09-9/29/11. Funding Source: NIH. Total Costs: \$919,025. This project will determine the functional brain networks that define and distinguish two induced states of sustained attention: hypnosis and mindfulness. Role: Subaward PI.