

Referenzliste MBSR/MBCT /MBRP katrin flückiger

Einige wichtige Arbeiten nach Rücksprache mit PD Dr Xeno Kupper. im Netz hat es Tausende!

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- **Teasdale, J.D.**; Segal, Z.V.; Williams, J.M.; Ridgeway, V.A.; Soulsby, J.M.; Lau, M.A. Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *J. Consult. Clin. Psychol.* **2000**, *68*, 615–623.
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- **Shapiro S and al**; Effects of mindfulness based stress reduction in **medical and premedica Students** *J Behav Med* **1998 Vol 21 ,6 581-599**

- **Grepmaier L et al** Promoting Mindfulness in **psychotherapists** in training influences the Treatment results of their patients. **Psychotherapy and Psychosomatics** **2007,76;332-338**
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- **Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation** Fadel Zeidan,¹ Katherine T. Martucci,¹ Robert A. Kraft,² Nakia S. Gordon,³ John G. McHaffie,¹ and Robert C. Coghill¹ Departments of ¹Neurobiology and Anatomy and ²Biomedical Engineering, Wake Forest University School of Medicine, Winston-Salem, North Carolina 27157, and ³Psychology Department, Marquette University, Milwaukee, Wisconsin 53233