

SMART's unique offering is not only the heavily researched MBSR as its foundation (70% of the program content), but the added components of emotion theory training (20%) and forgiveness and compassion training (10%). The SMART program is the most researched mindfulness program for educators, with over eight studies completed on SMART in various locations in Canada and the USA. As well, research on SMART has attracted over \$200,000 in finished grants, with \$3.7 million in additional grant funding pending.

Research Evidence for SMART in Education

Benn, R., Akiva, T., Arel, S., Roeser, R. (2012). Mindfulness training effects for parents and educators of children with special needs. *Developmental Psychology*, 48(5), 1476-1487. doi:10.1037/a0027537

- Randomized controlled study on the effects of mindfulness training on parents and educators of children with special needs. Results showed that SmartinEducation mindfulness training "significantly influenced caregiving competence specific to teaching" and significant reductions in stress and anxiety, as well as increased mindfulness, self-compassion, personal growth, empathic concern and forgiveness.

Roeser, R.W., Schonert-Reichl, K.A., Jha, A., Cullen, M., Wallace, L., Wilensky, R., Oberle, E., Thomson, K., Taylor, C., & Harrison, J. (2013, April 29). Mindfulness Training and Reductions in Teacher Stress and Burnout: Results from Two Randomized, Waitlist-Control Field Trials. *Journal of Educational Psychology*. Advance online publication: doi:10.1037/a0032093.

- This research explores the psychological and physiological effects on 113 teachers in Canada and America of randomized assignment to an 8-week Mindfulness Training (SMARTinEducation) or wait-list control groups. Results showed teachers assigned to MT showed greater mindfulness, focused attention, and working memory capacity, and occupational self-compassion, as well as a reduction in occupational stress and burnout, and symptoms of anxiety and depression.

Roeser, R. (2009). SMART-in-Education Three-Day Workshops for School Counselors, Principals and School Administrators: Vancouver, BC. Denver, CO. (unpublished)

- This is Roeser's report on a three-day SMART experience offered for administrators. The three-day intensive SMART workshop was to introduce the SMART program to administrators and to give them an idea of the benefits of SMART for their teachers and colleagues. They were presented with the material and surveys and reports of previous SMART trainings. In addition to giving feedback and recommendations for the program, the majority of participants said they would recommend this program to their teachers and colleagues

Research Evidence for Mindfulness Programs in Healthcare and Social Work

Bauer-Wu, S. (2010). Mindfulness meditation. *Oncology* (Williston Park, N.Y.), 24(10 Suppl), 36.

Beach, M. C., Saha, S., Korthuis, T., Sharp, V., Cohn, J., Epstein, R., & Moore, R. D. (2009). Are mindfulness and empathy among healthcare providers associated with more positive patient outcomes? *Journal of General Internal Medicine*, 24, 23-24.

Davis, K. (2010). Mindfulness and social work practice, (by Steven F. Hick, Ed). *Smith College Studies in Social Work*, 80(2), 344-348. doi:10.1080/00377317.2010.486363

Fortney, L., Luchterhand, C., Zakletskaia, L., Zgierska, A., & Rakel, D. (2013). Abbreviated mindfulness intervention for job satisfaction, quality of life, and compassion in primary care clinicians: A pilot study. *Annals of Family Medicine*, 11(5), 412-420. doi:10.1370/afm.1511

Garland, E. L. (2013). Mindfulness research in social work: Conceptual and methodological recommendations. *Social Work Research*, 37(4), 439-448. doi:10.1093/swr/svt038

- Goodman, M. J., & Schorling, J. B. (2012). A mindfulness course decreases burnout and improves well-being among healthcare providers. *International Journal of Psychiatry in Medicine*, 43(2), 119-128. doi:10.2190/PM.43.2.b
- Goyal M, Singh S, Sibinga ES, et al. Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis. *JAMA Intern Med.*2014;174(3): 357-368. doi:10.1001/jamainternmed.2013.13018.
- Hawley, L. L., Schwartz, D., Bieling, P. J., Irving, J., Corcoran, K., Farb, N. A. S., . . . Segal, Z. V. (2014). Mindfulness practice, rumination and clinical outcome in mindfulness-based treatment. *Cognitive Therapy and Research*, 38(1), 1-9. doi:10.1007/s10608-013-9586-4
- Hick, S. F. (2008). A personal journey to mindfulness: Implications for social work practice. *Reflections: Narratives of Professional Helping*, 14(2), 16-23.
- Jacobs, S. J., & Blustein, D. L. (2008). Mindfulness as a coping mechanism for employment uncertainty. *Career Development Quarterly*, 57(2), 174-180.
- Lampe, M., & Engleman-Lampe, C. (2012). Mindfulness-based business ethics education. *Academy of Educational Leadership Journal*, 16(3), 99.
- Ludwig, D. S., & Kabat-Zinn, J. (2008). Mindfulness in medicine. *JAMA: The Journal of the American Medical Association*, 300(11), 1350-1352. doi:10.1001/jama.300.11.1350
- Mangiameli, P. (2012). Reliability, mindfulness, and managing healthcare: Introduction to a JBR special section. *Journal of Business Research*, 65(4), 535-536. doi:10.1016/j.jbusres.2011.02.017
- Mars, T. S., & Abbey, H. (2010). Mindfulness meditation practise as a healthcare intervention: A systematic review. *International Journal of Osteopathic Medicine*, 13(2), 56-66. doi:10.1016/j.ijosm.2009.07.005
- Martin-Asuero, A., & Garcia-Banda, G. (2010). The mindfulness-based stress reduction program (MBSR) reduces stress-related psychological distress in healthcare professionals. *Spanish Journal of Psychology*, 13(2), 897.
- McGarrigle, T., & Walsh, C. A. (2011). Mindfulness, self-care, and wellness in social work: Effects of contemplative training. *Journal of Religion & Spirituality in Social Work*, 30(3), 212-233. doi:10.1080/15426432.2011.587384
- Newsome, S., Christopher, J. C., Dahlen, P., & Christopher, S. (2006). Teaching counselors self-care through mindfulness practices. *TEACHERS COLLEGE RECORD*, 108(9), 1881-1900. doi:10.1111/j.1467-9620.2006.00766.x
- Russell, J. (2011). Mindfulness: A tool for parents and children with asperger's syndrome. *Mindfulness*, 2(3), 212-215. doi:10.1007/s12671-011-0063-4
- Ruths, F. A., de Zoysa, N., Frearson, S. J., Hutton, J., Williams, J. M. G., & Walsh, J. (2013). Mindfulness-based cognitive therapy for mental health professionals a pilot study. *Mindfulness*, 4(4), 289-295. doi:10.1007/s12671-012-0127-0
- Santorelli, S. (2007). Mindfulness and medicine. *Explore: The Journal of Science and Healing*, 3(2), 136-144. doi:10.1016/j.explore.2006.12.009
- Turner, K. (2009). Mindfulness: The present moment in clinical social work. *Clinical Social Work Journal*, 37(2), 95-103. doi:10.1007/s10615-008-0182-0
- Van Gordon, W., Shonin, E., Zangeneh, M., & Griffiths, M. D. (2014). Work-related mental health and job performance: Can mindfulness help? *International Journal of Mental Health and Addiction*, 12(2), 129-137. doi:10.1007/s11469-014-9484-3
- Webb, J. R., Phillips, T. D., Bumgarner, D., & Conway-Williams, E. (2013). Forgiveness, mindfulness, and health. *Mindfulness*, 4(3), 235-245. doi:10.1007/s12671-012-0119-0
- White, L. (2014). Mindfulness in nursing: An evolutionary concept analysis. *Journal of Advanced Nursing*, 70(2), 282-294. doi:10.1111/jan.12182

