

Meditation and Psychotherapy Research Group

Dr. Lynn C. Waelde

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

1. Randomized controlled trial of Inner Resources (IR) meditation vs. a well-validated telehealth intervention for veterans who served in Iraq and Afghanistan (Waelde, P.I.). We will also consult with some VA hospitals that are conducting IR clinical trials and may have data access.
2. Archival data are available from a pilot study of (IR) meditation for mental health workers who are survivors of Hurricane Katrina (Waelde, P.I., with Madeline Uddo, Ph.D., Co-I)

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 April 11. Students will be notified of admission to the group by May 9.

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 psychology class while a student at PGSP.

Recent Meditation-Related Publications:

- 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. (in press). Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: A randomized pilot trial. *Journal of Clinical Psychology*.
- Waelde, L. C. (in press). Meditation. In G. Reyes, J. Elhai, & J. Ford (Eds.). *Encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Waelde, L. C. (2006, September/October). Inner Resources: A psychotherapeutic program of meditation. *The California Psychologist*, 36(5), 24-26.
- Waelde, L. C. (2004). Dissociation and meditation. *Journal of Trauma and Dissociation*, 5(2), 147-162.
- Waelde, L. C. (2004). Meditation as psychotherapy. *Psychotherapy Bulletin*, 39(2), 35-37.
- 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.

In Submission (with PGSP students):

Waelde, L. C., Uddo, M., Marquett, R., Ropelato, M., Freightman, S., Pardo, A., Salazar, J. (in submission). *A pilot study of meditation for mental health workers following Hurricane Katrina*.

Recent Meditation-Related Conference Presentations with PGSP Students:

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.

Invited Professional Talks/Trainings (with PGSP students):

Waelde, L. C., & Penner, A. (2007, January). *Inner Resources for VA mental health professionals*. New Orleans Veterans Affairs Outpatient Clinic, New Orleans, LA.

Waelde, L. C., & Penner, A. (2007, January). *Inner Resources for stress: A community retreat*. St. Paul's Episcopal Church, New Orleans, LA

Treatment Manuals

Waelde, L. C. (2004). *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.

Waelde, L. (2003). *Inner Resources for Caregivers: A Psychotherapeutic Program of Meditation* (2nd ed.). Treatment manual and materials.