

References for the Mindfulness-Based Ecotherapy Program

- Adler, Margot (1986). *Drawing Down the Moon*. New York, NY: Penguin Books.
- Altner, N. (2002). Mindfulness Practice and Smoking Cessation: The Essen Hospital Smoking Cessation Study. *Journal for Meditation and Meditation Research*, 2, 9-18.
- Alvarsson J, Wiens S., & Nilsson M. (2010). Stress and recovery during exposure to nature sounds and environmental noise. *Int. J Environ Res Public Health*, 2010 (7) 1036-106.
- Antonioli, C. & Reveley, M. A. (2005). Randomised controlled trial of animal facilitated therapy with dolphins in the treatment of depression. *British Medical Journal*, 2005, vol. 331, no. 7527, pp. 1231–1234.
- Astin, J.A. (1997). Stress Reduction through Mindfulness Meditation: Effects on Psychological, Symptomatology, Sense of Control, and Spiritual Experiences. *Psychotherapy Psychosomatics*, 66, 97-106.
- Astin J.A., Berman B.M., Bausell B., Lee W.L., Hochberg M, & Forys K.L. (2003). The efficacy of mindfulness meditation plus Qigong movement therapy in the treatment of fibromyalgia: a randomized controlled trial, *Journal of Rheumatology*, 2003 Oct; 30(10):2257-62.
- Baer, R. A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, 10(2), 125–143. Introduction to Special Issue 183
- Baer, R. A., Smith, G. T., & Allen, K. B. (2004). Assessment of mindfulness by self-report: *The Kentucky Inventory of Mindfulness Skills. Assessment*, 11, 191–206.
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27–45.
- Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of Personality and Social Psychology*, 61, 226-244.
- Benson, H. (1996). *Timeless healing: The power and biology of belief*. New York: Fireside Books.
- Benzies, Karen & Mychasiuk, Richelle (2007). Fostering family resiliency: a review of the key protective factors. *Child and Family Social Work* 2009, 14, pp 103–114.
- Bergum, Vanjie (1989). *Woman to Mother: A Transformation*. Bergin and Garvey Publishers, Westport, Connecticut.
- Bernhard, J. D., Kristeller, J., Kabat-Zinn, Jon (1988), Effectiveness of relaxation and visualization techniques as an adjunct to phototherapy and photochemotherapy of psoriasis. *Journal of the American Academy of Dermatology*, 19(3), 572-573.
- Bishop, S. R. (2002). What do we really know about mindfulness-based stress reduction? *Psychosomatic Medicine*, 64, 71–84.
- Blair, D. (2009). The Child in the Garden: An Evaluative Review of the Benefits of School Gardening. *The Journal of Environmental Education*, WINTER 2009, VOL. 40, NO. 2
- Bly, Robert (1990). *Iron Jobn: A Book about Men*, Addison-Wesley, New York, NY.
- Borchers, J.G., and Bradshaw, G.A. (December, 2008). How green is my valley—and mind. Ecotherapy and the greening of psychology. *Counseling Today*, pp. 38-41. Brown, D., Forte, M., & Dysart, M. (1984). Visual sensitivity and mindfulness meditation. *Perceptual and Motor Skills*, 58(3)775-784, June, 1984.

- Brown, D., Forte, M., & Dysart, M. (1984). Differences in visual sensitivity among mindfulness meditators and non-meditators, *Perceptual and Motor Skills*, 58(3), 727-733, June, 1984.
- Brown, K. W., & Ryan, R. M. (2003). The benefits of beings present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84, 822–848.
- Brown, K. W., Ryan, R. M., & Creswell, J. D. (2007). Mindfulness: Theoretical foundations and evidence for its salutary effects. *Psychological Inquiry*, 18(4), 211–237.
- Buchheld, N., Grossman, P., & Walach, H. (2001). Measuring mindfulness in Insight Meditation (Vipassana) and meditation-based psychotherapy: The development of the Freiburg Mindfulness Inventory (FMI). *Journal for Meditation and Meditation Research*, 1, 11–34.
- Campbell, Joseph. (1968). *The Hero with a Thousand Faces*. Princeton, New Jersey: Princeton University Press.
- Carlson, L.E., & Garland, S.N. (2005). Impact of mindfulness-based stress reduction (MBSR) on sleep, mood, stress and fatigue symptoms in cancer outpatients, *International Journal of Behavioral Medicine*. 2005; 12(4):278-85.
- Carlson, L.E., Speca, M., Patel, K.D., & Goodey, E. (2004). Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients. *Psychoneuroendocrinology*. 2004 May; 29(4):448-74.
- Carson, J.W.; Keefe, F.J.; Lynch, T.R.; Carson, K.M.; Goli, V.; Fras, A.M. & et al. (2005). Loving-kindness meditation for chronic low back pain: results from a pilot trial. *Journal of Holistic Nursing*, 23(3): 287-304; Sep 2005.
- Celtic Tree Astrology: <http://www.whats-your-sign.com/celtic-tree-astrology.html> downloaded June 22, 2015
- Chadwick, P., Hember, M., Symes, J., Peters, E., Kuipers, E., & Dagnan, D. (2008). Responding mindfully to unpleasant thoughts and images: Reliability and validity of the Southampton Mindfulness Questionnaire. *British Journal of Clinical Psychology*, 47, 451–455.
- Childs, D. (2007). Mindfulness and the psychology of presence. *Psychology and Psychotherapy: Theory, Research and Practice* 80, 367–376.
- Coelho, H. F., Canter, P. H., & Ernst, E. (2007). Mindfulness-based cognitive therapy: Evaluating current evidence and informing future research. *Journal of Consulting Clinical Psychology*, 75(6), 1000–1005.
- Commentary. Mindfulness and metaphor in relapse prevention: An interview with G. Alan Marlatt. *Journal of the American Dietetic Association*, 94(8), 846-848, 1994.
- Cordon, S. L., Brown, K. W., & Gibson, P. R. (2009). The role of mindfulness-based stress reduction in perceived stress: Preliminary evidence for the moderating role of attachment style. *Journal of Cognitive Psychotherapy: An International Quarterly*, 23(3), 258–269.
- Covert, A.M., Whiren, A.P., Keith, J. & Nelson, C. (1985). Pets, early adolescence and families. *Marriage and Family Review*, 8(3-4), 95-108.
- Coyle, James P. (2009). *An Exploratory Study of the Nature of Family Resilience*, State University of New York at Buffalo, Buffalo, New York.
- Davidson, Richard J., Kabat-Zinn, Jon et al. (2003) Alterations in Brain and Immune Function Produced by Mindfulness Meditation. *Psychosomatic Medicine*, 65, 564-570.
- Davis, K. M., Lau, M. A., & Cairns, D. R. (2009). Development and preliminary validation of a trait version of the Toronto Mindfulness-scale. *Journal of Cognitive Psychotherapy: An International Quarterly*, 23(3), 185–197.
- Dimeff, L., & Linehan, M.M. (2001). Dialectical Behavior Therapy in a Nutshell. *The California Psychologist*, 34, 10-13.

- Dyer, Jade (2007). How Does Spirituality Affect Physical Health? A Conceptual Review, *Holistic Nursing Practice* 2007; 21(6):324–328
- Edwards, D.L. (1991). A meta-analysis of the effects of meditation and hypnosis on measures of anxiety. *Dissertation abstracts international*, 52, (2-B), 1039-1040.
- Farber, E.M., & Nall, L. (1984). An appraisal of measures to prevent and control psoriasis. *Journal of the American Academy of Dermatology*. 10(3), 511-17, March, 1984.
- Feldman, G., Hayes, A., Kumar, S., Greeson, J., & Laurenceau, J. P. (2007). Mindfulness and emotional regulation: The development and initial validation of the Cognitive and Affective Mindfulness Scale-Revised (CAMS-R). *Journal of Psychopathology and Behavioral Assessment*, 29, 177–190.
- Fine, A. (2000). Animals and therapists: incorporating animals in outpatient psychotherapy. In A. Fine (ed.) *Handbook on Animal-Assisted Therapy: Theoretical Foundations and Guidelines for Practice* (179-211). San Diego, California, Academic Press.
- Fisher, A. (2002). *Radical ecopsychology. Psychology in the service of life*. Albany: State University of New York Press.
- Freud, S. (2004) *The Interpretation of Dreams: Third Edition*. Glacier National Park, Montana: Kessinger Publishing.
- Froggatt, Wayne (1993). *Choose to be Happy: Your Step-by-Step Guide*, Harper-Collins, Auckland, New Zealand.
- Garner-Nix, J., Blackman, S., Barbati, J., & Grummitt, J. (2008). Evaluating distance education of a mindfulness-based meditation program for chronic pain management. *Journal of Telemedicine and Telehealthcare*, 14, 88–92
- Gelderloos, P., Walton, K., Orme-Johnson, D., & Alexander, C. (1991). Effectiveness of the transcendental meditation program in preventing and treating substance misuse: A review. *International journal of the addictions*, 26 (3), 293-325.
- Goldenberg, D.L., Kaplan, K.H., & Galvin-Nadeau, M. (1993). The Impact of Meditation-Based Stress Reduction Program on Fibromyalgia. *General Hospital Psychiatry*, 15, 284-289, 1993.
- Goldin, P., Ramel, W., & Gross, J. (2009). Mindfulness meditation training and self-referential processing in social anxiety disorder: Behavioral and neural effects. *Journal of Cognitive Psychotherapy: An International Quarterly*, 23(3), 242–257.
- Graves, Robert (1997). *The White Goddess*, Farrar Straus Giroux, London, England.
- Gray, D.P. (2004). Complementary and alternative therapies. In: *Medical Surgical Nursing*, S.M., Lewis, L. Heitkemper, & S.R. Dirksen, (Eds). pp: 94-109, St. Louis: Mosby Inc; ISBN-13: 978-0323016100.
- Grepmaier, L., Mitterlehner, F., Loew, T., Bachler, E., Rother, W., & Nickel, M. (2007). Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: A randomized, double-blind, controlled study. *Psychotherapy Psychosomatics*, 76, 332–338.
- Grossman, P., Nieman, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57(1), 35–43.
- Harter, S. (1999). *The Construction of the Self: A Developmental Perspective*. New York, NY: Guilford Press.
- Hassink, J. & van Dijk, M. (Eds.). (2006). Farming for health: Green-care farming across Europe and the United States of America. Proceedings of the Frontis Workshop on Farming for Health, Wageningen, the Netherlands, 16-19 March, 2005. New York: Springer.

- Hayes, S. C., Strosahl, K., & Willson, K. G. (1999). *Acceptance and commitment therapy: An experiential approach to behavior change*. New York: Guilford Press.
- Herbert, Frank (1965). *Dune*, Chilton Books, New York, NY.
- Hirst, I.S., (2003). Perspectives of mindfulness. *Journal of Psychiatric and Mental Health Nursing*, 10: 359-366.
- Hölzel, Britta, Carmody, James, Vangela, Mark, Congletona, Christina, Yerramsettia, Sita M., Garda, Tim, & Lazar, Sara W. (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Research: Neuroimaging* 191 (2011) 36-43.
- Johnson, Susan M. (2004). *The Practice of Emotionally Focused Couple Therapy: Creating Connection*. Brunner-Routledge, New York, NY.
- Jung, C. G. (1927). *The Archetypes and the Collective Unconscious*. Collected Works, Vol. 9.i, pars. 87-110.
- Jung, C. G. (1962). *Symbols of Transformation: An analysis of the prelude to a case of schizophrenia* (Vol. 2, R. F. C. Hull, Trans.). New York: Harper & Brothers.
- Kabat-Zinn, J., (1982). An Out-Patient Program in Behavioral Medicine for Chronic Pain Patients Based on the Practice of Mindfulness Meditation: Theoretical Considerations and Preliminary Results *General Hospital Psychiatry*, 4: 33-47.
- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your mind to face stress, pain and illness*. New York: Dell.
- Kabat-Zinn, J., (1996). Mindfulness Meditation: What It Is, What It Isn't, and Its Role in Health Care and Medicine. *Comparative and Psychological Study on Meditation*, 1996 161-170.
- Kabat-Zinn, J., & Chapman-Waldrop, A., (1988). Compliance with an Outpatient Stress Reduction Program: Rates and Predictors of Completion. *Journal of Behavioral Medicine*, 11: 333-352.
- Kabat-Zinn, J., Chapman, A., & Salmon, P., (1997). Relationship of Cognitive and Somatic Components of Anxiety to Patient Preference for Different Relaxation Techniques *Mind/ Body Medicine*, 2, 101-109.
- Kabat-Zinn, J., Lipworth, L., & Burney, R., (1985). The Clinical Use of Mindfulness Meditation for the Self-Regulation of Chronic Pain. *Journal of Behavioral Medicine*, 8: 163-190.
- Kabat-Zinn, J., Lipworth, L., Burney, R., & Sellers, W., (1986). Four year Follow-up of a Meditation-Based Program for the Self-Regulation of Chronic Pain: Treatment Outcomes and Compliance. *Clinical Journal of Pain*, 2: 159-173.
- Kabat-Zinn, J., Massion, A.O., Kristeller, J., Peterson, L.G., Fletcher, K., Pbert, L., Linderking, W., & Santorelli, S.F., (1992). Effectiveness of a Meditation-Based Stress Reduction Program in the Treatment of Anxiety Disorders. *American Journal of Psychiatry*, 149: 936-943.
- Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M.S., Cropley, T.G., Hosmer, D., and Bernhard, J. (1998). Influence of a mindfulness--based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy (UVB) and photochemotherapy (PUVA), *Psychosomatic Medicine*, (60), 625-632.
- Kabat-Zinn, J. (2003). Mindfulness-based Interventions in context: Past, present, and future. *Clinical Psychology*, May, 2003, 10 (2), 144-156.

- Kaplan, K.H., Goldenberg, D.L., Galvin-Nadeau, M. (1993). The Impact of Meditation-Based Stress Reduction Program on Fibromyalgia. *General Hospital Psychiatry*, 15, 284-289.
- Kornfield, Jack & Breiter, Paul (2004). *A Still Forest Pool: The Insight Meditation of Achaan Chah*. Quest Books, Wheaton IL.
- Kreitzer, M.J., Gross, C.R., Ye, X., Russas, V., & Treesak, C. (2005). Longitudinal impact of mindfulness meditation on illness burden in solid-organ transplant recipients, *Progressive Transplant*. June 2005; 15(2):166-72.
- Kristeller, J.L. & Halleh, C. B. (1999). An exploratory study of a meditation-based intervention for binge eating disorder. *Journal of Health Psychology*, 4: 357 – 363.
- Kuo, F.E., & Taylor, A.F. (2004). A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence from a National Study. *American Journal of Public Health, September 2004, Vol 94, No. 9*.
- Kutz, I., Borysenko, J.Z., & Benson, H. (1985). Meditation and Psychotherapy: A Rationale for the Integration of Dynamic Psychotherapy, the Relaxation Response, and Mindfulness Meditation. *American Journal of Psychiatry*, 142(1), 1-8, January, 1985.
- Kuyken, W., Byford, S., Taylor, R. S., Watkins, E., Holden, E., White, K., et al. (2008). Mindfulness-based cognitive therapy to prevent relapse in recurrent depression. *Journal of Consulting and Clinical Psychology*, 76(6), 966–978.
- Lau, M. A., Bishop, S. R., Segal, Z. V., Buis, T., Anderson, N. D., Carlson, L., et al. (2006). The Toronto Mindfulness Scale: Development and validation. *Journal of Clinical Psychology*, 62, 1445–1467.
- Lazar, S. W., Kerr, C. E., Wasserman, R. H., Gray, J. R., Greve, D. N., Treadway, M. T., et al. (2005). Meditation experience is associated with increased cortical thickness. *Neuroreport*, 16(17), 1893–1897.
- Linehan, M. M. (1993). *Cognitive behavioral treatment of borderline personality disorder*. New York: Guilford Press.
- Levine, M.M. & Bohn, S. (1986). *Development of social skills as a function of being reared with pets. Living together: people, animals and the environment*. Delta Society International Conference, Boston, MA.
- Louv, Richard (2005). *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*. Chapel Hill, NC: Algonquin Books.
- Lykins, E. L. B. & Baer, R. A. (2009). Psychological functioning in a sample of long-term practitioners of mindfulness meditation. *Journal of Cognitive Psychotherapy: An International Quarterly*, 23(3), 226–241.
- Mansky, P.J., & Wallerstedt, D.B. (2006). Complementary medicine in palliative care and cancer symptom management. *Cancer Journal*: 2006 Sep-Oct; 12(5):425-31.
- Marcus, M.T., Fine, M., & Kouzekanani, K. (2001). Mindfulness-Based Meditation in a Therapeutic Community. *Journal of Substance Use*, 5, 305-311.
- Marcus, M.T., Fine, M., Moeller, F. G., Khan, M.M., Pitt, K., & Liehr, P. (2003). Changes in stress levels following mindfulness-based stress reduction in a therapeutic community. *Addictive Disorders and Their Treatment*, 2: 63-68.
- Marcus, M.T., Liehr, P., Schmitz, J., Moeller, F., Swank, P., Fine, M., Cron, S., Granmayeh, L.K., & Carroll, D. (2007). Behavioral Therapies Trials. *Nursing Research*, 56, 3: 210-216.
- Marlatt, G.A. (1994). Mindfulness and metaphor in relapse prevention: an interview with G. Allan Marlatt. *Journal of the American Dietetic Association*, 94(8), 846-8, Aug., 1994.

- Massion, A. O., Teas, J., Heber, J.R., Wertheimer, M.D., & Kabat-Zinn, J. (1995). Meditation, melatonin and breast/prostate cancer: hypothesis and preliminary data, *Medical Hypotheses*, 44(1), 39-46. Jan. 1995.
- McConnell, Allen R. et al (2011) Friends with Benefits: On the Positive Consequences of Pet Ownership. *Journal of Personality and Social Psychology*, 2011, Vol. 101, No. 6, 1239 –1252
- Mehrabian, Albert (1972). *Silent Messages: Implicit Communication of Emotions and Attitudes*, Wadsworth Publishing Company, Belmont, California.
- Melson, G.F. (1990). *Pet ownership and attachment in young children: relation to behavior problems and social competence*. Annual Meeting of the Delta Society, Houston, TX.
- Miller, J., Fletcher, K., & Kabat-Zinn, J. (1995). Three-year follow-up and clinical implications of a mindfulness-based intervention in the treatment of anxiety disorders. *General hospital psychiatry*, 17, 192-200.
- Minor, H.G., Carlson, L.E., Mackenzie, M.J., Zernicke, K., & Jones, L. (2006). Evaluation of a Mindfulness-Based Stress Reduction (MBSR) program for caregivers of children with chronic conditions. *Social Work Health Care*, 2006; 43(1):91-109.
- Minor, Robert N. (2007). *When Religion is an Addiction*. Humanity Works, St. Louis, MO.
- Mirisse, Dhammika (2000). Stress reduction for youth through mindfulness and lovingkindness meditation. (Master's thesis, University of Colombo, Sri Lanka, Simon Fraser University). National Library of Canada.
- Napoli, Maria. (2004). Mindfulness training for teachers: A pilot program. *Complementary health practice review*, 9 (1) 31-42.
- National Institute for Clinical Excellence. (2004). Depression: Management of depression in primary and secondary care. *Clinical Guideline 23*.
- Nhat Hanh, Thich (1997). *True Love: A Practice for Awakening the Heart*, Shambhala Publications, Boston, Massachusetts.
- Palley, Lori S.; O'Rourke, P. Pearl; & Niemi, Steven M. (2010). Mainstreaming Animal-Assisted Therapy. *ILAR Journal*, Volume 51, Number 3 2010.
- Perry, B. D. (2009, November 25). *Childhood Experience and the Expression of Genetic Potential: What Childhood Neglect Tells Us About Nature and Nurture*. Retrieved November 25, 2009, from Feral Children's website: <http://www.feralchildren.com/en/pager.php?df=perry2002&pg=9>
- Purcell, A.H. Corbin, J.D. Hans, K.E. (2007). Urban Riparian Restoration: An Outdoor Classroom for College and High School Students Collaborating in Conservation, *Madrono*, Vol. 54, No. 3, pp. 258–267, 2007.
- Roggenbuck, J.W. & Driver, B.L. (2000). Benefits of Nonfacilitated Uses of Wilderness. *USDA Forest Service Proceedings RMRS-P-15-VOL-3*.
- Rowan, John (1990). *Subpersonalities: The People Inside Us*. Routledge, Chapman & Hall, Incorporated.
- Salomon, A. (1995). *Animals as a means of emotional support and companionship for children aged 9 to 13 years old*. Conference on Human Animal Interactions, Animal Health, and Quality of Life, Sept 6-9, Geneva, Switzerland.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression: A new approach for preventing relapse*. New York: Guilford Press.
- Sempik, J. and Spurgeon, T. (2006) *Lessons learnt – Evidence from practice: The use of plants and horticulture in promoting health and well-being* in: Proceedings of the 6th International Congress on Education in Botanic Gardens, Richmond:

Botanic Gardens Conservation International in association with Oxford: University of Oxford Botanic Garden (ISBN 1-905164-13-0).

- Shapiro, S. L. (2009). The integration of mindfulness and psychology. *Journal of Clinical Psychology, 65*(6), 555–560.
- Siegel, Daniel J. (1999). *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*, Guilford Press, New York, NY.
- Siegel, Daniel J. (2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*, W.W. Norton & Co., New York, NY.
- Snyder, M. & Wieland, J. (2003). Complementary and alternative therapies: What is their place in the management of chronic pain? *Nurs Clin North Am. 38*(3): 495-508; Sep 2003.
- Sponselee, A.M., de Kort, Y. & Meijnders, A. (2004). Healing Media: The moderating role of presence in restoring from stress in a mediated environment. *Presence 2004*.
- Stein, Murray (2005). Individuation: Inner Work. *Journal of Jungian Theory and Practice, Vol. 7, No. 2*.
- Tale of Two Wolves*, Downloaded from <http://www.firstpeople.us/FP-HTML-Legends/TwoWolves-Cherokee.htm>, January 7, 2010
- Teasdale, J. D., Segal, Z. V., Williams, J. M. G., Ridgeway, V. A., Soulsby, J. M., & Lau, M. A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology, 68*, 615–623.
- Toneatto, T., & Nguyen, L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *La Revue Canadienne de Psychiatrie, 52*(4), 260–266.
- Twain, Mark (1998). *The Adventures of Tom Sawyer*, Dover Thrift Editions, New York, NY.
- Van den Berg, A. E., & Ter Heijne, M. (2005). Fear versus fascination: Emotional responses to natural threats. *Journal of Environmental Psychology, 25* (3), 261-272.
- Vettese, L. C., Tonneatto, T., Stea, J. N., Nguyen, L., & Wang, J. J. (2009). Do mindfulness meditation participants do their homework? And does it make a difference? A review of the empirical evidence. *Journal of Cognitive Psychotherapy: An International Quarterly, 23*(3), 198–225.
- Walsh, F. (2006). *Strengthening Family Resilience, Second Edition*. New York, NY: Guilford Press.
- Whittington, A. (2006). Girls in the Woods: Exploring the Impact of a Wilderness Program on Adolescent Girls' Constructions of Femininity. *Journal of Experiential Education, 2006, Vol. 28, No. 23, pp. 285-289*.
- Williams, Mark; Teasdale, John; Segal, Zindel, and Kabat-Zinn, Jon (2007). *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*. Guilford Press, New York, NY.