

Publications and References

Peer-Reviewed Journal Articles

Audo, E. (2012). *The experience of mind-body bridging as a treatment for domestic violence offenders*. Dissertation Abstracts International, 287; 3508060.

Gren, L. H., Jaggi, R., Landward, R., Benson, L. S., & Frost, C. J. (2016). A community health coach-delivered mental wellness intervention using Mind-Body Bridging to reduce health disparities in diverse communities. *Pedagogy in Health Promotion*.

Ho, S. S., & Nakamura, Y. (2017). Healing dysfunctional identity: Bridging mind-body intervention to brain systems. *Journal of Behavioral and Brain Science*, 7, 137–164.

Lipschitz, D. L., Kuhn, R., Kinney, A. Y., Donaldson, G. W., & Nakamura, Y. (2013). Reduction in salivary α -amylase levels following a mind-body intervention in cancer survivors: An exploratory study. *Psychoneuroendocrinology*, 38(9), 1521–1531.

Lipschitz, D. L., Kuhn, R., Kinney, A. Y., Grewen, K., Donaldson, G. W., & Nakamura, Y. (2015). An exploratory study of the effects of mind-body interventions targeting sleep on salivary oxytocin levels in cancer survivors. *Integrative Cancer Therapies*, 14(4), 366–380.

Lipschitz, D. L., Landward, R., & Nakamura, Y. (2014). An exploratory study of an online mind-body program for poor sleepers in a community sample. *European Journal of Integrative Medicine*, 6(1), 48–55.

Lipschitz, D. L., Olin, J. A., & Nakamura, Y. (2016). A randomized controlled pilot study of a mind-body intervention compared with treatment as usual in the management of insomnia among active-duty military personnel. *European Journal of Integrative Medicine*, 8(5), 769–780.

Lutovac, S., Kaasila, R., Petäjämäki, M., & Siira, V. (2022). How does mind-body bridging support professional identity development? *International Journal for Educational and Vocational Guidance*.

Nakamura, Y., Lipschitz, D. L., Donaldson, G. W., Kida, Y., Williams, S. L., Landward, R., et al. (2017). Investigating clinical benefits of a novel sleep-focused mind-body program on Gulf War illness symptoms: A randomized controlled trial. *Psychosomatic Medicine*, 79(6), 706–718.

Nakamura, Y., Lipschitz, D. L., Kanarowski, E., McCormick, T., Sutherland, D., & Melow-Murchie, M. (2015). Investigating impacts of incorporating an adjuvant mind-body intervention method into treatment as usual at a community-based substance abuse treatment facility. *SAGE Open*, 5(1).

Nakamura, Y., Lipschitz, D. L., Kuhn, R., Kinney, A. Y., & Donaldson, G. W. (2013). Investigating efficacy of two brief mind-body intervention programs for managing sleep disturbance in cancer survivors. *Journal of Cancer Survivorship*, 7, 165–182.

Nakamura, Y., Lipschitz, D. L., Landward, R., Kuhn, R., & West, G. (2011). Two sessions of sleep-focused mind-body bridging improve self-reported symptoms of sleep and PTSD in veterans. *Journal of Psychosomatic Research, 70*, 335–345.

Tollefson, D. R., & Phillips, I. (2015). A mind-body bridging treatment program for domestic violence offenders: Program overview and evaluation results. *Journal of Family Violence, 30*(6), 783–794.

Tollefson, D. R., Webb, K., Shumway, D., Block, H., & Nakamura, Y. (2009). A mind-body approach to domestic violence perpetrator treatment: Program overview and preliminary outcomes. *Journal of Aggression, Maltreatment & Trauma, 18*(1), 17–45.

Academic and Professional Books Referencing Mind-Body Bridging

Vernon, A., & Doyle, K. (2018). *Cognitive behavior therapies: A guidebook for practitioners*. John Wiley & Sons.

Froerer, A., Von Cziffra-Bergs, J., Kim, J., & Connie, E. (Eds.). (2018). *Solution-focused brief therapy with clients managing trauma*. Oxford University Press.

Lavretsky, H., Sajatovic, M., & Reynolds, C. (Eds.). (2016). *Complementary and integrative therapies for mental health and aging*. Oxford University Press.

Babson, K., & Feldner, M. (Eds.). (2015). *Sleep and affect: Assessment, theory, and clinical implications*. Elsevier.

One, J. (Ed.). (2019). *Cognitive-behavioral therapies for insomnia*. Elsevier.

Trade Publications Referencing Mind-Body Bridging

Harris, J. S. (2019). *Zen beyond mindfulness: Using Buddhist and modern psychology for transformational practice*. Shambhala Publications.

Murphy, C. M., et al. (2019). *Handbook of interpersonal violence across the lifespan*.