

# ZDROJE

- Alidina, S. (2011). *Mindfulness for dummies*. West Sussex, England: John Wiley & Sons.
- Amen, D., (1998). *Change your brain change your life*. New York: Random House.
- Benson, H., Friedman, R. (1996). Harnessing the power of the placebo effect and renaming it "remembered wellness". *Annual Review of Medicine*, 47, 193–199.
- Benson, H. (2000). *The relaxation response*. Updated. New York: William Morrow Paperbacks.
- Bernstein, P. (2005). Intuitions: What science says (so far) about how and why intuition works. In *Endophysics, Time, Quantum and the Subjective*. Singapore: World Scientific Publishing.
- Biegel, G., Brown, K., Shapiro, S., Schubert, C. (2009). Mindfulness-based stress reduction for the treatment of adolescent psychiatric outpatients: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 77 (5), 855–866.
- Burke, C. (2009). Mindfulness-based approaches with children and adolescents: A preliminary review of current research in an emergent field. *Journal of Child and Family Studies*. Dostupné z: DOI 10.1007/s10826-009-9282-x.
- Childre, D., Marti, H. (1999). *The heartmath solution*. New York: HarperCollins, 1999. Dostupné z: www.HeartMath.com.
- Dyer, W (2002). *Getting in the gap: Making conscious contact with God through meditation*. Carlsbad, CA: Hay House, 2002.
- Fehmi, L. *Open Focus*. The Princeton Biofeedback Centre, LLC. Retrieved November 7, 2012. Dostupné z: www.openfocus.com/resources/complimentary-programs.
- Fehmi, L. (2010). *Dissolving pain: Simple brain training exercises for overcoming pain*. Boston: Trumpeter Books.
- Fehmi, L. (2007). *The open focus brain*. Boston: Trumpeter Books.
- Flook, L., Smalley, S. L., Kitil, M. J., Galla, B. M., Kaiser-Greenland, S., Locke, J. et al. (2010). Effects of mindful awareness practices on executive functions in elementary school children. *Journal of Applied School Psychology*, 26, 1, 70–95.
- Hauss, R. B. (2011). *The placebo effect: The amazing power of the mind to heal the body*. Hill Rag, June, 2011, 102–103.
- Hawn Foundation, (2011). *The MINDUP Curriculum*, Grades Pre-K-2. New York: Scholastic.
- Hebb, D. (2009). *The organization of behavior*, Mahwah, NJ; Lawrence Erlbaum Associates.
- Hölzel, B. K., Ott, U., Gard, T., Hempel, H., Weygandt, M., Morgen, K. et al. (2007). Investigation of mindfulness meditation practitioners with voxel-based morphometry. *Social Cognitive and Affective Neuroscience*, 3, 55–61.

- Hölzel, B., Carmody, J., Evans, K., Hoge, E., Duse, J., Morgan, I. et al. (2010). Stress reduction correlates with structural changes in the amygdala. *Social Cognitive Affective Neuroscience*, 5, 11-17.
- Hutcherson, C. A., Seppala, E. M., Gross, J. J. (2008). I don't know you but I like you: Loving kindness meditation increases positivity toward others. *Paper presented at the 6th annual conference Integrating Mindfulness-Based Interventions into Medicine*. Worcester, MA: Health Care & Society.
- Jacobson, Edmund. (2012). The Progressive Muscle Relaxation of Dr. Edmund Jacobson. *Hypno-Genesis*. Retrieved November 8, 2012. Dostupné z: <http://www.hypnos.co.uk/hypnomag/jacobson.htm>.
- Jha, AP. (2005). Garrison Institute report: Contemplation and education: *Scientific research issues relevant to school-based contemplative programs: A supplement*. New York: Garrison Institute.
- 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, 3, 159-173.
- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delacorte Press.
- Kabat-Zinn, J. (2003) Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10, 144-156.
- Kaiser-Greenland, S. (2011). *Mindfulness for Children: Q & A with Susan Kaiser Greenland*. Dostupné z: <http://www.tricycle.com/blog/mindfulness-children-q-susan-kaiser-greenland>.
- Kaiser-Greenland, S. (2006). *Information from Inner Kids Organizational Website*. Dostupné z: [www.innerkids.com](http://www.innerkids.com).
- Kaiser-Greenland, S. (2010). *The mindful child*. New York, NY: Free Press.
- Kaplan, J. (2008). *Mindfulness of emotions*. Dostupné z: <http://urbanmindfulness.org/storage/UM%/020Mindfulness%20of%20Emotions.pdf>.
- Kaslow, N. J., Racusin, G. R. (1994). Family therapy for depression in young people. In Reynolds, W. M., Johnston, H. F. (Eds), *Handbook of depression in children and adolescents: Issues in clinical child psychology* (s. 345-363). New York: Plenum Press.
- Kessler, R., Amminger, G. P., Aguilar-Gaxiola, S., Alonso, J., Lee, S., Ustun, T. B. (2007). Age of onset of mental disorders: A review of recent literature. *Current Opinion in Psychiatry*, 20, 4, 359-364.
- Linden, W (1973). Practicing of meditation by school children and their levels of field dependence, test, anxiety, and reading achievement. *Journal of Consulting and Clinical Psychology*, 41, 1, 139-143.
- Linehan, M. (1993). *Skills training manual for treating borderline personality disorder*. New York: The Guilford Press.
- Miller, A. L., Wyman, S. E., Huppert, J. D., Glassman, S. L., Rathaus, J. H. (2000). Analysis of behavioural skills utilized by suicidal adolescents receiving dialectical behaviour therapy. *Cognitive and Behavioural Practice*, 7, 183-187.
- Napoli, M., Krech, P. R., Holley, L. (2005). Mindfulness training for elementary school students: The Attention Academy. *Journal of Applied School Psychology*, 21, 99-125.

- Ott, M. J. (2002). Mindfulness meditation in pediatric clinical practice. *Pediatric Nursing*, 28, 487-491.
- Piaget, J. (1962). The stages of the intellectual development of the child. *Bulletin of the Menninger Clinic*, 26, 120-128.
- Rommel, A., Halperin, J., Mill, J., Asherson, P., Kuntsi, J. (2013). Protection from genetic diathesis in attention-deficit/hyperactivity disorder: Possible complementary roles of exercise. *Journal of the American Academy of Child & Adolescent Psychiatry*, 52 (9), 900-910.
- Saltzman, A. (2011). *Mindfulness: A guide for teachers*. Dostupné z: [www.pbs.org/thebuddha/teachers-guide/9/6/13](http://www.pbs.org/thebuddha/teachers-guide/9/6/13).
- Schonert-Reichl, K., Stewart Lawlor, M. (2010). The Effects of a Mindfulness-Based Education Program on Pre- and Early Adolescents' Well-Being and Social and Emotional Competence. *Mindfulness*, 1, 137-151.
- Semple, R. J., Lee, J., Rosa, D., Miller, L. (2010). A randomized trial of mindfulness-based cognitive therapy for children: Promoting mindful attention to enhance social-emotional resiliency in children. *Journal of Child and Family Studies*, 19, 218-229.
- Semple, R. J., Lee, J., Miller, L. F. (2006). Mindfulness-based cognitive therapy for children. In Baer, R. A. (Ed.), *Mindfulness-based treatment approaches: Clinicians guide to evidence base and applications* (s. 143-166). Oxford, UK: Elsevier.
- Semple, R., Lee, J. et al. (2010). A randomized trial of mindfulness-based cognitive therapy for children: Promoting mindful attention to enhance social-emotional resiliency in children. *Journal of Child and Family Studies*, 19, 218-229.
- Semple, R., Reid, E., Miller, L. (2005). Treating anxiety with mindfulness: An open trial of mindfulness training for anxious children. *Journal of Cognitive Psychotherapy: An International Quarterly*, 19, 4, 379-391.
- Siegel, D. (2010). *Mindsight. The new science of personal transformation*. New York: Bantam Books.
- Singh, N., Lancioni, G., Manikam, R., Winton, A., Singh, A., Singh, J. et al. (2011). A mindfulness-based strategy for self-management of aggressive behavior in adolescents with autism. *Research in Autism Spectrum Disorders*, 5, 1153-1158.
- Stahl, B, Goldstein, E. (2010). *A mindfulness-based stress reduction workbook*. Oakland, CA: New Harbinger Publications.
- The Dalai Lama. (2001). *An open heart: Practicing compassion in everyday life*. Boston: Little, Brown and Company.
- Thich Nhat Hanh (2008). *Mindful movements*. Berkeley, CA: Parallax Press.
- Van de Oord, S., Bogels, S., Peijnenburg, D. (2012). The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents. *Journal of Child and Family Studies*, 21 (I), 139-147.
- Verduyn, C. (2000). Cognitive behavior therapy in childhood depression. *Child Psychology and Psychiatry Review*, 5, 176-180.
- Wagner, E. E., Rathus, J. H., Miller, A. L. (2006). Mindfulness in dialectical behavior therapy (DBT) for adolescents. In Baer, R. A. (Ed.), *Mindfulness-based treatment approaches: Clinicians guide to evidence base and applications*. Oxford, UK: Elsevier, 143-166.

- Wall, R. B. (2005). Tai chi and mindfulness-based stress reduction in a Boston public middle school. *Journal of Paediatric Health Care*, 19, 230-237.
- Wikipedia. *Drum*. Dostupné z: <http://en.wikipedia.org/wiki/Drum> retrieved 9/30/13.
- Zylowska, L., Ackerman, D., Yang, M., Futrell, J., Horton, N., Hale, T. et al. (2008). Mindfulness meditation training in adults and adolescents with ADHD. A feasibility study. *Journal of Attention Disorders*, 11 (6), 737-746.

## Doplňující literatura

- Boudette, R. (2011). Integrating mindfulness into the therapy hour. Eating disorders. *The Journal of Treatment & Prevention*, 19, 108-115.
- Brown, K., Ryan, R. (2003). The benefits of being present: Mindfulness and its role in psychological well-being of personality and social psychology. *Journal of Personality and Social Psychology*, 84, 4, 822-848.
- Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkrantz, M., Muller, D., Santorelli, S. F. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65, 564-570.
- Hooker, K., Fodor, I. (2008). Teaching mindfulness to children. *Gestalt Review*, 12 (1), 75-91.
- Moustafa, B. M. (1999). Multisensory approaches and learning styles theory in the elementary school. *Journal of Consulting and Clinical Psychology*, 41, 139-143.
- Newberg, A. B. et al. (2010). Cerebral blood flow differences between long-term meditators and non-meditators. *Consciousness and Cognition*, 19, 899-905.
- Pert, C. (1997). *Molecules of emotion: The science behind mind*. New York: Touchstone Books.
- Posner, M. I., Petersen, S. E. (1990). The attention system of the human brain. *Annual Review of Neuroscience*, 13, 25-42.
- Siegler, R. S. (1991). *Children's thinking*. 2nd ed. Upper Saddle River, NJ: Prentice-Hall.
- Siegel, D. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: W. W. Norton & Company, 291.
- Thich Nhat Hanh (2011). *Planting seeds, practicing mindfulness with children*. Berkeley, CA: Parallax Press.
- Thompson, M., Gauntlett-Gilbert, J. (2008). Mindfulness with children and adolescents: Effective clinical application. *Clinical Child Psychology and Psychiatry*, 13, 395.
- Wallace, B. A. (2006). *The attention revolution: Unlocking the power of the focused mind*. Boston: Wisdom Publications.