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Mindful Resources: A Guide to Mindfulness-Based Interventions

Lexi Marie Vogel
lexi.vogel@go.mnstate.edu

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ANNOUNCEMENT OF ORAL EXAMINATION

Name of Candidate:	Lexi Marie Vogel
Degree Program and Major:	Master of Science School Psychology
Project Title:	“Mindful Resources: A Guide to Mindfulness- Based Interventions”
Time and Place:	April 28, 2022 9:00 A.M. MacLean 268
Examining Committee:	Dr. Lisa H. Stewart, Chair Dr. Mary Dosch Dr. Chad Duncan

Abstract

Although mindfulness is often associated with wellness, relaxation, and simplicity, the literature surrounding it is extensive and often complex. The abundance of mindfulness research and resources presents a challenge for educators, parents, and other individuals interested in mindfulness-based intervention. This project examines the literature surrounding mindfulness with emphasis on interventions, targeted benefits, potential barriers, and key considerations to aid in the development of the resource guide, *Mindful Resources: A Guide to Mindfulness-Based Interventions*. Translating the information from the comprehensive literature review into this resource guide will simplify the process of selecting appropriate interventions and provide users with a sample of resources identified through research. School psychologists, educators, parents, healthcare professionals, and others can use this guide to enhance their understanding of mindfulness by learning about various effects with easier access to resources that can support the process of matching mindfulness-based interventions to their own needs, or the needs of others. Data collection forms were also created and incorporated into the resource guide to provide individuals with the means to monitor progress when necessary. This project presents the extent of effects that mindfulness can offer for minds and bodies with different needs, promotes awareness and access to the avenues available for practicing mindfulness, and provides educators, parents, and others with a sample of mindfulness-based interventions and resources feasible for a range of people.