

TÍTULOS PAPERS MBSR ENTORNOS SANITARIOS:

1. Cultivating mindfulness in health care professionals: A review of empirical studies of mindfulness-based stress reduction (MBSR)

Link:

[Cultivating mindfulness in health care professionals: A review of empirical studies of mindfulness-based stress reduction \(MBSR\) - ScienceDirect](#)

2. Efectividad de un programa de entrenamiento en Mindfulness para mejorar la Calidad de Vida en profesionales sanitarios de Atención Primaria

Link:

[RUA: Efectividad de un programa de entrenamiento en Mindfulness para mejorar la Calidad de Vida en profesionales sanitarios de Atención Primaria](#)

3. Eficacia de la aplicación de un programa de reducción de estrés basada en mindfulness (MBSR) a profesionales de salud - Fernández Martínez, Jana

Link:

[Eficacia de la aplicación de un programa de reducción de estrés basada en mindfulness \(MBSR\) a profesionales de salud \(uib.es\)](#)

4. Preliminary evaluation of a brief mindfulness-based stress reduction intervention for mental health professionals

Alana Dobie, Alison Tucker, Madeleine Ferrari Madeleine Ferrari

Link:

[Preliminary evaluation of a brief mindfulness-based stress reduction intervention for mental health professionals - Alana Dobie, Alison Tucker, Madeleine Ferrari, Jeffrey M Rogers, 2016 \(sagepub.com\)](#)

5. Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial.

By Shapiro, Shauna L., Astin, John A., Bishop, Scott R., Cordova, Matthew

Link:

[Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial. - PsycNET \(apa.org\)](#)

6. Mindfulness therapies on health professionals

María Dolores Ruiz-Fernández PhD, MSN, RN Rocío Ortíz-Amo MSc Ángela María Ortega-Galán PhD,

Link:

[Mindfulness therapies on health professionals - Ruiz-Fernández - 2020 - International Journal of Mental Health Nursing - Wiley Online Library](#)

7. Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training.

Link:

[Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. - PsycNET \(apa.org\)](#)

8. Mindfulness-based stress reduction and self-compassion among mental healthcare professionals: a pilot study

Link:

[Mindfulness-based stress reduction and self-compassion among mental healthcare professionals: a pilot study: Mental Health, Religion & Culture: Vol 18, No 6 \(tandfonline.com\)](#)

9. Rodríguez Vega, Beatriz, Bayón Pérez, Carmen, Palao Tarrero, Ángela, Muñoz San José, Ainoa, Amador Sastre, Blanca, Cebolla Lorenzo, Susana, Torrijos Zarcero, Marta, & Fernández Liria, Alberto. (2019). Diálogo con atención plena: integrando mindfulness y narrativas. Revista de la Asociación Española de Neuropsiquiatría, 39(136), 281-292. Epub 21 de septiembre de 2020. <https://dx.doi.org/10.4321/s0211-57352019000200015>

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<http://scielo.isciii.es/pdf/neuropsiq/v39n136/2340-2733-raen-39-136-0281.pdf>

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<https://www.tandfonline.com/doi/abs/10.1080/10401334.2014.945025>

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