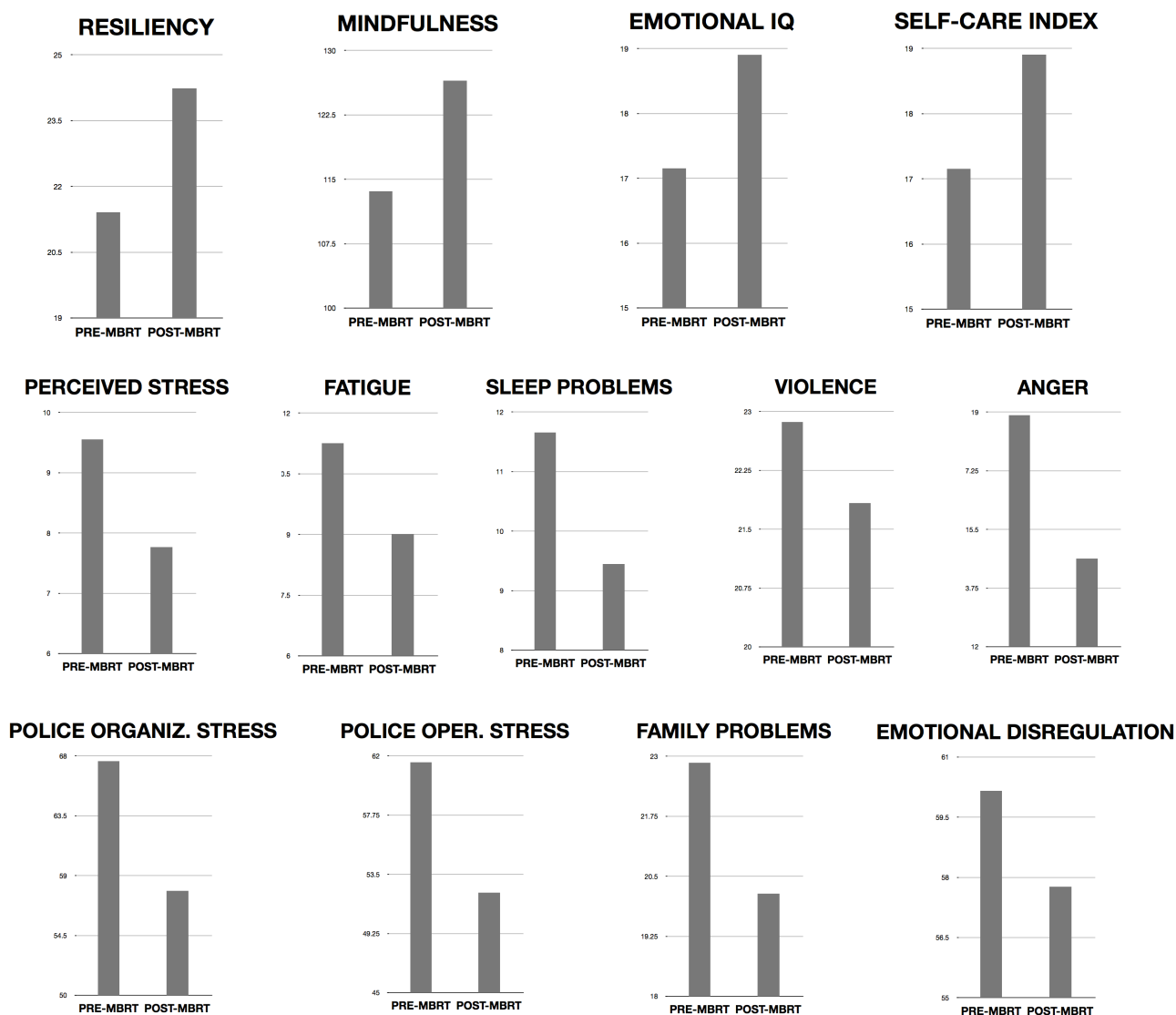


## Graphic comparisons: pre- and post-program mental, physical and social health status levels for participants in the Mindfulness-Based Resilience Training (MBRT) law enforcement program.

These comparisons provide an overview of the clinical research results for three cohorts of law enforcement professionals participating in the MBRT program during 2013 and 2014. All measures trended toward positive consequences for health status. All but three of the tests evidenced significant statistical changes and moderate to large effect size from pre- to post-program. In-depth analyses and discussion of the testing protocols and program elements is being prepared for publication in a major journal during 2014.



### Further Reading

- Krasner, M. S., (2009). Association of an educational program in mindful communication with burnout, empathy, and attitudes among primary care physicians. *JAMA* 302(12), 1284-1293. doi:10.1001/jama.2009.1384
- Kabat-Zinn, J. (1990) *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delta.
- Rogers B, et al. (2013) Mindfulness in Participatory Medicine: Context & Relevance. *Jour Participatory Med Reviews* Vol. 5: Feb. 14, 2013
- Rogers B, Christopher M, Sunbay-Bilgen Z.(2013) Mindfulness, self-care and participatory medicine: a community's clinical evidence. *Jour Participatory Med. Research* Vol. 5: Feb. 20, 2013