JOURNAL ARTICLES RELATED TO SPIRITUALITY AND HEALTH (Particularly Stress/Burnout)


How does one become spiritual? The Spiritual Modeling Inventory of Life Environments (SMILE), Pages 427 – 456 Authors: Doug Oman; Carl E. Thoresen; Crystal L. Park; Phillip R. Shaver; Ralph W. Hood; Thomas G. Plante
DOI: 10.1080/13674670902758257


**OTHER BOOKS/CITES RELATED TO MEDITATION AND HEALTH**

The following book contains a summary of research on mindfulness and meditation on stress and overall health

*The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions* by Shauna L. Shapiro, Linda E. Carlson, and Jon Kabat-Zinn

See also empirical and conceptual articles on spiritual practices and its effects on stress and overall health by Shauna Shapiro of the Counseling Psychology Department at Santa Clara University shauna shapiro <shaunashapiro@hotmail.com

http://www.tm.org/research

http://www.researchingmeditation.org/

http://www.meditationresearch.co.uk/

See also Dr Ramesh Manocha has recently completed his MD on Impact of Meditation on has literature in this regard. http://www.drrameshmanocha.com/

See also Deepak Chopra's books and articles (not academic research, but relevant ideas)
OTHER RESOURCES/WEBSITES/AUTHORS RELATED TO SPIRITUALITY & HEALTH

Society for Spirituality and Social Work (SSSW)  http://ssw.asu.edu/portal/research/spirituality

Journal of Religion & Spirituality in Social Work

A SUMMARY OF RESEARCH ON MINDFULNESS/MEDITATION BY Dr. Shauna Shapiro of the Counseling Psychology Department at Santa Clara University.

BOOKS ON RELIGION/SPirituality IN RELATION TO HEALTH (MORE OF A HEALTH CARE OR MD PERSPECTIVE)

Handbook of Religion and Health by Harold G. Koenig, Michael E. McCullough, and David B. Larson (Hardcover & paperback - 2001)

Handbook of Religion and Mental Health by Harold G. Koenig (Hardcover - Sep 25, 1998)

How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist Andrew Newberg M.D. & Mark Robert Waldman

This book is on how spiritual practices change the structure and function of our brain.


Note: Dethlefsen is a German M.D.


GEORGE WASHINGTON INSTITUTE FOR SPIRITUALITY & HEALTH (GWISH) MEDICAL CARE RELATED ARTICLES ON SPIRITUALITY AND HEALTH

http://www.gwish.org/  The following articles are among some of those published by Dr. Puchalski of GWISH:


Additional spirituality and health organizations and websites from the GWISH website

-American Academy of Hospice and Palliative Medicine
-Association of Professional Chaplains
-Benson-Henry Institute for Mind Body Medicine (BHI)
-End of Life / Palliative Education Resource Center
-Finding Meaning in Medicine: Reclaiming the Heart and Soul of Medicine
-Good Endings: Caring for the Dying Resident
-Hospice and Palliative Nurses Association
-National Council on Aging
-Spirit-Health Connections
-Spirituality Diversity and Social Work Resource Center
-Spiritual Competency Resource Center