

Soles of the Feet and Other Mindfulness Resources

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Note: In the event Dr. Felver is no longer at Syracuse University, conduct an internet search for “Josh Felver PhD” and you will be able to find his current contact information.

Soles of the Feet

The protocol and all supporting resources are in the book (New Harbinger Publications) which can be found on the company’s website or other retailers (e.g., Amazon).

<https://www.newharbinger.com/9781684034741/mindfulness-in-the-classroom/>

Mindfulness Research

American Mindfulness Research Association (<https://goamra.org/>) offers a wealth of resources related to mindfulness research, including a well-developed list of training and research centers across the world.

Mindfulness (<https://link.springer.com/journal/12671>) is the preeminent peer-reviewed scientific journal for research related to mindfulness practices.

The Journal of Contemplative Inquiry

(<https://www.contemplativemind.org/journal>) is a peer-reviewed journal focused on contemplative practices (such as mindfulness) in higher education.

Mindfulness Research and Training Centers

Below is a list of some of the largest research centers. Again, this list is not exhaustive, and there are many other organizations that do excellent work that are not listed here. Many research centers provide mindfulness training, opportunities for collaboration, and additional resources that you may find very useful (such as guided mindfulness practice recordings).

Bangor University Centre for Mindfulness Research and Practice

(<https://www.bangor.ac.uk/mindfulness/>).

Mind and Life Institute (<https://centerhealthyminds.org/>).

Brown University Mindfulness Center (<https://www.brown.edu/public-health/mindfulness/node/1>).

University of Oxford Mindfulness Centre (<http://oxfordmindfulness.org/>).

University of California Los Angeles Mindful Awareness Research Center
(<https://www.uclahealth.org/marc/>).

University of California San Diego Center for Mindfulness

(<https://medschool.ucsd.edu/som/fmph/research/mindfulness/pages/default.aspx>).

University of Massachusetts Medical School Center for Mindfulness

(<https://www.umassmed.edu/cfm/>).

University of Virginia Contemplative Sciences Center

(<https://csc.virginia.edu/>).

University of Wisconsin Madison Center for Healthy Minds

(<https://centerhealthyminds.org/>).

Resources for Other Evidence-Based Programs

Soles of the Feet is an effective intervention to reduce disruptive behavior in educational and noneducational settings. We and our colleagues have conducted years of research on Soles of the Feet and have provided compelling evidence that this curriculum is effective for many individuals. This being said, there are also other interventions that are effective and that have strong scientific support for reducing behavioral problems in school settings. Following are a list of resources that you can use to identify other evidence-based interventions to support classrooms or individual students.

Institute of Education Sciences What Works Clearinghouse

(<https://ies.ed.gov/ncee/wwc/>).

PracticeWise (<https://www.practicewise.com/>).

University of Missouri Evidence Based Intervention Network

(<http://ebi.missouri.edu/>).

U.S. Department of Education's Technical Assistance Center on Positive Behavioral Interventions & Supports (<https://www.pbis.org/>).