



Inner Resources Center

Inner Resources Center Training Programs

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What is Inner Resources for Stress (IR)?

- A proven mindfulness and meditation training program to improve wellness and personal effectiveness
- Acceptable, safe, feasible, and effective for a broad range of people and settings

How are the IR programs different from other mindfulness trainings?

- *Enhanced mindfulness* includes breath-focused imagery and mantra repetition for cognitive support
- Techniques and training methods are matched to the needs and capacities of diverse participants
- Participants show excellent adherence to daily practice
- More IR daily practice is associated with better outcomes
- Easy-to-follow week-by-week manual rapidly improves mindfulness skills starting from the first day

How are IR programs and IR mindfulness techniques used?

- As a wellness intervention for healthy (and stressed!) people
- Professional and executive training to improve self-awareness and interpersonal effectiveness
- To promote mindfulness and self-care skills among therapists and other providers
- As an intervention for persons coping with clinical issues or adversity
- As a psychotherapy or clinical treatment component or adjunct

Things to know about clinical and other applications of IR:

- IR programs are tailored for the specific implementations at each site
- IR providers match mindfulness techniques to the individualized needs of each client
- When participants do something that works for them, they want to practice more!

What is the empirical support for IR programs? (Family caregiver studies marked with *)

- *Posttraumatic stress disorder symptoms* (Waelde et al., 2008)
- *Anxiety* (Waelde et al., 2008; *Waelde, Thompson, & Gallagher-Thompson, 2004)
- *Diagnosed recurrent major depression and dysthymia* (Butler et al., 2008)
- *Depression symptoms* (Waelde, Hechanova, Ramos, Macia, & Moschetto, 2017; *Waelde et al., 2004)
- *Physiological stress regulation* (*Waelde, Meyer, Thompson, Thompson, & Gallagher-Thompson, 2017)
- *Perceived self-efficacy for coping with negative thoughts* (*Waelde et al., 2004)
- *Perceived stress symptoms* (*Waelde, Meyer, et al., 2017)
- *Attitudes toward drinking among active duty military* (Canuso et al., 2010)
- *Life satisfaction* (*Waelde, Meyer, et al., 2017)
- *Chronic pain functioning among children and teens* (Waelde, Feinstein, et al., 2017)
- *Disaster mental health training* (Hechanova, Waelde, et al., 2015; Hechanova, Ramos, & Waelde, 2015; Hechanova, Waelde, & Ramos, 2016; Waelde et al., 2008; Waelde, Hechanova, et al., 2017)
- *More daily IR practice was associated with better outcomes* (Waelde et al., 2008, *2004; Waelde, Hechanova, et al., 2017; *Waelde, Meyer, et al., 2017)
- *Several review papers discuss our approach* (Hechanova & Waelde, 2017; Murray-Swank & Waelde, 2013; Spiegel, White, & Waelde, 2010; Waelde, 2004, 2008, 2015; Waelde & Thompson, 2016; Waelde, Thompson, Robinson, & Iwanicki, 2016)



Inner Resources Center Services

Inner Resources Center Mission

At the *Inner Resources Center*, we recognize that the mind and body work together to promote health and well-being. We offer psychoeducational programs, clinical interventions, and professional and executive training in the use of mindfulness and meditation for mental, emotional, physical, and spiritual wellbeing. We conduct collaborative research about the efficacy and mechanisms of mindfulness and meditation. We integrate science, practice, and community service. We serve between 200-500 people each year in the San Francisco Bay Area, nationally, and internationally.

Services of the Inner Resources Center

Professional/Executive: Workshops teach mindfulness and meditation skills for self-care, wellness, and personal and professional effectiveness. These workshops and trainings can be scheduled at your location, the Gronowski Center in Los Altos, California, or online.

IR Classes: **Inner Resources for Stress**, an 8-week group-based class in mindfulness and meditation, is offered through the Gronowski Center in Los Altos, California, at locations nationwide, and online. Classes are facilitated by professional staff and doctoral students who are trained and supervised in the IR protocol. The classes and materials are available in English and Spanish.

Clinical Training: Workshops and trainings address clinical applications, empirical support, appropriate populations and implementations, and mindfulness skills for client and self-care. A year-long therapist training program is offered at Palo Alto University (PAU) starting each Fall.

IR for Facilitators Training: The teacher training program, “Inner Resources for Facilitators,” is offered via in-person and online formats. We offer consultation about implementing IR programs within your organization.

Research Consultation: IR Center faculty provide training and consultation about conducting clinical trials or basic research about mindfulness. Topics include: protocol adaptations for particular clinical settings, research design, sampling, recruitment, diversity issues, therapist training and adherence monitoring, assessment of participant adherence and outcomes, data analysis, and publication or report writing.

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