

Mind-Body and Contemplative Therapies: Resources			
RESOURCE NAME	SLIDE #	RESOURCE TYPE	RESOURCE URL
The effectiveness of progressive muscle relaxation and interactive guided imagery as a pain-reducing intervention in advanced cancer patients: A multicentre randomised controlled non-pharmacological trial	10	Citation	https://pubmed.ncbi.nlm.nih.gov/30712739/
The Effects of Guided Imagery on Comfort in Palliative Care	10	Citation	https://pubmed.ncbi.nlm.nih.gov/30063633/
Paranormal Medicine: Mind Over Matter in the Genesis and Cure of Disease	12	Citation	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2379031/?page=2
Simonton Cancer Center	12	Website	https://www.simontoncenter.com/about-us.html
O. Carl Simonton: The Healing Process (excerpt) -- Thinking Allowed DVD with Jeffrey Mishlove	12	Youtube	https://www.youtube.com/watch?v=egwozSLsW6I&ab_channel=ThinkingAllowedTV
A review of the history of hypnosis through the late 19th century	17	Citation	https://pubmed.ncbi.nlm.nih.gov/24665818/
INTEGRATING MINDFULNESS INTO PALLIATIVE CARE: CARING FOR OURSELVES	19	PDF	https://www.nhpco.org/wp-content/uploads/2019/04/PALLIATIVECARE_MindfulnessOurselves.pdf
Mindfulness in Palliative Care	20	Youtube	https://www.youtube.com/watch?v=BXeJFwDermQ&ab_channel=CanadianVirtualHospice
Correlations between brain changes and pain management after cognitive and meditative therapies: A systematic review of neuroimaging studies	20	Citation	https://pubmed.ncbi.nlm.nih.gov/30012384/
Mind-body interventions: applications in neurology	20	Citation	https://pubmed.ncbi.nlm.nih.gov/18541886/

Investigating the Effects of the Progressive Muscle Relaxation-Guided Imagery Combination on Patients with Cancer Receiving Chemotherapy Treatment: A Systematic Review of Randomized Controlled Trials	31	Citation	https://pubmed.ncbi.nlm.nih.gov/29506956/
Guided Imagery And Progressive Muscle Relaxation as a Cluster of Symptoms Management Intervention in Patients Receiving Chemotherapy: A Randomized Control Trial	31	Citation	https://pubmed.ncbi.nlm.nih.gov/27341675/
Progressive Muscle Relaxation and guided imagery as techniques to enhance the way of coping of parents of children with malignancies: Findings from a randomized controlled trial	31	Citation	https://pubmed.ncbi.nlm.nih.gov/32361196/
Hypnosis can reduce pain in hospitalized older patients: a randomized controlled study	32	Citation	https://pubmed.ncbi.nlm.nih.gov/26767506/
The role of clinical hypnosis and self-hypnosis to relief pain and anxiety in severe chronic diseases in palliative care: a 2-year long-term follow-up of treatment in a nonrandomized clinical trial	32	Citation	https://pubmed.ncbi.nlm.nih.gov/29307207/
Hypnotic communication for periprocedural analgesia during transcatheter ablation of atrial fibrillation	32	Citation	https://pubmed.ncbi.nlm.nih.gov/31388561/
Comfort Talk	33	Website	https://comforttalk.com/
Self-hypnotic relaxation during interventional radiological procedures: effects on pain perception and intravenous drug use	33	Citation	https://pubmed.ncbi.nlm.nih.gov/8871338/

Effect of team training on improving MRI study completion rates and no-show rates	33	Citation	https://pubmed.ncbi.nlm.nih.gov/27126735/
Integrative Medicine Therapies for Pain Management in Cancer Patients	35	Citation	https://pubmed.ncbi.nlm.nih.gov/31567462/
Effectiveness of Mindfulness-based Therapy for Reducing Anxiety and Depression in Patients With Cancer: A Meta-analysis	35	Citation	https://pubmed.ncbi.nlm.nih.gov/26559246/
Academy for Guided Imagery	38	Website	https://www.acadgi.com/
The American Institute for Mental Imagery	38	Website	https://www.drjerryepstein.org/american-institute-mental-imagery-aimi
The American Society of Clinical Hypnosis	40	Website	https://www.asch.net/aws/ASCH/pt/sp/home_page
Hypnosis Motivation Institute	40	Website	https://hypnosis.edu/
Milton H, Erickson Foundation	40	Website	https://www.erickson-foundation.org/
The Society for Clinical and Experimental Hypnosis	40	Website	https://www.sceh.us/
Mindfulness-based training	41	Website	https://cih.ucsd.edu/mbpti/programs
8-Week Mindfulness-Based Stress Reduction (MBSR) program	41	Website	https://www.ummhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-programs/mbsr-8-week-online-live
Center for Mindful Self-Compassion training	41	Website	https://centerformsc.org/
Mind-Body and Contemplative Therapies: Evidence Table	59	PDF	https://www.integrativepalliativecare.org/wp-content/uploads/2023/09/Mindbody-Evidence-Table.pdf
Grading Confidence of Recommendations		PDF	https://www.integrativepalliativecare.org/wp-content/uploads/2023/12/Grading-Confidence-of-Recommendations.pdf