



Références bibliographiques

1. Kabat-Zinn, Jon. *Au coeur de la tourmente*, de Boeck, 2009
2. Hanson, Rick PhD, *Neurodharma: Sept pratiques d'éveil au temps des neurosciences*, Éd. Le lotus et l'éléphant, 20 octobre 2021, 400 pages. Version originale: *Neurodharma: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness*, May 2020.
3. Site ordre de l'Inter-Etre : <https://orderofinterbeing.org/about/our-teacher/>
4. Irving, Julie Anne, Dobkin, Patricia I., Park, Jeesson *Cultivating mindfulness in health care professionals : A review of empirical studies of mindfulness-based stress reduction (MBSR). Complémentary Therapies in Clinical Practice* 15 (2009) 61-66
5. Shapiro, L, Shauna Biegel, Gina M, Warren Brown, Kirk. *Teaching Self-Care to Caregivers : Effects of Mindfulness-Based Stress Reduction on the Mental Health of Therapists in Training. Training and Education in Professional Psychology*. 2007, Vol. 1, No. 2, 105-115
6. Dobkin, Patricia Lynn, Hutchison T. *Teaching mindfulness in medical school : where are we now and where are we going?* Medical Education 2013;47 : 768-779.
7. Dobkin, Patricia Lynn, Hassed Craig Stephen. *Mindful Medical Practitioners, A Guide for Clinicians and Educators*, Springer, Switzerland, 2016.
8. Epstein, RM. *Mindful practice*. JAMA. 1999; 282 (9); 833-9
9. Epstein, RM. *Mindful practice in action (11) : cultivating habits of mind*. Fam Syst Health. 2003; 21 : 11-7
10. Krasner MS, Epstein RM, Beckman H, Suchman AL et al. *Association of an educational program in mindful communication with burnout, empathy and attitudes among primary care physicians*. JAMA. 2009; 302(12) : 1284-93. 2009

11. Morrison, AB, Goolsarran M et al. *Taming a wandering attention :short-for mindfulness training in student cohorts*. Front Hum Neurosci. 2014; 7 : 897.2013.
12. Ricard, M, Lutz A, Davidson R. *Méditation, Comment elle modifie le cerveau*. Pour la Science-no 448— Février 2015.
13. Goyal, M, Singh S, Sibinga EM, Gould NF, Rowland-Seymour A, Sharma R, et al. *Meditation programs for psychological stress and well being : a systematic review and meta-analysis*. JAMA Intern Med. 2014;174(3) : 357-68. 2013
14. Bazarko, D., Cate, Rebecca A., Azocar Francisca, Kreitzer, Mary Jo . *The Impact of an innovative Mindfulness-Based Stress Reduction program on the Health and Well-Being of Nurses Employed in a Corporate Setting*, Journal of Workplace Behavioral Health. 2013 Apr : 28(2) : 107-133
15. OIIQ. *Covid-10: des ressources pour toutes vos préoccupations*, site web OIIQ, 29 avril 2020.
16. Mc Collum, Eric, E. *Mindfulness for therapists Practice for the Hearth*, Routledge, New-York, 2015.
17. Shapiro, Shauna L.; Brown, Kirk Warren; Biegel, Gina M. *Teaching self-care to caregivers : Effects of mindfulness-based stress reduction on the mental health of therapist in training*. Training and Education in Professional Psychology, Vol1 (2), May 2007, 105-115.
18. Beckman HB, Wendland M, Mooney C, Krasner MS, Quill TE, Suchman AL, Epstein RM. *The impact of a program in mindful communication on primary care physician*, Academic Medicine, Vol. 87, No. 6 / June 2012.
19. Phillips Catherine L. *The Mindful Psychiatrist : Being Present with Suffering*, dans *Mindful Medical Practice, Clinical Narratives and Therapeutic Insights*, Springer, Dobkin, Patricia Lynn, editor, McGill University, McGill Programs in Whole Person Care, Montréal 2015.
20. Krusche, Adele, Jack, Chris D., Blunt, Cornelia et Hsu, Anne (2019). Education organisationnelle basée sur la conscience: évaluation d'un cours sur la conscience offert aux employés de l'Hôpital orthopédique royal. *Pleine conscience*, 1-12.
21. Wolf, Christiane, Serpa J. Greg., A. *A Clinician's Guide to Teaching Mindfulness, The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers*. New Harbinger Publications Inc., Oakland, CA 015
22. Grégoire, S., Lachance, Lise, Richer, L. *La présence attentive, Mindfulness*, Presses de l'Université du Québec, Québec 2016.

- 23.**Rebecca, S., Crane, Willem Kuyken, J. Mark G. Williams, Richard P. Hastings, Lucinda Cooper et Melanie J.V. Fennel. *Competence in Teaching mindfulness-Bases-Courses: Concepts, Development and Assessment*. Springer Science Business Media, LLC 2011.
- 24.**INESSS. *Covid 19 et la détresse psychologique et la santé mentale du personnel du réseau de la santé et des services sociaux dans le contexte de la pandémie*. Québec, 8 avril 2020.
- 25.**Polizzi. Craig, Lynn, Steven Jay, Perry Andrew: *Stress and Coping in the Time of Covid 19: Pathways to Resilience and Recovery*. *Clinical Neuropsychiatry* (2020) 17, 2, 59-62
- 26.**Ricard, Matthieu, Singer, Wolf : *Cerveau et méditation : Dialogue entre Bouddhisme et les neurosciences*. Allary Edition, 2017
- 27.**Ricard, Matthieu. *Plaidoyer pour l'altruisme : la force de la bienveillance*. NIL éditions, Paris, 2013
- 28.**Singer, Tania & Klimecki, Olga M.: *Empathy and compassion*. *Curr Biol* 2014, 24: R875-878
- 29.**Singer, Tania et Engert, Veronika. *It matters what you practice: differential training effects on subjective experience, behavior, brain and body in the ReSource Project*, *Current Opinion Psychology*, 2019, 28: 151-158. www.sciencedirect.com
- 30.** Le Doze François et Krumb, Christian: *La force de la confiance : une thérapie pour s'unifier*. Éditions Odile Jacob, Paris. (Traduction français à prix abordable de l'IFS de R. Schwartz), 2015
- 31.**Gerber Christopher, Neff Kristen, *Mon cahier d'autocompassion en pleine conscience : comment apprendre à s'aimer*, de Boeck , 2020
- 32.**Trzeciak Stephen, Mazzarelli Anthony. *Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference*, Studer Group, 2019
- 33.**Treleaven,David A. *Trauma-sensitive Mindfulness: Practices for Safe and Transformative Healing*, W.W. Norton, New-York, 2018
- 34.**Siegel Daniel J, Payne Bryson Tina. *The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired*, Random House Audio, 2020
- 35.**Bessel Van Der Kolk. *Le Corps n'oublie rien : le cerveau, l'esprit et le corps dans la guérison du traumatisme*, Albin Michel, 2018 (en anglais : *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, 2014)

- 36.**Maté Gabor. *Quand le corps dit non, le stress qui démolit, les éditions de l'homme*, 2017 (en anglais : *When the Body Says No: The Cost of Hidden Stress*, 2003).
- 37.**Porges SW, Dana D. *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*, WW Norton, 2018.
- 38.**Porges SW. *La théorie polyvagale: Fondements neurophysiologiques des émotions, de l'attachement, de la communication et de l'autorégulation*, EDP Sciences, 2021.
- 39.**Brewer, Judson. *Le craving, pourquoi on devient accro et comment se libérer*, Les Arènes, Paris, 2017.
- 40.**Mercier, S., erg. certifiée Soigner en pleine conscience de l'Institut Pleine Conscience Appliquée de Montréal, Vallières, A. Dt. P., M. Sc. *Le leadership conscient au profit d'un engagement individuel et collectif bienveillant*. Revue Nutrition, science en évolution.2020 Printemps Vol.18 No1, p.24- 27.
- 41.**Richard C. Schwartz et Martha Sweezy. *Internal Family System*, Second Edition, The Guilford Press, USA, 2020.
- 42.**Bandura A. *Dictionnaire de la Psychiatrie*, éditions du Conseil international de la langue française : www.CILF.fr
- 43.** Thich Nhat Hanh, *La Sérénité de l'Instant, Paix et joie à chaque pas*, Collection Horizons spirituels, Editions Dangles, France, 1992