



# TRAUMA SENSITIVITY

## Comprehensive List of Mindfulness and Compassion Resources

The Center for Mindful Self-Compassion [www.CenterforMSC.org](http://www.CenterforMSC.org)

Mindful Self-Compassion for Teens [www.mindfulselfcompassionforteens.com](http://www.mindfulselfcompassionforteens.com)

### *General Sites on Mindfulness and Compassion*

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Mindful website	<a href="http://www.mindful.org">www.mindful.org</a>
The Mindfulness Institute	<a href="http://www.mindfulnessinstitute.ca">www.mindfulnessinstitute.ca</a>
The Compassion Institute	<a href="http://www.compassioninstitute.com">www.compassioninstitute.com</a>
The Center for Healthy Minds	<a href="http://www.centerhealthyminds.org">www.centerhealthyminds.org</a>
Mindfulness Research Guide	<a href="http://www.goamra.org">www.goamra.org</a>
Mindfulness Exercises	<a href="http://www.mindfulnessesercises.com">www.mindfulnessesercises.com</a>
Compassionate Living	<a href="http://www.compassionateliving.info">www.compassionateliving.info</a>
Foundation for Active Compassion	<a href="http://www.foundationforactivecompassion.org">www.foundationforactivecompassion.org</a>
Mindsight Institute	<a href="http://www.mindsightinstitute.com">www.mindsightinstitute.com</a>
The Center for Nonviolent Communication	<a href="http://www.cnvc.org">www.cnvc.org</a>
Awareness in Action	<a href="http://www.awarenessinaction.org">www.awarenessinaction.org</a>
The Center for Compassion and Altruism Research and Education	<a href="http://http://ccare.stanford.edu">http://ccare.stanford.edu</a>
Greater Good: The Science of a Meaningful Life	<a href="http://www.greatergood.berkeley.edu">www.greatergood.berkeley.edu</a>
The Charter for Compassion	<a href="http://www.charterforcompassion.org">www.charterforcompassion.org</a>
Mind and Life Institute	<a href="http://www.mindandlife.org">www.mindandlife.org</a>
The Center for Contemplative Mind in Society	<a href="http://www.contemplativemind.org">www.contemplativemind.org</a>
The Wellspring Institute for Neuroscience and Contemplative Wisdom	<a href="http://www.wisebrain.org">www.wisebrain.org</a>
The Centre for Mindfulness Studies	<a href="http://www.mindfulnessstudies.com">www.mindfulnessstudies.com</a>

### *Clinical Applications*

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Compassion Focused Therapy	<a href="http://www.compassionfocusedtherapy.com">www.compassionfocusedtherapy.com</a>
Internal Family Systems Therapy	<a href="http://www.selfleadership.org">www.selfleadership.org</a>
Befriending Ourselves Resource Page	<a href="http://www.befriendingourselves.com">www.befriendingourselves.com</a>
Compassion Power (for anger management)	<a href="http://www.compassionpower.com">www.compassionpower.com</a>
Mindfulness-based symptom management	<a href="http://www.ottawamindfulnessclinic.com">www.ottawamindfulnessclinic.com</a>
Social anxiety and mindfulness	<a href="http://www.shyness.com">www.shyness.com</a>
Acceptance and commitment therapy	<a href="http://www.contextualpsychology.org/act">www.contextualpsychology.org/act</a>
Dialectical Behavior Therapy	<a href="http://blogs.uw.edu/brtc/">http://blogs.uw.edu/brtc/</a>
Mindfulness-Based Cognitive Therapy	<a href="http://www.mrc-cbu.cam.ac.uk/Research/cognition-emotion/researchtopics/mindfulness.shtml">www.mrc-cbu.cam.ac.uk/Research/cognition-emotion/researchtopics/mindfulness.shtml</a>

### *Education and Parenting*

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Mindfulness in Schools Project	<a href="http://mindfulnessinschools.org">http://mindfulnessinschools.org</a>
Mindful Schools	<a href="http://www.mindfulschools.org">www.mindfulschools.org</a>
Association for Mindfulness in Education	<a href="http://www.mindfuleducation.org">www.mindfuleducation.org</a>
Inner Kids	<a href="http://www.innerkids.org">www.innerkids.org</a>
Mindfulness in Education Network	<a href="http://www.mindfuled.org">www.mindfuled.org</a>
The Dalai Lama Center for Peace and Education	<a href="http://www.dalailamacenter.org">www.dalailamacenter.org</a>
Mindful Awareness Parenting	<a href="http://www.maplinc.com.au/professional_training.html">http://www.maplinc.com.au/professional_training.html</a>

### *Insight Meditation Sites*

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Insight Meditation Society	<a href="http://www.dharma.org/ims">www.dharma.org/ims</a>
Spirit Rock Meditation Center	<a href="http://www.spiritrock.org">www.spiritrock.org</a>
Insight Meditation Community of Washington	<a href="http://www.imcw.org">www.imcw.org</a>
Dharma Seed	<a href="http://www.dharmaseed.org">www.dharmaseed.org</a>