

## Selected Publications: Background and Evidence for Inner Resources for Stress

- Butler, L. D., Waelde, L. C., Hastings, T. A., Chen, X.-H., Symons, B., Marshall, J., ... Spiegel, D. (2008). Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: A randomized pilot trial. *Journal of Clinical Psychology, 64*, 806–820. <http://doi.org/10.1002/jclp.20496>
- Canuso, A., Waelde, L. C., McLay, R., Rusher, M., Johnson, C., & Johnston, S. (2010). *Meditation as a treatment modality in active duty service members participating in residential substance abuse rehabilitation*. Paper session presented at the 163rd Annual Meeting of the American Psychiatric Association, New Orleans, LA.
- DeLuca, S. M., Kelman, A. R., & Waelde, L. C. (2018). A systematic review of ethnoracial representation and cultural adaptation of mindfulness- and meditation-based interventions. *Psychological Studies, 63*, 117-129. [doi.org/10.1007/s12646-018-0452-z](https://doi.org/10.1007/s12646-018-0452-z)
- Hechanova, M. R. M., Ramos, P. A. P., & Waelde, L. C. (2015). Group-based mindfulness-informed psychological first aid after Typhoon Haiyan. *Disaster Prevention and Management, 24*, 610–618. <http://doi.org/10.1108/DPM-01-2015-0015>
- Hechanova, M. R. M., Waelde, L. C., Docena, P. S., Alampay, L. P., Alianan, A. S., Flores, M. J. B., ... Melgar, M. I. E. (2015). The development and initial evaluation of Katatagan: A resilience intervention for Filipino disaster survivors. *Philippine Journal of Psychology, 48*, 105–131.
- Hechanova, M. R. M., Waelde, L. C., & Ramos, P. A. P. (2016). Evaluation of a group-based resilience intervention for disaster survivors in the Philippines. *Journal of Pacific Rim Psychology, 10*(e12), 1–10. <http://doi.org/10.1017/prp.2016.9>
- Macia, K. S., Hechanova, M. R. M., Ramos, P. A. P., Moschetto, J., & Waelde, L. C. (2018, November). *Investigating moderators of mindfulness homework adherence trajectories among disaster workers in the Philippines: A growth curve modeling approach*. Poster presented at the 34th Annual Meeting of the International Society of Traumatic Stress Studies, Washington, DC.
- Panting, A., Heise, A. G., Hechanova, M. R. M., & Waelde, L. C. (2020). Mindfulness interventions for disaster resilience in Southeast Asia. In M. R. M. Hechanova & L. C. Waelde (Eds.) *Resistance, resilience, and recovery from disasters: Perspectives from Southeast Asia* (Vol. 21, pp. 95-108). Emerald Publishing.
- Spiegel, D., White, M., & Waelde, L. C. (2010). Hypnosis, mindfulness meditation, and brain imaging. In D. Barrett (Ed.), *Hypnosis and hypnotherapy Vol. 1: Neuroscience, personality, and cultural factors* (pp. 37–52). Santa Barbara, CA: Praeger.
- Thompson, J. M., Waelde, L. C., Tizza, K. & Spiegel, D. (2016). Hypnosis and mindfulness: Experiential and neurophysiological relationships. In A. Raz & M. Lifshitz (Eds.), *Hypnosis and meditation: Towards an integrative science of conscious planes* (pp. 129-142). New York, N.Y.: Oxford University Press.
- Waelde, L. C. (2022). *Mindfulness and meditation in trauma treatment: The Inner Resources for Stress program*. Guilford Press.
- Waelde, L. C. (2015). Mindfulness and meditation for trauma-related dissociation. In V. Follette, J. Briere, J. Hopper, D. Rozelle, & D. Rome (Eds.), *Mindfulness-oriented interventions for trauma: Integrating contemplative practices* (pp. 301–313). Guilford Press.

- Waelde, L. C. (2008). Meditation. In G. Reyes, J. D. Elhai, & J. D. Ford (Eds.), *Encyclopedia of psychological trauma* (pp. 419–421). Wiley.
- Waelde, L. C. (2004). Dissociation and meditation. *Journal of Trauma and Dissociation*, 5(2), 147–162. [http://doi.org/10.1300/J229v05n02\\_08](http://doi.org/10.1300/J229v05n02_08)
- Waelde, L. C. (2004). Meditation as psychotherapy. *Psychotherapy Bulletin*, 39(2), 35-37.
- Waelde, L. C., Feinstein, A. B., Bhandari, R., Griffin, A., Yoon, I. A., & Golianu, B. (2017). A pilot study of mindfulness meditation for pediatric chronic pain. *Children*, 4(5)(32), 1–10. <http://doi.org/10.3390/children4050032>
- Waelde, L. C., Hechanova, M. R. M., Ramos, P. A. P., Macia, K. S., & Moschetto, J. M. (2018). Mindfulness and mantra training for disaster mental health workers in the Philippines. *Mindfulness*, 9, 1181-1190. [doi.org/10.1007/s12671-017-0855-2](http://doi.org/10.1007/s12671-017-0855-2)
- Waelde, L. C., Meyer, H., Thompson, J. M., Thompson, L., & Gallagher-Thompson, D. (2017). Randomized controlled trial of Inner Resources meditation for family dementia caregivers. *Journal of Clinical Psychology*, 73, 1629--1641. <http://doi.org/10.1002/jclp.22470>
- Waelde, L. C., Panting, A., & Heise, A. G. (2019). Mindfulness in the peacebuilding process. In M. G. C. Njoku, L. A. Jason, & B. Johnson (Eds.), *The psychology of peace promotion: Global perspectives on personal peace, children and adolescents, and social justice* (pp. 11-24). New York, NY: Springer.
- Waelde, L. C., & Thompson, J. M. (2016). Traditional and secular views of psychotherapeutic applications of mindfulness and meditation. In M. A. West (Ed.), *The psychology of meditation* (pp. 119–152). New York, NY: Oxford University Press.
- Waelde, L. C., Thompson, L., & Gallagher-Thompson, D. (2004). A pilot study of a yoga and meditation intervention for dementia caregiver stress. *Journal of Clinical Psychology*, 60, 677–687. <http://doi.org/10.1002/jclp.10259>
- Waelde, L. C., Thompson, J. M., Robinson, A., & Iwanicki, S. (2016). Trauma therapists' clinical applications, training, and personal practice of mindfulness and meditation. *Mindfulness*, 7, 622–629. <http://doi.org/10.1007/s12671-016-0497-9>
- Waelde, L. C., Thompson, K. E., Williams, M. W., & Newsome, M. (2015, June). Randomized pilot study of Inner Resources for Veterans mindfulness and mantra intervention for PTSD among military veterans. In L. C. Waelde (Chair) *Mindfulness interventions for PTSD*. Symposium conducted at the Mindfulness & Compassion: The Art and Science of Contemplative Practice conference, San Francisco, CA.
- Waelde, L. C., Uddo, M., Marquett, R., Ropelato, M., Freightmen, S., Pardo, A., & Salazar, J. (2008). A pilot study of meditation for mental health workers following Hurricane Katrina. *Journal of Traumatic Stress*, 21, 497–500. <http://doi.org/10.1002/jts.20365>
- Williams, S. N., Parkins, M. M., Benedict, B., & Waelde, L. C. (2019). A pilot study of a meditation mindfulness program with detained juveniles: An adaptation of Inner Resources for Teens (IRT). *Journal of Forensic Psychology Research and Practice*, 1–14. <https://doi.org/10.1080/24732850.2020.1677108>
- Williams, W., Waelde, L., Bannister, J., Laird, C., Diaz, M., & Newsome, M. (2018, November). *Functional connectivity of mindfulness and mantra for veterans with PTSD and mTBI: Preliminary results of a randomized controlled trial*. Paper presented at the 34th Annual Meeting of the International Society of Traumatic Stress Studies, Washington, DC.

## Selected Publications: Background in Stress and Trauma Informing Our Approach

- Allwood, M., Ghafoori, B., Salgado, C., Slobodin, O., Kreither, J., Waelde, L. C., Larrondo, P. & Ramos, N. (in press). Identity-based hate and violence as trauma: Current research, clinical implications, and advocacy in a globally connected world. *Journal of Traumatic Stress*.
- Bekke-Hansen, S., Pedersen, C. G., Thygesen, K., Christensen, S., Waelde, L. C., & Zacharia, R. (2014). The role of religious faith, spirituality and existential considerations among heart patients in a secular society: Relation to depressive symptoms 6 months post acute coronary syndrome. *Journal of Health Psychology, 19*, 740-753.  
<https://doi.org/10.1177%2F1359105313479625>
- Bekke-Hansen, S., Pedersen, C., Thygesen, K., Christensen, S., Waelde, L. C., & Zachariae, R. (2012). Faith and use of complementary and alternative medicine among heart attack patients in a secular society. *Complementary Therapies In Medicine, 20*, 306-315.  
<https://doi.org/10.1016/j.ctim.2012.03.003>
- Bruce, E., & Waelde, L. C. (2008). Relationships of ethnicity, ethnic identity, and trauma symptoms to delinquency. *Journal of Loss and Trauma, 13*, 395-405.  
<https://doi.org/10.1080/15325020802171326>
- Cardeña, E., Koopman, C., Classen, C., Waelde, L. C., & Spiegel, D. (2000). Psychometric properties of the Stanford Acute Stress Reaction Questionnaire (SASRQ): A valid and reliable measure of acute stress. *Journal of Traumatic Stress, 13*, 719-734.  
<https://psycnet.apa.org/doi/10.1023/A:1007822603186>
- Carlson, E. B., Waelde, L. C., Palmieri, P. A., Macia, K., Smith, S., & McDade-Montez, E. (2018). Development and validation of the Dissociative Symptoms Scale. *Assessment, 25*, 84-98. <https://doi.org/10.1177%2F1073191116645904>
- Estupinian, G., & Waelde, L. C. (2011). The impact of spirituality on posttraumatic stress disorder and depression among military personnel. *Counselling and Spirituality, 30*, 91-106.
- Ghafoori, B., Caspi, Y., Salgado, C., Allwood, M., Kreither, J., Tejada, J. L., Hunt, T., Waelde, L. C., Slobodin, O., Failey, M., Gilberg, P., Larrondo, P., Ramos, N., von Haumeder, A., & Nadal, K. (2019). *Global Perspectives on the Trauma of Hate-Based Violence: An International Society for Traumatic Stress Studies Briefing Paper*. Retrieved from [www.istss.org/hate-based-violence](http://www.istss.org/hate-based-violence)
- Hechanova, M. R. M., & Waelde, L. C. (2020). Challenges and prospects in promoting resistance, resilience, and recovery in Southeast Asia. In M. R. M. Hechanova & L. C. Waelde (Eds.) *Resistance, resilience, and recovery from disasters: Perspectives from Southeast Asia* (Vol. 21, pp. 161-171). Emerald Publishing.
- Hechanova, M. R. M., & Waelde, L. C. (Eds.). (2020). *Resistance, resilience, and recovery from disasters: Perspectives from Southeast Asia* (Vol. 21). Emerald Publishing Limited.
- Hechanova, M. R. M., & Waelde, L. C. (2017). The influence of culture on disaster mental health and psychosocial support interventions in Southeast Asia. *Mental Health, Religion & Culture, 20*, 31–44. <http://doi.org/10.1080/13674676.2017.1322048>
- Hechanova, M. R. M., Waelde, L. C., & Torres, A. N. (2020). Cultural implications for the provision of disaster mental health and psychosocial support in Southeast Asia. In M. R. M. Hechanova & L. C. Waelde (Eds.) *Resistance, resilience, and recovery from disasters: Perspectives from Southeast Asia* (Vol. 21, pp. 3-13). Emerald Publishing.

- Jiang, H., White, M., Greicius, M. D., Waelde, L. C., & Spiegel, D. (2016). Brain activity and connectivity underlying hypnosis. *Cerebral Cortex*, 27, 4083-4093.  
<https://doi.org/10.1093/cercor/bhw2200>
- Khaylis, A., Waelde, L. C., & Bruce, E. (2007). The role of ethnic identity in the relationship of race-related stress to PTSD symptoms among young adults. *Journal of Trauma and Dissociation*, 8(4), 91-105. [https://doi.org/10.1300/J229v08n04\\_06](https://doi.org/10.1300/J229v08n04_06)
- Macia, K. S., Moschetto, J. M., Wickham, R. E., Brown, L. M., & Waelde, L. C. (2020). Cumulative trauma and chronic homelessness among veterans: The role of responses to intrusions and emotion regulation. *Journal of Traumatic Stress*, 33(6), 1017-1028.  
<https://doi.org/10.1002/jts.22569>
- Murray-Swank, N. A., & Waelde, L. C. (2013). Spirituality, religion, and sexual trauma: Integrating research, theory, and clinical practice. In K. I. Pargament, A. Mahoney, & E. P. Shafranske (Eds.), *APA handbook of psychology, religion, and spirituality (Vol 2): An applied psychology of religion and spirituality* (pp. 335–354). Washington, DC US: American Psychological Association. <http://doi.org/10.1037/14046-017>
- Schimmenti, A., Sideli, L., La Barbera, D., La Cascia, C., Waelde, L. C., Carlson, E. B. (2020). Psychometric properties of the Dissociative Symptoms Scale (DSS) in Italian outpatients and community adults. *Journal of Trauma and Dissociation*, 18(5), 585-593.  
<https://doi.org/10.1080/15299732.2020.1760170>
- Schnurr, P. P., Lunney, C., Sengupta, A., & Waelde, L. C. (2003). A descriptive analysis of PTSD subtypes among Vietnam veterans. *Journal of Traumatic Stress*, 16, 545-553.  
<https://doi.org/10.1023/B:JOTS.0000004077.22408.cf>
- Silvern, L., Karyl, J., Waelde, L., Hodges, W. F., Starek, J., Heidt, E., & Min, K. (1995). Retrospective reports of parental partner abuse: Relationships to depression, trauma symptoms and self-esteem among college students. *Journal of Family Violence*, 10, 177-202. <https://psycnet.apa.org/doi/10.1007/BF02110599>
- Silvern, L., Waelde, L. C., Karyl, J., Hodges, W. F., Starek, J., Heidt, E., & Min, K. (1994). Relationships of parental spouse abuse to college students' depression, trauma symptoms and self-esteem. *The Child, Youth, and Family Services Quarterly*, 17, 7-9.
- Silvern, L., Waelde, L. C., McClintic-Baughn, B., Karyl, J., & Kaersvang, L. (2000). Two formats for eliciting retrospective reports of child sexual and physical abuse: Effects on apparent prevalence and on relationships to adjustment. *Child Maltreatment*, 5, 236-250.  
<https://psycnet.apa.org/doi/10.1177/1077559500005003004>
- Waelde, L. C. (2008). Meditation. In G. Reyes, J. D. Elhai, & J. D. Ford (Eds.), *Encyclopedia of psychological trauma* (pp. 419-421). Hoboken, NJ: Wiley.
- Waelde, L. C. (2012). Role of trauma in ethnic and cultural identity. In C. R. Figley, (Ed.), *Encyclopedia of trauma: An interdisciplinary guide* (pp. 576-578). Thousand Oaks, CA: Sage.
- Waelde, L. C. (2012). Trauma triggers. In C. R. Figley, (Ed.), *Encyclopedia of trauma: An interdisciplinary guide* (pp. 738-741). Thousand Oaks, CA: Sage.
- Waelde, L. C., Koopman, C., Rierdan, J., & Spiegel, D. (2001). Symptoms of acute stress disorder and posttraumatic stress disorder following exposure to disastrous flooding. *Journal of Trauma and Dissociation*, 2(2), 37-52. [https://doi.org/10.1300/J229v02n02\\_04](https://doi.org/10.1300/J229v02n02_04)
- Waelde, L. C., & Hechanova, M. R. M. (2020). Preface. In M. R. M. Hechanova & L. C. Waelde (Eds.) *Resistance, resilience, and recovery from disasters: Perspectives from Southeast Asia* (Vol. 21, pp. xv-xvii). Emerald Publishing.

- Waelde, L. C., Pennington, D., Mahan, C., Mahan, R., Kabour, M., & Marquett, R. (2010). Psychometric properties of the Race-Related Events Scale. *Psychological Trauma: Theory, Research, Practice, and Policy*, 2, 4-11. <https://psycnet.apa.org/doi/10.1037/a0019018>
- Waelde, L. C., Silvern, L., Carlson, E., Fairbank, J. A., & Kletter, H. (2009). Dissociation in PTSD. In P. F. Dell & J. A. O'Neil (Eds.), *Dissociation and the dissociative disorders: DSM-V and beyond* (pp. 447-456). New York: Routledge.
- Waelde, L. C., Silvern, L., & Fairbank, J. A. (2005). A taxometric investigation of dissociation in Vietnam Veterans. *Journal of Traumatic Stress*, 18, 359-369. <https://doi.org/10.1002/jts.20034>
- Waelde, L. C., Silvern, L., & Hodges, W. F. (1994). Stressful life events: Moderators of the relationships of gender and gender roles to self-reported depression and suicidality among college students. *Sex Roles: A Journal of Research*, 30, 1-22. <https://psycnet.apa.org/doi/10.1007/BF01420737>