function initSelector(element){ $('.skiptocontent').removeAttr("href"); $(element).parent().before(""); window.location.hash = '#top'; $(window).scrollTop($("#top").offset().top-100); window.location.hash=''; } $('#skiptocontent').keydown(function (e) { var code; try { code = (window.event) ? window.event.keyCode : event.which; } catch(err) { code = e.keyCode || e.which; } //click Enter if(code == 13){ var mainPageId=$("#main-page-content").text(); if(mainPageId){ initSelector('#main-page-content'); }else{ var firstH1=$('h1:first').text(); if(firstH1){ initSelector('h1:first'); }else{ $('#skiptocontent').css('display','none'); } } } });

showDfpAd(0)

```
$(document).on("ready", sageQuickSearch.init('chpc'));
```

MENU

IN THIS JOURNAL

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```
$(document).on("ready", sageQuickSearch.init('chpc'));
```

[Advanced](#)

Sign In

National Science Library

Society

addClass('enhancedLoginPanel', 'doNotShow'); function initLoginBox() { if (hasPersonIdentity()) $('.profileContainerMobile img.loggedInArrow').show(); else { $('.profileContainerMobile img.loggedInArrow').hide(); //$('.myprofile-label').text("Sign In"); }; $('#portalLoginBar .sage-login-widget').attr('tabindex', '0'); $('.sage-login-widget img.user-logo').each(function(){ //console.log($(this).attr('src')); if($(this).attr('src').indexOf('templates')===-1)

$(this).addClass('bannerImage'); else $(this).removeClass('bannerImage'); }); initMyProfileInfo(); initInstitutionInfo(); initSocietyInfo(); if (inPbEditorMode()) $('.sage-login-widget').attr('onclick', 'toggleLoginPopup(true);return false;'); if (isIE()) { $("img.user-logo").each(function () { let imgUrl = $(this).prop("src"); if (imgUrl) { $(this).css("backgroundImage", 'url(' + imgUrl + ')').addClass("ie-object-fit"); $(this).prop("src",""); } }); } }

Access Options

You can be signed in via any or all of the methods shown below at the same time.

My Profile

Sign in here to access free tools such as favourites and alerts, or to access personal subscriptions

Email (required)
Password (required)
　Remember me

[Forgotten your password?](#)

I don't have a profile

[Create Profile](#)

I am signed in as:

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[Logout](#)

function initMyProfileInfo() { $('.id-person-activated>img.user-logo').attr('title', 'You are signed in via your profile'); $('.id-person-deactivated>img.user-logo').attr('title', 'You are not signed in via your profile'); $('#frmLogin br').hide(); $('#user-login-form #passwordReminder').insertBefore('#user-login-form #frmLogin tr:last-child'); $('

[Set new password](#)

').appendTo('#user-login-form #passwordReminder'); $('#ru-user').attr('href', '/action/doLogout?redirectUri='+window.location.href); $('#user-login-form .loginForm label[for="password"]').append(':'); if (hasPersonIdentity()) { $('#user-info').show(); $('#user-login-form').hide(); } else { $('#user-info').hide(); $('#user-login-form').show(); } let $user=$('#portalLoginBar .my-profile-col.id-person-activated'); if ($user && $user.attr('name') && $user.attr('name').length>0) { $('

'+$user.attr('name')+'

').appendTo('#user-name'); } }

With my free profile I can:

- Set up [favourite journals](#) and register for [email alerts](#)
- List [saved searches](#)
- [Edit account details](#)
- [Activate personal subscriptions](#) and [access content](#)

Institution

If you have access to journal content via a university, library or employer, sign in here

[Shibboleth](#)

[Open Athens](#)

I am signed in via:

National Science Library

function setInstitutionLoginStatus() { let samlExists=($('.access-via-samel').length)>0; let appendTag=''; if (samlExists) { appendTag+='

Signed in via: **a federated identity**

'; } else { appendTag+='

Sign in via: [Shibboleth](#)

'; appendTag+='

Sign in via: [Open Athens](#)

'; } $('#inst-login-status').append(appendTag); } function setRedirectUrl() { let currentUrl = window.location.pathname; $('.Shibboleth').attr("href", $('.Shibboleth').attr('href') + currentUrl); $('.OpenAthens').attr("href", $('.OpenAthens').attr('href') + currentUrl); } function initInstitutionInfo() { setInstitutionLoginStatus(); setRedirectUrl(); if ($('.id-institution-activated>img.user-logo').attr('title')===undefined) $('.id-institution-activated>img.user-logo').attr('title', 'You are signed in

via your institution'); $('.id-institution-deactivated>img.user-logo').attr('title', 'You are not signed in via an institution'); $('#institution-info .portalInsitutionalButton').after('

my institutional subscription

'); //if ($('#institution-info .portalInsitutionalButton a').length) $('#institution-info .portalInsitutionalButton a').text(); if (hasInstitutionIdentity()) { $('#institution-info').show(); $('#institution-login-form').hide(); } else { $('#institution-info').hide(); $('#institution-login-form').show(); } }

With institutional access I can:

- View or download all content the institution has subscribed to.

Society

If you have access to journal via a society or associations, read the instructions below

Members of _ can log in with their society credentials below

Username (required)
Password (required)
Society (required)

Access to society journal content varies across our titles.

If you have access to a journal via a society or association membership, please browse to your society journal, select an article to view, and follow the instructions in this box.

Contact us if you experience any difficulty logging in.

Some society journals require you to create a personal profile, then activate your society account

Activate my Society Account

I am signed in via:

```
function getYmCount() { let rv=0; try{ rv=Number("0"); if (isNaN(rv)) rv=0; } catch (e) {} return rv; }
function getSocietyJournals(index) { let rv=""; try { switch (index) { case 1:rv=""; break; case 2:rv="";
break; case 3:rv=""; break; case 4:rv=""; break; case 5:rv=""; break; default:break; } } catch (e) {}
return rv; }
```

```
$('#ru-society').attr('href', '/action/doLogout?redirectUri='+window.location.href); function
restyleJournalAd(){ if ($('#society-login-form .literatumAd').length!==0) { $('#society-login-form
#society-info-text, #society-login-form .topSeparator').hide(); } } function initSocietyInfo() { if ($('.id-
society-activated>img.user-logo').attr('title')===undefined) $('.id-society-activated>img.user-
logo').attr('alt', 'You are signed in via your society'); $('.id-society-deactivated>img.user-
logo').attr('title', 'You are not signed in via a society'); $('#society-info .portalInsitutionalButton').after('
```

my society or association

```
'); if (hasSocietyIdentity()){ $('#society-info').show(); $('#society-login-form').hide(); } else {
restyleJournalAd(); $('#society-info').hide(); $('#society-login-form').show(); } } function
getYmSocietyIndex(){ let count = getYmCount() || 0; let currentJournal = "chp"; if
(currentJournal.length!==0 && count>0) { console.log("Looking through "+count+" societies for journal
code: "+currentJournal); for (i=0; i
```

Journal of Evidence-Based Integrative Medicine

Journal Indexing & Metrics

```
if ('0.4822.7201.098CiteScoreSCImago Journal Rank (SJR)151563'.trim().length>0)
$('.impactFactorContainer').removeClass('not-show-important'); if ($(".impact-factor-container") &&
$(".impact-factor-container").size()>0) $("#showAllSocietiesBtn").addClass("ifBorder"); switch
($('#showNoFoldedSocietyLogos .societyImageLink').size()) { case 2:
$('#showNoFoldedSocietyLogos').addClass('two-logos'); break; case 1:
$('#showNoFoldedSocietyLogos').addClass('one-logo'); break; case 0: default: break; } function
resizeHeaderFont() { var headerTitleElement = document.getElementById('headerTitle'); if
(headerTitleElement) { var fontsize = 32; if ("" && "FALSE"==="TRUE") fontsize=28;
$('#headerTitle').css('font-size', fontsize+"px"); /*Max font size, then reduce from there*/
$('#headerTitle h1').css('font-size', fontsize+"px"); /*Max font size, then reduce from there - journal
home only*/ var headerTitleSize = headerTitleElement.getBoundingClientRect(); var textHeight =
headerTitleSize.height; var textWidth = headerTitleSize.width; var containerElement =
document.getElementById('headerTitleContainer'); var containerSize =
containerElement.getBoundingClientRect(); var containerHeight = containerSize.height; var
containerWidth = containerSize.width; var fontstring = ""; while (textHeight > containerHeight) {
fontsize--; fontstring = fontsize.toString(); fontstring = fontstring + "px"; $('#headerTitle').css('font-size',
fontstring); $('#headerTitle h1').css('font-size', fontstring); headerTitleSize =
headerTitleElement.getBoundingClientRect(); textHeight = headerTitleSize.height; textWidth =
headerTitleSize.width; } } }; resizeHeaderFont(); $(window).resize(function() { resizeHeaderFont(); });
```

Search in:

```
function offset(el) { let rect = el.getBoundingClientRect(), scrollLeft = window.pageXOffset ||
document.documentElement.scrollLeft, scrollTop = window.pageYOffset ||
document.documentElement.scrollTop; return { top: rect.top + scrollTop, left: rect.left + scrollLeft,
bottom: rect.bottom + scrollTop , right: rect.right + scrollLeft } } window.addEventListener("scroll",
function() { let y = window.pageYOffset; let $quickSearchId = $("#journalQuickSearch").parent(); if (y
>= offset(document.getElementById("portalQuickSearch")).bottom) {
$quickSearchId.removeClass("doNotShow"); } else { $quickSearchId.addClass("doNotShow"); } });
```

```
$(document).on("ready", sageQuickSearch.init('chpc'));
```

Cookies Notification

This site uses cookies. By continuing to browse the site you are agreeing to our use of cookies. [Find out more.](#)

```
$("#accept-cookie-policy").click(function() { $.get('/action/cookiePolicy?response=accept',
function(data) { $(".cookiePolicy").remove(); }); });
```

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You are adding the following journals to your email alerts

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Journal of Evidence-Based Integrative Medicine		

Contents

$(document).ready(function() { if(($('#openAccessSideMenu .showFullText').size() == 0) || (isDesktop() && $('#openAccessSideMenu').find('.noAccess').size() !=0)) { $('#mobileContents').closest('.general-html-asset').addClass('hide'); $('.mobileToolLink').addClass('double-button'); } });

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Richard Schaub, PhD

‒

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```
var script = document.createElement('script'); script.type='text/javascript';
script.src='//s7.addthis.com/js/250/addthis_widget.js#pubid=xa-4faab26f2cff13a7'; script.async = true;
$('head').append(script)
```

Via Email

All fields are required

Recipient's Email Address:

Your Email:

Your Name:

Subject:

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```
$(document).ready(function () { if ($(".articleTools .rightsLink").length) {
$(".permissionsToolContainer").css("display", "inherit"); } });
```

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function addFlashMovie(id, flv) { var flashvars = {file: flv ,type: 'flv'}; var params = {allowfullscreen :true}; var attributes = {}; swfobject.embedSWF('/flvplayer.swf', id, "352", "288", "7.0.0", false, flashvars, params, attributes); } function addFlashMovie(id, flv, image) { var flashvars = {file: flv ,type: 'flv', image: image}; var params = {allowfullscreen :true}; var attributes = {}; swfobject.embedSWF('/flvplayer.swf', id, "352", "288", "7.0.0", false, flashvars, params, attributes); }

Clinical Meditation Teacher: A New Role for Health Professionals

Show all authors

[Richard Schaub](#), PhD

[Richard Schaub](#)

Huntington Meditation and Imagery Center, Huntington, NY, USA, brschaub@optonline.net
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/* * Check the number of Author's * if less than '3' we not display expandable-author * */ var numItems = $('.contribDegrees').length; if(numItems

Keywords [meditation](#), [professional training](#), [mind-body medicine](#)

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Google Scholar

 View access options

My Account

  Welcome
You do not have access to this content.

 Sign Out

```
var href = window.location; if (window.location.href.indexOf('verifyEmail')!=-1)
href=window.location.origin;
//document.getElementById('returnLink').href="/action/doLogout?redirectUri="+href;
$('.logOut').attr("href", "/action/doLogout?redirectUri="+href);
```

let $user=$('#portalLoginBar .my-profile-col.id-person-activated'); if ($user && $user.attr('name') && $user.attr('name').length>0) $("'+$user.attr('name')+'").appendTo('#denial-welcome span.individualUser');

Email (required)
Password (required)
    Remember me

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Chinese Institutions / Ã¤Â¸ÂÃ¥Â›Â½Ã§Â”Â¨Ã¦ˆÂ·

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```
document.getElementById("denial-2-cn").style.display = "block";
document.getElementById("denial-2").style.display = "none";
```

Institutional Access

does not have access to this content.

```javascript
if ($('span.institutionBannerText').length===0) { if ($('img#accessLogo').length===0) { $('#denial-institution').hide(); } else { var altText = $('.welcome span.institutionBannerLogo img').attr("alt"); var hrefText = $('.welcome span.institutionBannerLogo a').attr("href"); console.log(altText+'-'+hrefText); if (!altText || altText.length===0) $('.welcome span.institutionBannerLogo').clone().prependTo('#denial-institution div.error:first'); else { if (!hrefText || hrefText.length===0) $('#denial-institution div.error:first').prepend(''+altText+''); else $('#denial-institution div.error:first').prepend("'+altText+'"); } }
}
```

[Shibboleth](#)

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Members of _ can log in with their society credentials below

Username (required)
Password (required)
Society (required)

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$('.addOffer input[name="backUri"]').val(window.location.pathname); $(document).ready(function() { var ppvOffers=0; var articleTitle="Clinical Meditation Teacher: A New Role for Health Professionals"; $('.ecommDenial #ecommerceForm>div').each(function(){ try{ let offerText=$($(this).find('b')[0]).text().trim().toLowerCase(); let offerId=$($(this).find('input[name="offerId"]')[0]).val(); let offerValue=" for "; if (offerText.length[Show details](#)

[Journal Combat...Show details](#)

howDfpAd(2)

Here we keep the JS functions that use context sensitive parameters, since these are not working outside HTML assets (e.g. in js files) function removeTlaFromTaxonomyFacet() { //SAGE-2005 "li.ConceptID.parentFacets").each(function(){ let $link = $(this).find(".facet-link-container a"); if $link.length) { if ($link[0].innerHTML.toLowerCase().trim() === "chp".toLowerCase()) { $(this).css("display", one"); // hide this //console.log("Removed TLA code from taxonomy filter"); if (this).parents(".hiddenChildrenFacets").length) { // If TLA code found in hidden facets, change the More(n) xt to More(n-1) $(this).parents("div.facetContainer").find("div.toggleMoreFacets a.facet- k").each(function(){ if (this.innerHTML.toLowerCase().indexOf("more (") !== -1) { let moreNumber = is.innerHTML.match(/\d+/)[0]; if (moreNumber > 1) $(this).text($(this).text().replace(moreNumber, oreNumber - 1)); else // if only one was hidden, no need to expand $(this).parent().css("display", "none"); } } } } }); } function cpTitlesDates() { if ('cpv'==='cp' || 'cpv'==='cpv') { $('.pubDate-left').addClass('not-show- portant'); } } function deniedPdfAccess() { if ($('#accessOptionsTop').length > 0) { // clicked on page with ccess denial bar toggleDenialBar(); $('#accessOptionsTop input#login').focus(); } else { // no access denial ar window.location = '/doi/pdf/10.1177/2156587211399578'; } } function accesibilityImageAltText() { '.moreFromThisJournalModules img').each(function(){ if ($(this).attr('alt')===undefined) $(this).attr('alt', ''); $('.portalResourcesContainer img, .tellUsImage img').attr('alt', ''); '.relatedJournalsTextContainer').each(function(){ let $journalText = $(this); urnalText.closest('.relatedJournalsColumn>a').append($journalText.text()); $journalText.remove(); }); '.relatedJournalsImageContainer img').each(function(){ let $coverImage = $(this); let $parent = this).parent(); $coverImage.addClass('relatedJournalsImageContainer'); coverImage.prependTo($coverImage.closest('.relatedJournalsColumn>a')); $parent.remove(); }); 'td.savedSearch.savedResult:nth-child(4) img').attr('alt', function() { return $(this).attr('alt').replace('alert pe', 'saved date'); }) $('td.savedSearch.savedResult:nth-child(5) img').attr('alt', function() { return this).attr('alt').replace('alert type', 'last run date'); }) } ////// run these before document finished loading ////// SAGE-1878 //if ($('.more-than').offset().left 0) $('.pb-ui .accessOptionsBar').css('display', 'block'); else $('.pb- .accessOptionsBar').hide(); if ($('span.related-Article-wrapper span').length===0) $('span.related-Article- rapper').hide(); cpTitlesDates(); // Add data module attributes in related journals HTML widget ".otherSociety").attr("data-module-name", "related-journals"); $(".otherSocietyButton iewMoreText").attr("data-item-name", "view-more"); $(".otherSocietyButton #viewLessText").attr("data-item- me", "view-fewer"); $(".otherSocietyButton #viewFewerText").attr("data-item-name", "view-fewer"); // Add a parator before issue //$('.mostReadCited .contentItemIssue').text(function () { // if ($(this).text().trim().length 0 && $(this).text().trim().indexOf('-')!=0) // return '- '+$(this).text(); //}); //Move related asrticles indication into oper place: $('span.related-Article-wrapper').insertAfter('div.articleInformation'); $('.related-article- e').text(function() { return $(this).text().replace(/\s*:/, ': '); }); $('.online-pub-date').text(function() { return this).text().replace(/-/g, ' '); }); $('.contentItemVol').text(function() { return $(this).text().replace('Vol 0,', replace('Vol.', 'Vol ').replace(/\s*,/, ','); }); $('.issueFormat').text(function() { return this).text().replace('issue', 'Issue').replace('vol.', 'Vol').replace(/\s*,/, ','); }); //Remove trailing dot from deleteAccountLink $('a.deleteAccountLink').text('Delete your account'); //Remove trailing dot from deleteAccountLink $('a#copyToClipBoard').text('Copy to Clipboard'); // Rename "Views" to "Views and ownloads" $('.view-count').text(function() { if (inJournalScope()) return $(this).text().replace('Views:', 'Views downloads:'); else return $(this).text(); }); // Keep only anchor element if already in citedBy page if ($('.view- -citedBy a').attr('href') === window.location.pathname) $('.view-all-citedBy a').attr('href', ''); // Add #top- ntent-scroll on 'View All' citedBy link $('.view-all-citedBy a').attr('href', $('.view-all-citedBy a').attr('href') + op-content-scroll'); // Change MR/MC panel text $('#mostReadCitedPage .online-pub-date').text(function() turn $(this).text().replace("Online publication date", "First published"); }); //Wait for images to load, before eciding whteher to move the related journals $('.journalHomeFourRight').imagesLoaded().always(function(){ oveRelatedJournals(); //console.log('Ad(right) image is loaded'); }); // Fix for 'more...' label falling into 2nd e if ($('.authors .more-than').length && $('.authors .more-than').offset().left 1) 'input[name=AllField]').autocomplete('close'); } catch(e) {} }); //console.log('Journal: Journal of Evidence-

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Journal of Evidence-Based Integrative Medicine

showDfpAd(4)

top var dataLayer = dataLayer ||[]; dataLayer.push({"site":{"environment":"live","platform":"responsive-web"},"page":{"title":"Clinical Meditation Teacher: A New Role for Health Professionals: Journal of Evidence-Based Complementary & Alternative Medicine: Vol 16, No 2","type":"article/chapter-view"},"user":{"action":"showAbstract","id":596908647,"type":[],"loginStatus":false,"authentication":false,"subscriptions":[],"institution":["National Science Library"]},"product":{"type":"article","format":"electronic","journal":{"name":"Journal of Evidence-Based Integrative Medicine","tla":"CHP","category":[],"subCategory":[],"open_access":"false","e_issn":"2515-690X","p_issn":"2515-690X","issue":{"volume":"16","number":"2","article":{"doi":"10.1177/21565872399578","title":"Clinical Meditation Teacher: A New Role for Health Professionals"}}}}});
function(w,d,s,l,i){w[l]=w[l]||[];w[l].push({'gtm.start':new Date().getTime(),event:'gtm.js'});var f=d.getElementsByTagName(s)[0],j=d.createElement(s),dl=l!='dataLayer'?'&l='+l:'';j.async=true;j.src='https://www.googletagmanager.com/gtm.js?id='+i+dl;f.parentNode.insertBefore(j,f);})(window,document,'script','dataLayer','GTM-5M5KS');