



## EFFECTS OF MEDITATION

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**Effects of Meditation Training Sessions on Students**

Meditation, as a strategy for patient care, is being used with increasing frequency as a strategy for non-invasive treatment of stress related behavioral disorders, with remarkable success levels in a wide range of populations (Anderson, 2015). As a treatment, meditation relies on a wide variety of MTM (Meditation Training Methods), some of which have been developed recently, in conjunction with holistic medical practices, and some of which have been used for, literally, centuries, in one form or another (Berk & Wise, 2015). Studies researching the effectiveness of meditation training (Morris, Langley & Hill, 2015; Wastrom, 2014) have tended to gather statistics from participants who had been exposed to meditation prior to testing, and who were not screened for similarity in disposition with regard to their risk level for responding unfavorably or favorably to stress levels. Our study hopes to introduce a level of consistency in the participants backgrounds and likelihood of response levels to the training. [section continues]

**Method****Participants**

Sixty upper level university students were selected for participation in this study, thirty of whom were, as a result of family history, at high risk for developing signs of \_\_\_\_\_ [section continues]

**High Risk Group.** Students were identified as high risk if they reported a familial history of any in a series of stress related behavioral disorders, including\_\_\_\_\_ [section continues]

**Low Risk Group.** Students were identified as low risk \_\_\_\_\_ [section continues]

**Instructors**

Three qualified instructors, with experience in meditation training were employed to lead the sessions, using a variety of meditation training techniques. All instructors were asked to



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