NOTE: This is a comprehensive categorized list of all known Health Realization articles from journals and other indicated publications through fall of 2015. Dissertations and Master’s theses are included. This directory is intended to strengthen the resource base and understanding of trainers and scholars interested in the Health Realization principles (also called Three Principles, Psychology of Mind, Innate Health, Clarity, State of Mind).

Most entries were published in copyrighted journals. Permission to copy should be obtained from the publisher as needed. Some items are available on-line or through university data services; a few items are posted at: nationalresilienceresource.com.

Additional literature may be added to this list in the future. Please send complete citations for new items to marsh008@umn.edu. For manageability, with few exceptions, unpublished papers (including those from principle-based conferences) are not included.

– Kathy Marshall Emerson, 9/13, 7/14, updated 8/15

Category 1 – Clinical Trials
None at this time.

Category 2 – Peer Reviewed Pilot Studies (with study subjects)


Category 3 – Peer Reviewed Journal Articles (theory, application)
for using Health Realization to reduce stress and improve coping in refugee
16(1/2). 1-26.
intervention strategies with at-risk youth. Adolescence, 28(110), 439-460.
the principles of Psychology of Mind. Adolescence, 31(122), 321-337.
Juvenile and Family Court Journal 47, 39-54.
International Journal of Police Strategies and Management. 4, 1, 6-27.
of principle-based correctional counseling. Counseling & Psychotherapy Research,
23, 112-123.
and aggression for prospective criminal justice professionals. Mindfulness, 3, 261-
274.
spiritual principles versus depending on techniques to realize improved
mindfulness/mental health. Journal of Spirituality in Mental Health. DOI:
10.1080/19349637.2014.998752.
DOI: 10.4172/2324-8947.1000102.
psychospiritual view. Journal of Creativity in Mental Health. 9(1), 53-68.


**Category 4 – Edited Book Chapters**


Educational resiliency: student teacher, teacher, and school perspectives. (pp. 63-84). Greenwich, CT: Information Age Publishing.


Category 5 – Published Conference Proceedings or Papers


Category 6 – Theory and Application


**Category 7 – Review Articles**


**Category 8 – Professional Journals and Publications**


**Category 9 – Selected Other Publications, Papers, Presentations**


**Category 10 – Comments in Publications**


**Dissertations**


**Master’s Theses, Papers, Capstone Projects:**


