

Call for Papers: Special Issue on Mindfulness and Eastern Philosophy-Based Approaches to Mental Health and Wellness

Guest Editor: Dr. Farah Jindani

The *Journal of Concurrent Disorders* is pleased to announce a special issue focused on the **role of mindfulness and Eastern philosophy-based approaches in mental health and wellness**. This issue seeks to explore how ancient contemplative traditions—rooted in Buddhism, Hinduism, Taoism, and other schools of thought—are informing, transforming, and integrating within contemporary models of psychological care, trauma recovery, and holistic wellbeing.

Mindfulness and related practices have gained widespread attention in psychology, psychiatry, and behavioral health. Yet, their philosophical and cultural foundations are often diluted or misunderstood when translated into Western frameworks. This special issue aims to bridge that gap by bringing together scholars, clinicians, and practitioners who can speak to the scientific, philosophical, cultural, and experiential dimensions of these approaches.

We invite submissions that examine the intersection of **Eastern wisdom and modern mental health care** through empirical studies, theoretical papers, clinical reflections, community-based research, and first-person or narrative accounts.

Topics of interest include, but are not limited to:

- Mindfulness-based interventions (e.g., MBSR, MBCT) and their philosophical roots
- Integration of yoga, meditation, qigong, and breathwork in trauma and mental health care
- Comparative analyses of Eastern and Western models of consciousness and healing
- Cultural adaptation and decolonization of mindfulness and wellness practices
- The role of compassion, non-attachment, and equanimity in emotional regulation and resilience
- Ethical considerations and cultural appropriation in global mindfulness movements
- Neurobiological research on contemplative practices
- Community-based and Indigenous contemplative traditions
- Case studies or reflective essays from clinicians and practitioners

We welcome interdisciplinary perspectives from psychology, psychiatry, social work, neuroscience, education, philosophy, and public health, as well as traditional and spiritual practitioners who contribute to the global dialogue on healing and consciousness.

Abstract Deadline (submitted to: journalconcurrentdisorders@gmail.com): January 30, 2026

Manuscript Deadline (<https://jcd.manuscriptmanager.net/>): June 30, 2026

Submission Guidelines: https://cdspress.ca/?page_id=252

For questions or to discuss your submission idea, please contact Dr. Jindani:

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Article Submission: <https://jcd.manuscriptmanager.net/>