

With postgraduate degrees across several disciplines and a PhD in psychology, Dr Patrick Jones sees the value in being informed about the fields of mindfulness, quality of life and well-being. With a background in clinical psychology for twenty years, he moved to secular teaching and academia bringing the marriage of psychology and spirituality into the mainstream.

Patrick has been presenting at state, national and international conferences in psychology and health for the last twenty years. He has also been a director for eastern ashrams and western monasteries. Patrick also has 30 years' experience in the commercial sector, and has founded several companies, a not for profit charity, and has managed a portfolio of properties.

Through his clinical work and research, Dr Patrick Jones developed a quality of life and well-being program (Mindfulness-based Quality of Life and Well-Being Program), which has been used by thousands of people with findings presented at conferences around Australia and internationally. Patrick has been an honorary research associate at Murdoch University, written curriculum for Western Sydney University on mindfulness-based entrepreneurship and is an occasional university lecturer and public speaker.

Dr Jones has peer reviewed and published articles in numerous journals and continues to submit new research. Specialising in mindfulness, quality of life, and well-being, Dr Jones has seven publications including:

ACADEMIC PUBLICATIONS

Citation: Jones, P. & Drummond, P. D. (2021). A Summary of Current Findings on Quality of Life Domains and a Proposal for Their Inclusion in Clinical Interventions. *Frontiers in Psychology*. 12. <https://doi.org/10.3389/fpsyg.2021.747435>

Citation: Jones, P., Drummond, P. (2022). The construction of a new Clinical Quality of Life Scale (CLINQOL). *BMC Psychol* 10(210). <https://doi.org/10.1186/s40359-022-00912-7>

Citation: Jones, P. & Drummond, P. (2022). Construction and evaluation of a mindfulness-based quality of life and well-being program (MQW) in a randomized trial. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02672-w>

Citation: Jones, P. (2022). Mindfulness and Nondual Well-Being – What is the Evidence that We Can Stay Happy? *Review of General Psychology*, <https://doi.org/10.1177/10892680221093013>

Citation: Jones, P. (2018). Mindfulness-Based Heroism: Creating Enlightened Heroes, *Journal of Humanistic Psychology*, 1(24). <http://doi.org/10.1177/0022167817711303>

Citation: Jones, P. (2019). Mindfulness Training: Can It Create Superheroes? *Frontiers in Psychology*. <http://doi.org/10.3389/fpsyg.2019.00613>

Citation: Jones, P. (2022). Nondual Well-Being – The Evolution of Happiness. In F. Irtelli, & F. Gabrielli (Eds.), *Happiness and Wellness- Biopsychosocial and Anthropological Perspectives*. IntechOpen. <https://doi.org/10.5772/intechopen.106770>

Patrick's profile can be found on Google Scholar at
<https://scholar.google.com/citations?user=Ad7V07gAAAAJ&hl=en&oi=sra>.

Dr Jones is a strong advocate of service and stresses the importance of non-attached altruism and self-less contribution. He has a black belt in Tae Kwon Do and is an active triathlete.