

MINDFULNESS: AN EVIDENCE-BASED APPROACH TO WELL-BEING

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» *Mindfulness refers to a process that leads to a mental state characterized by nonjudgmental awareness of the present moment experience, including one's sensations, thoughts, bodily states, consciousness, and the environment, while encouraging openness, curiosity, and acceptance.*

» *-John Kabat-Zinn*

MINDFULNESS BENEFITS

WHAT THE EVIDENCE SAYS

- » Stress reduction
- » Immune function
- » Quality of life for individuals with chronic disease
- » Focus
- » Boost to working memory
- » Greater cognitive flexibility
- » Reduced emotional reactivity
- » Reduced rumination

- >> Developed in 1979 by Jon Kabat Zinn with the intent to reduce stress
 - <https://www.youtube.com/watch?v=puzAe4G6uDw>
- >> Since then, studies have demonstrated the impact of reducing psychological and clinical symptoms in a host of chronic diseases including:
 - diabetes, hypertension, cancer, immune disorders, chronic pain, sleep disorders, back pain, clinical depression, stress and anxiety.
- >> Mindfulness-Based Stress Reduction taught in over 700 medical centers, clinics and hospitals across the world
- >> Goal of the practice: change your relationship to your symptoms, emotions, thoughts, discomfort and pain



MINDFULNESS BASED STRESS REDUCTION FORMAT OF MBSR

- »» The format is 8 weekly 2.5-hour sessions as well as a full-day retreat after week 6 as part of the model
- »» The training and practice incorporate a variety of mindfulness practices including:
 - Body scan
 - Gentle yoga
 - Sitting meditation
- »» The training also includes incorporating mindfulness into daily living and exercises to help individuals become more aware of their thoughts, sensations and emotions.
- »» Source: <https://www.institute-for-mindfulness.org/offer/mbsr/what-is-mbsr>



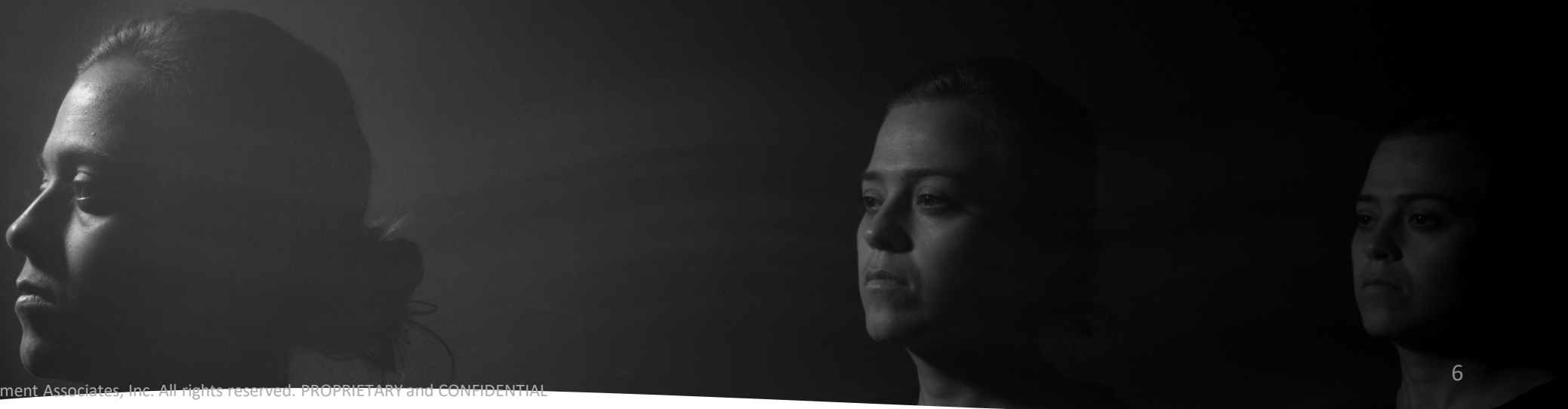
MINDFULNESS BASED STRESS REDUCTION

INCORPORATION OF THE 9 ATTITUDES OF MINDFULNESS



INTEGRATED CARE DC

- >> Beginner's Mind
- >> Patience
- >> Non-judging
- >> Non-striving
- >> Acceptance
- >> Gratitude
- >> Letting Go
- >> Generosity
- >> Trust



- MBSR is one particular model of applying mindfulness practice to stress reduction and increased well-being
- Many behavioral therapies are incorporating mindfulness or have already included mindfulness practice as part of treatment

Used in a wide variety of psychological treatment models that are evidence-based across varying psychological conditions

- >> Mindfulness-Based Cognitive Therapy (MBCT)
- >> Dialectical Behavior Therapy (DBT)
- >> Acceptance and Commitment Therapy (ACT)
- >> Cognitive Behavior Therapy (CBT)
- >> Trauma-focused Cognitive Behavior Therapy (TF-CBT)
- >> Narrative Exposure Therapy (NET)
- >> Seeking Safety
- >> Eye-Movement Desensitization and Reprocessing (EMDR)

>> Awareness of the body

- >> **Stress Inoculation Training (SIT)**
 - >> Phase 2: Skills Acquisition and Consolidation: Deep muscle relaxation and breathing to calm hyperarousal states
- >> **Seeking Safety**
 - >> Safe coping skill – physical grounding to detach from emotional pain

Detaching from Emotional Pain (Grounding), Handout “Using Grounding to Detach from Emotional Pain, pp. 133-135
- >> **Dialectical Behavior Therapy (DBT)**
 - >> Paired Muscle Relaxation, Step by Step
Distress Tolerance Handout 6B and Distress Tolerance Worksheet 4a
 - >> Body Scan Meditation Step by Step
Distress Tolerance Handout 8a, Distress Tolerance Worksheet 6c
 - >> TIP skills: Changing your Body Chemistry – sensory and body focused activities
Distress Tolerance Handouts 6, 6a-c and Distress Tolerance Worksheets 4a-b
- >> **All bottom-up therapies use awareness of the body strategies**

>> Awareness of thoughts

- >> **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**
 - >> Trauma Common Unhelpful and Helpful Thoughts Tool – Bringing awareness to thoughts to identify helpful and unhelpful automatic thoughts as part of cognitive restructuring work

<https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/7%20Trauma%20Focused%20CBT/Trauma%20Common%20Unhelpful%20Helpful%20Thoughts%20Tool%202016.pdf>
- >> **Dialectical Behavior Therapy (DBT)**
 - >> Challenging Beliefs Worksheet - Bringing awareness to beliefs as initial step to challenging inaccurate thoughts

Mindfulness Handout 4a-b, Mindfulness Worksheet 4a-b (observe and describe thoughts exercise)
- >> **All cognitive therapies or top-down therapies use awareness of thoughts strategies**

»» **Dialectical Behavior Therapy (DBT)**

- »» Different Emotions Skill –intentional eliciting and experiencing of emotions used as a tool to distract distressing thoughts, emotions and sensations

Distress Tolerance Handout 7 and Distress Tolerance Worksheet 5, 5a-b

- »» Mindfulness to Current Emotion Skill –Experiencing emotion to reduce suffering (suppressing drives suffering)

Emotion Regulation Handout 21, Emotion Regulation Worksheet

»» **Seeking Safety**

- »» Safe coping – Tolerate the feeling

Safety, Handouts 1 and 2, pp. 101-108

»» **Narrative Exposure Therapy (NET)**

- »» Natural emotions and manufactured emotions – psychoeducation followed by experiencing focused on natural emotions related to traumatic experience

Good description found here: <https://taylorcounselinggroup.com/blog/natural-vs-manufactured-emotions/>

- » Start with small increments
- » Understand what mindfulness practices feel most accessible to the client/patient
- » Mindfulness is not about achieving a sustained state of focus
- » Mindfulness is a practice...it's like the building of a muscle. Not sustaining focus is part of the practice...
- » Mindfulness is not the same as meditation
 - » Meditation
 - » Body scans
 - » Grounding Activities
 - » Observing Thoughts

- >> Walking
- >> Breathing
- >> Brushing teeth
- >> Listening to music
- >> Eating food
- >> Washing dishes
- >> Stretching
- >> Observing something in a focused way
- >> Meditation

**WHEREVER
YOU ARE,
BE ALL
THERE.**

-JIM ELLIOT

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THANK YOU!

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