

Mind Full, or Mindful?

The Application of Mindfulness

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Objectives

- Working definition of mindfulness
- Psychophysiology
- Evidence-based approaches which utilize mindfulness
 - Mindfulness-Based Stress Reduction (MBSR)
 - Mindfulness- Based Cognitive Therapy (MBCT)
 - Dialectical Behavior Therapy (DBT)
 - Acceptance and Commitment Therapy (ACT)
- Description of how mindfulness has been used in a residential treatment facility

Mindfulness:

paying attention to the present moment
with intention,
while letting go of judgment,
as if your life depends on it.

~Dr. Jon Kabat-Zinn



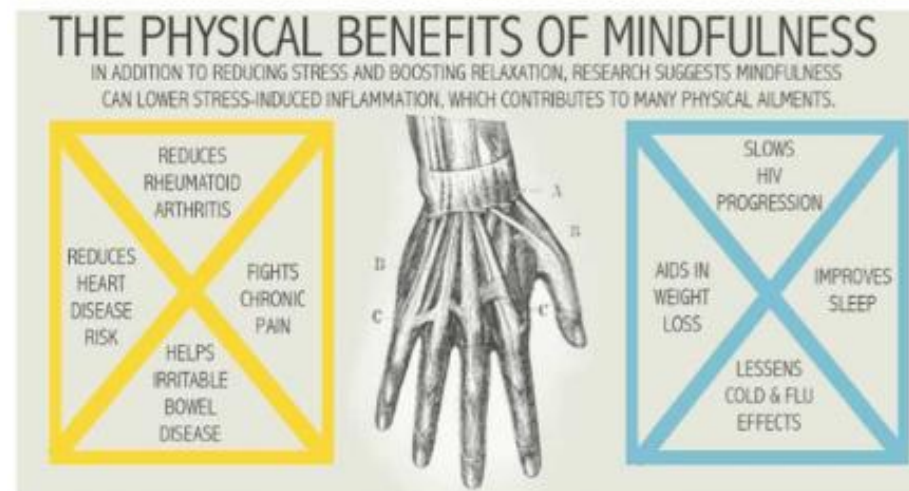
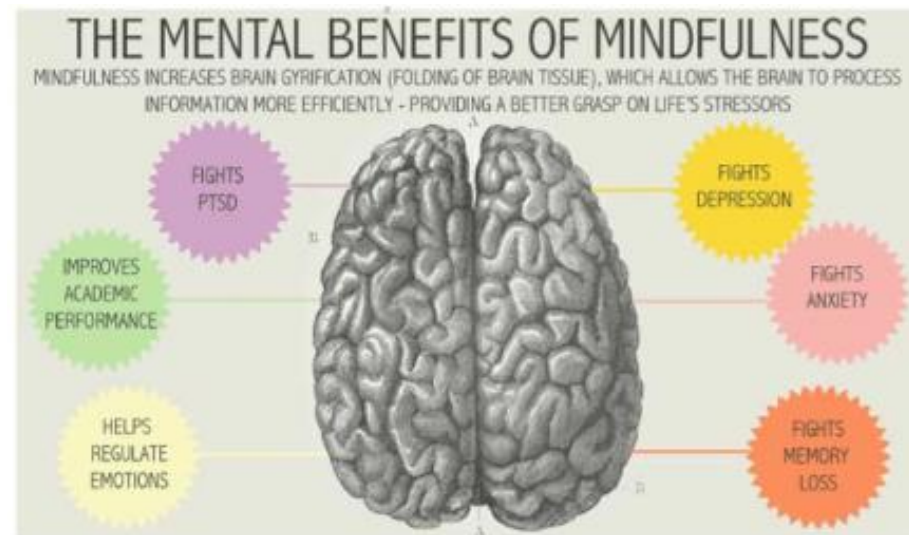
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Evidence- Basis for Mindfulness Interventions

- Mindfulness has become popular in the treatment of both mental and physical illnesses (Edenfield, 2012)
- It is an area of focus in third-wave behavioral therapies (Howells, 2010)
- Outcome studies (including some RCTs) have shown that mindfulness has a positive impact on:
 - Chronic Pain (Kabat-Zinn, 1982, 1985, 1987; Randolph et al., 1999)
 - Fibro-myalgia (Kaplan, 1993; Goldenberg et al., 1994)
 - Cancer (Specia et al., 2000; Carson et al., 2000)
 - Depression (Teasdale et al., 2000; Williams et al., 2000; Dimidjian et al., 2010)
 - Anxiety (Kabat-Zinn, 1992, Miller et al. 1995)
 - General stress (Sing el at., 2008)
 - Binge Eating Disorder (Kristeller & Hallett, 1999)
 - Psychosomatic conditions (Sing el at., 2008)
 - Sex Offenders (Singh, et al., 2011)
 - Substance Abuse (Chiesa & Serretti, 2014)

Benefits of Practicing Mindfulness

- Symptoms reduction
- Reduce emotional volatility
- Reduce negative affect
- Promote sense of well-being
- Promote positive emotional state
- Moderate future symptoms or distress
- Provide a coping skill & self-care technique



Benefits cont.

- Develop ability to be fully present, here and now
- Experience unpleasant thoughts and feelings safely
- Enhance overall self-awareness and awareness of avoidance
- Build connections with self, others and world
- Reduce judgmental stance
- Reduce distress and reactivity to unpleasant experiences
- Recognize that everything changes
- Increase experience of calm
- Develop self-acceptance and self-compassion

Benefits of Mindfulness for Therapists and Mental Health Practitioners

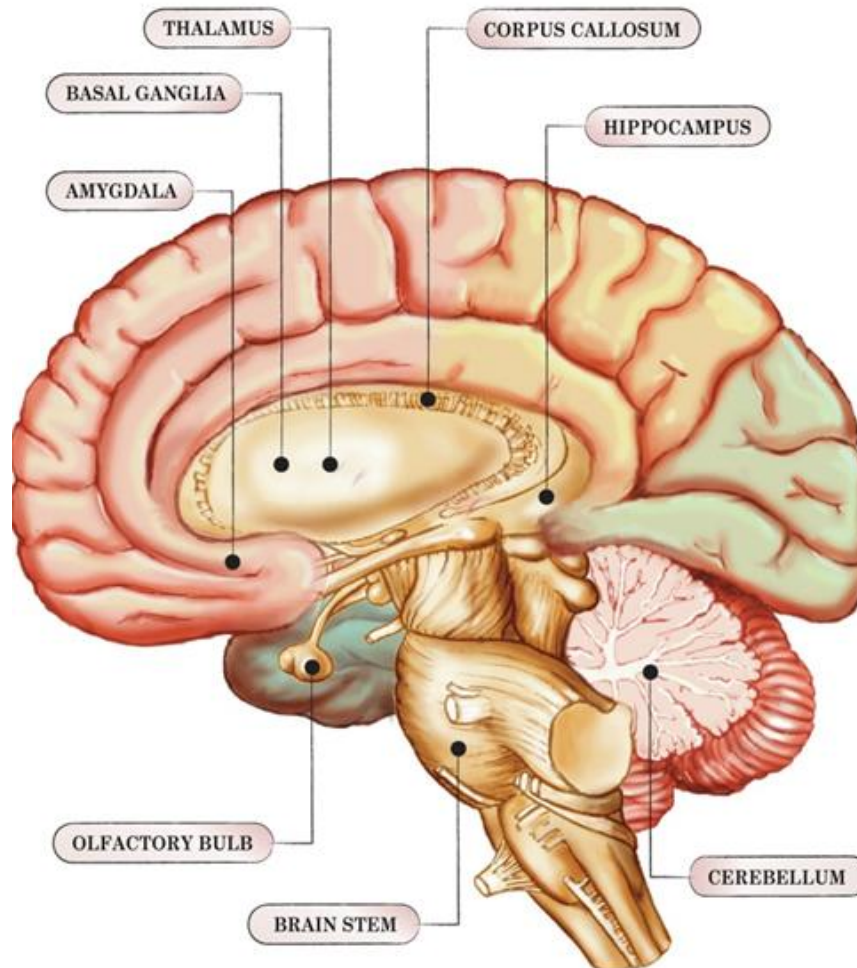
- Enhance empathy, compassion, and unconditional positive regard
- Develop ability to be present and stay focused
- Enhance ability to stay grounded and composed
- Enables a healthy attitude to therapeutic outcomes
- Maintain direction and focus for therapy
- Increases skills at observing your clients' responses

Mindfulness in Everyday Life

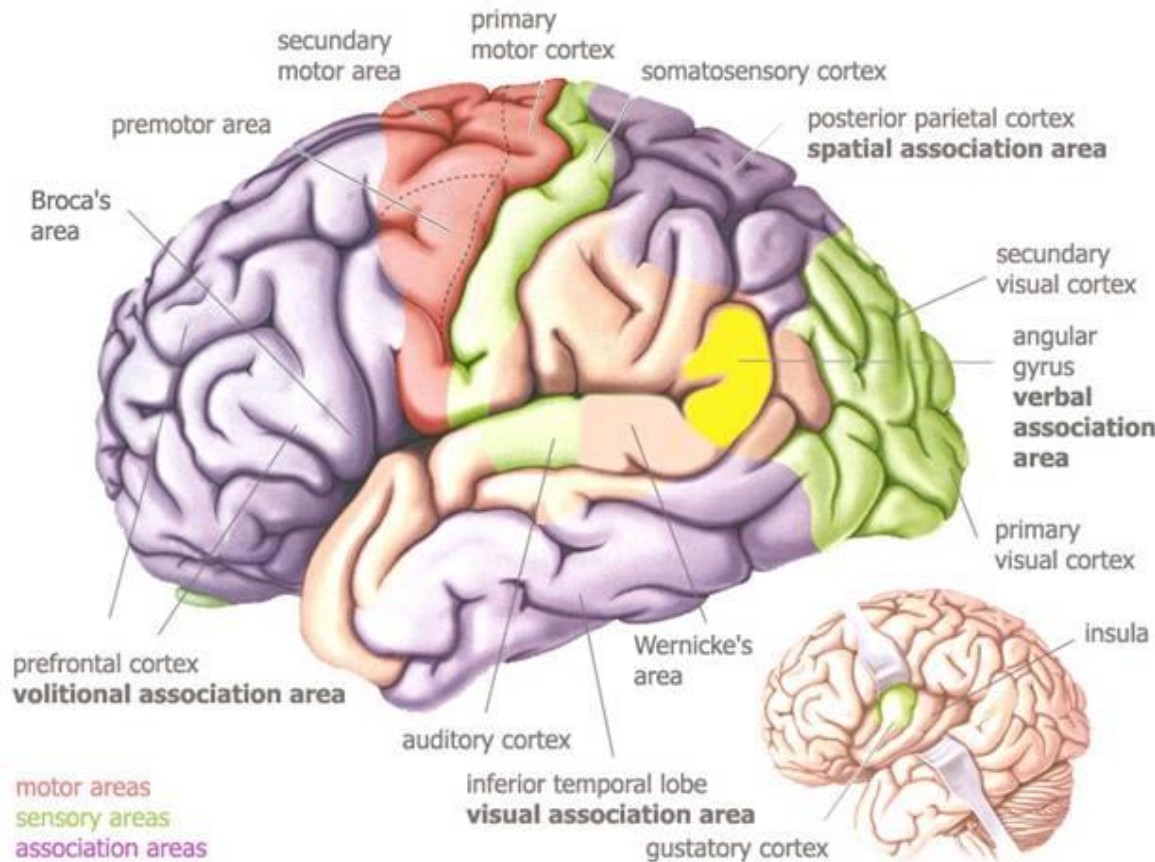


- Schools
 - Improvements in: self-control, attention, memory, & sleep quality
 - Reduced stress levels
 - Some studies have suggested: improved test scores
- Veterans and soldiers
 - Reduction in symptoms of depression, PTSD, & sleep disorders
- End of life care
 - Coping with aging and death
- Medical Center
- Athletics
- Leadership

Mindfulness of Smell and Taste



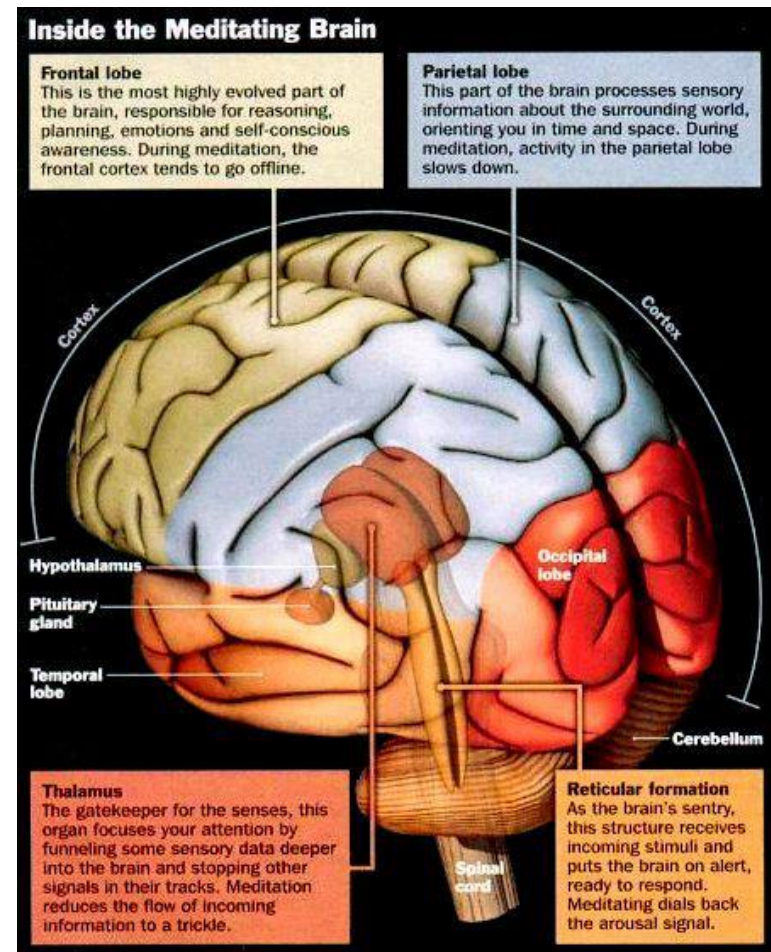
Psychophysiology



- Attention Regulation
- Body Awareness
- Emotion Regulation
 - Reappraisal
 - Exposure, extinction, and reconsolidation
- Change in perspective on the self

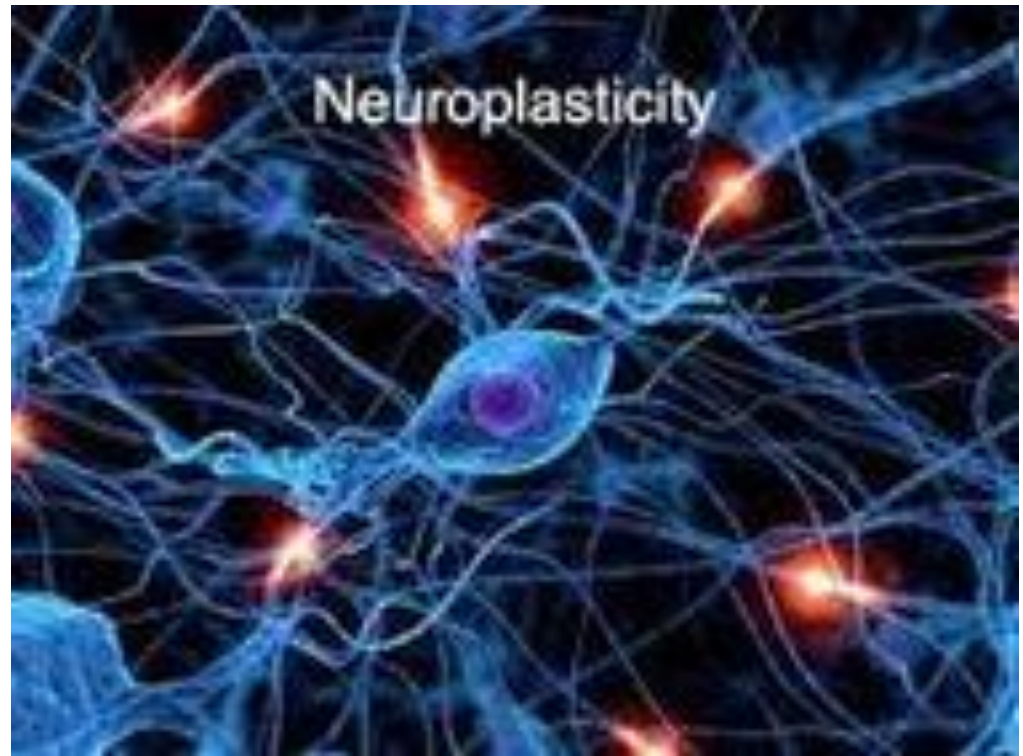
Psychophysiology cont.

- Reduces activity in the amygdala & reticular formation
 - Decreased arousal
- Increases activity in the prefrontal cortex
 - Increase in attention and focus with benefits to executive control
- Activity in parietal lobe slows
- Reduces flow of incoming information to thalamus







Neuroplasticity

- Sustained meditation has been associated with neuroplasticity
- Research has indicated that experienced meditators exhibit high levels of gamma wave activity and display an ability cognitive flexibility.

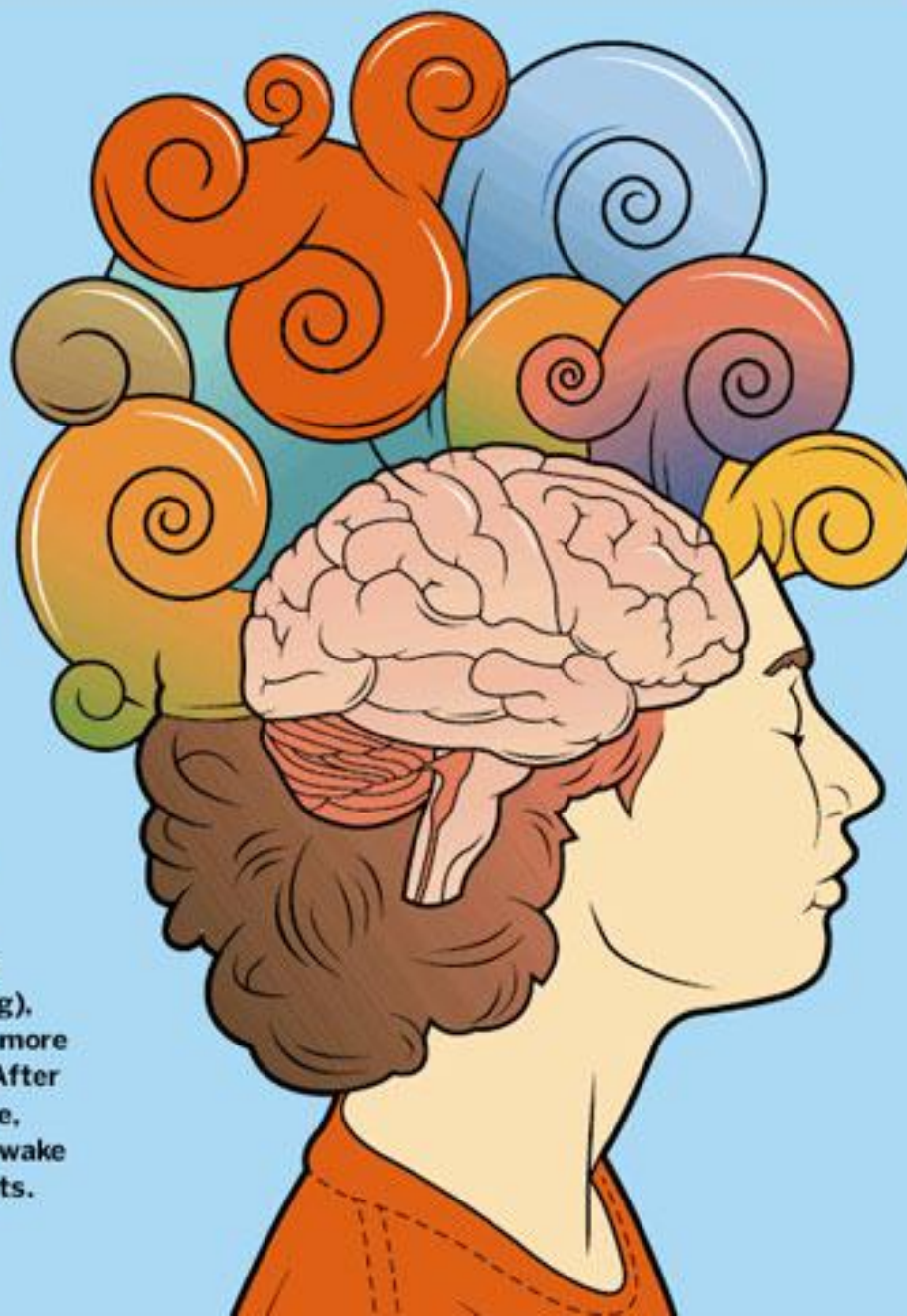


MAKING WAVES

The brain wave spectrum divides into 5 bands with different associated states:

-  **DELTA WAVES (δ), $\frac{1}{2}$ –4Hz:**
Deep unconscious, intuition and insight
-  **THETA WAVES (θ), 4–8Hz:**
Subconscious creativity, deep relaxation
-  **ALPHA (α) waves, 8–13Hz:**
“Spacey” and dreamy state, receptive and passive
-  **BETA (β) waves, 13–30Hz:**
Conscious thought, external focus
-  **GAMMA (γ) waves, 30–100Hz:**
Not well understood, but linked to perception and alertness or anxiety

During successful meditation, the subject typically starts off with high beta (thinking), then experiences more alpha, followed by more theta and finally delta, the deepest level. After some time, the reverse process takes place, bringing the person back to beta feeling awake and refreshed, sometimes with new insights.

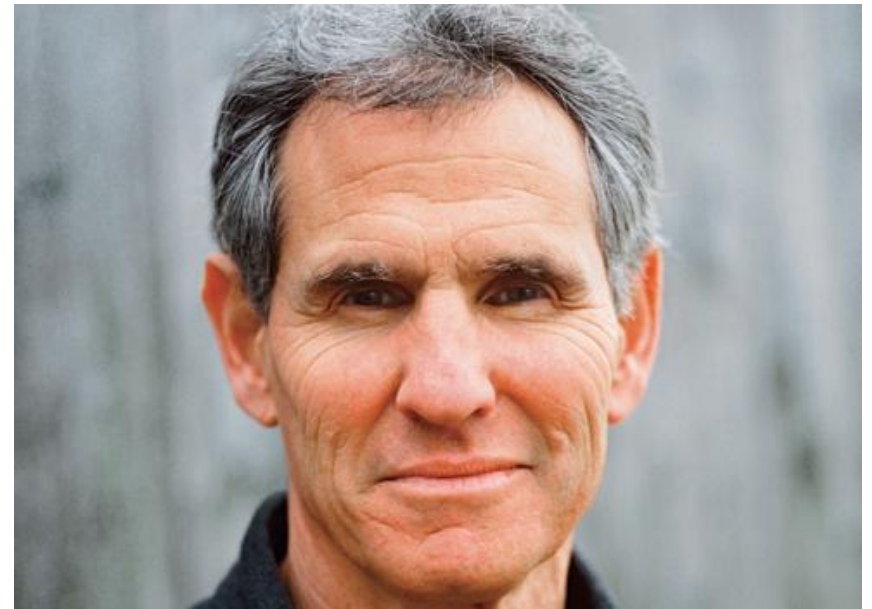


Mindfulness-Based Stress Reduction (MBSR)

- Developed in behavioral medicine for chronic pain and stress-related disorders
- 8-10 weeks course
- Weekly meetings (2-2.5 hrs) + one all day workshop
- Mindfulness meditation skills
 - Body scan
 - Sitting meditation
 - Hatha yoga postures
 - Mindfulness during daily activities (walking, standing, eating)
- Practice skills 45 min per day, 6 days per week

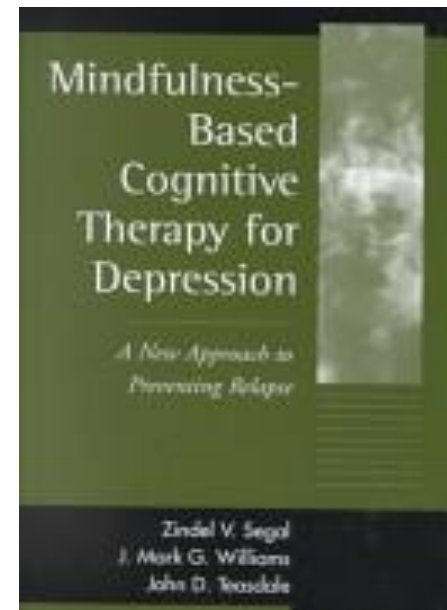
MBSR cont.

- 8 Attitudes of Mindfulness
 - Beginner's mind
 - Nonjudgmental
 - Acknowledgment
 - Nonstriving
 - Equanimity
 - Letting be
 - Self-reliance
 - Self-compassion



Mindfulness Based Cognitive Therapy (MBCT)

- Mindfulness Based Cognitive Therapy (MBCT) developed in 2002 to prevent depressive relapse
 - 8-session group program
 - 2 hours each week
 - 1 day-long class after the fifth week
 - Participants encouraged to use guided meditation and mindfulness in daily lives



MBCT cont.

- Mindfulness helps one enter an alternative mode of mind that includes thinking but is bigger than thinking.
- Sessions
 - Automatic pilot
 - Dealing with barriers
 - Mindfulness of the breath
 - Staying present
 - Allowing/Letting be
 - Thoughts are not facts
 - How can I best take care of myself
 - Using what has been learned to deal with future moods

MBCT cont.

- Exercises:
 - Body Scan
 - Stretch and Breath
 - Yoga
 - Sitting meditation
- The therapeutic stance of MBCT focuses on encouraging patients to adopt a new way of being and relating to their thoughts and feelings, while placing little emphasis on altering or challenging specific cognitions.

Empirical Evidence for MBCT

- Recovered recurrently depressed patients were randomized to treatment as usual (TAU) or TAU plus mindfulness-based cognitive therapy (MBCT).
- Replicating previous findings, MBCT reduced relapse from 78% to 36% in 55 patients with 3 or more previous episodes; but in 18 patients with only 2 (recent) episodes corresponding figures were 20% and 50%.

Ma and Teasdale (2004)

Dialectical Behavior Therapy (DBT)

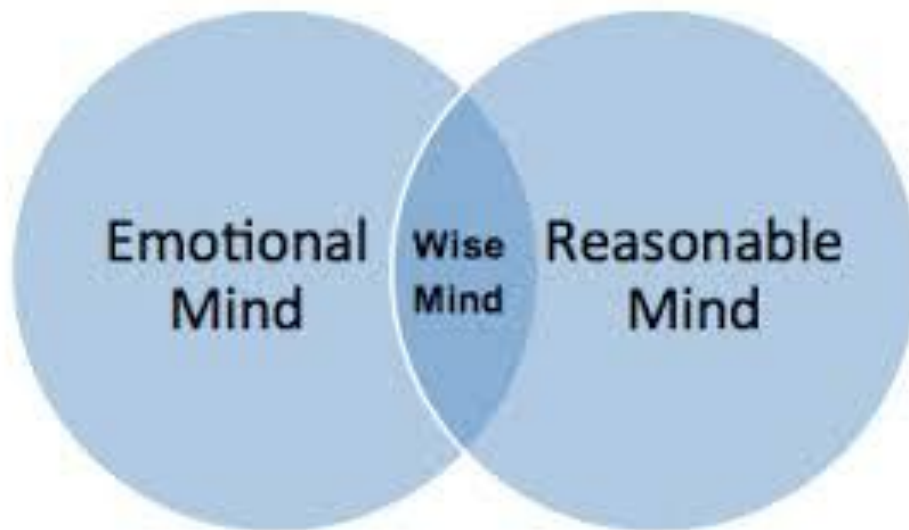
- Mindfulness is one of the core concepts behind all elements of DBT.
- Mindfulness skills:
 - 3 “what” skills
 - Observing
 - Describing
 - Participating
 - 3 “how” skills
 - Taking a non-judgmental stance
 - Focusing on one thing in the moment
 - Being effective

DBT cont.

- The practice of acceptance, as seen from the Zen perspective, emphasizes focusing on the current moment and seeing and accepting reality as it is, without judgment (Robins et al., 2004).

Mindfulness Techniques used in DBT

- Taking a Hold of Your Mind:



DBT cont.

- “What” Skills

- Observe
- Describe
- Participate

- From *Skills Training Manual for Treating Borderline Disorder Personality* by Marsha Linehan (1993)

DBT cont.

- How” Skills
 - Non- Judgmentally
 - One-Mindfully
 - Effectively
- From *Skills Training Manual for Treating Borderline Disorder Personality* by Marsha Linehan (1993)

DBT cont.

- Mindfulness training and practice decreases worry (Evans et al., 2008), enhances self-regulation (K. Brown & Ryan, 2003), increases positive emotions, and strengthens the body's immune system (Davidson et al., 2003).

Acceptance and Commitment Therapy (ACT)

- Mindfulness in ACT
 - Awareness or experience of the present moment
 - engaging fully in what you are doing rather than ‘getting lost’ in thoughts;
 - Attitude of openness, curiosity, & receptivity
 - allowing feelings to be as they are, letting them come and go rather than trying to control them.
- Goal: enhance conscious awareness
 - Directly experience the world so that behavior is more flexible and actions more consistent with values

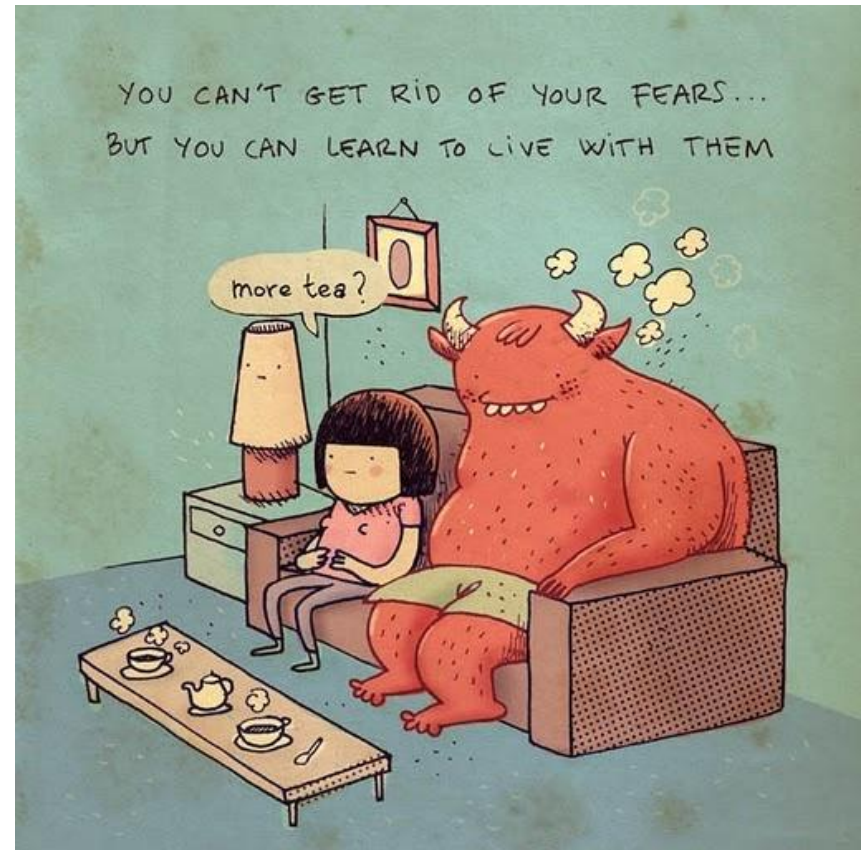
ACT cont.



- Mindfulness
 - “Notice X”
 - Let go of your thoughts
 - Let your feelings be
 - Experience and accept thoughts and feelings
 - Increase cognitive flexibility

Empirical support for ACT

- Effective for a diverse range of clinical conditions:
 - Depression
 - OCD
 - Workplace stress
 - Chronic pain
 - Stress of terminal cancer
 - Anxiety
 - PTSD
 - Anorexia
 - Heroin & marijuana abuse
 - Psychosis
- Zettle & Raines, 1989; Twohig, Hayes & Masuda, 2006; Bond & Bunce, 2000; Dahl, Wilson & Nilsson, 2004; Branstetter, Wilson, Hildebrandt & Mutch, 2004.



ACT and DBT

- Empirically supported
- Integrate mindfulness practices and acceptance-based interventions
- Accepting & experiencing “what is” in the present moment
- ACT
 - Help clients observe thoughts and feelings
 - Develop observing self
 - Undermine verbal factors
 - Strategies to increase psychological flexibility
- DBT
 - Skill set for client and stance for therapist
 - Help clients see and respond to reality as is in the present
 - Less emphasis on separating self from experience

Mindfulness and Trauma

- Trauma symptoms
- Goals
 - Reduce symptomology
 - Build strength & resilience
 - Develop internal resources
 - Facilitate the meaning making process
- Avoidance
 - Focus on somatic symptoms; cultivate connection with body & present moment
- Arousal & Reexperiencing
 - Maintaining contact with present moment

Trauma cont.

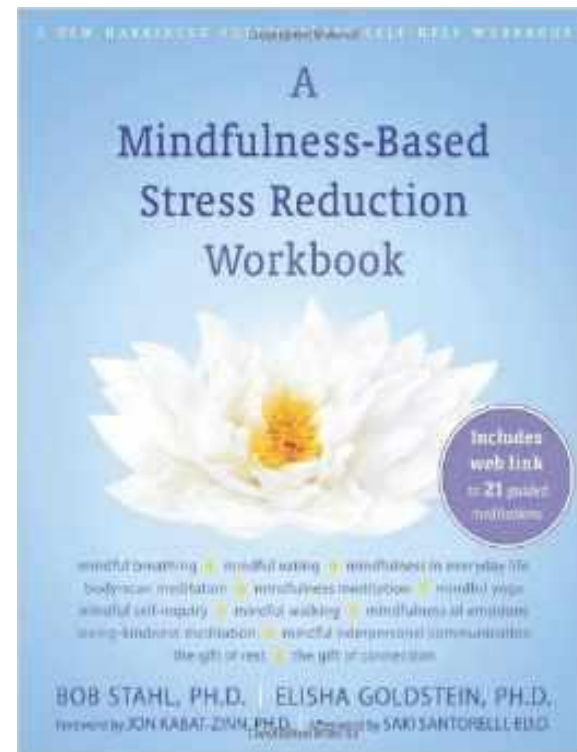
- Trauma narrative: separate past from present
 - Mindfully recall events without becoming overly aroused
 - Openness and kindness allows survivors to see aspects of trauma in new way
- Techniques:
 - Body scan
 - Body awareness
 - Mindful breathing
 - Yoga
- Customize mindfulness interventions
 - Support client's sense of control
 - Cultural congruence
- Caution
 - Triggers

Interventions in Counseling

- Combined with other counseling techniques
 - Approaches that formally integrate it and those which do not
- Psychoeducation
- Formal instruction in session
- Practice outside of sessions
- Use of media: audio recordings, video
- Homework, worksheets, journals

Mindfulness Psychoeducational Class at SORTS

- Stress Model in inpatient long-term setting
 - Ratings of stress
 - Stress's effects on body
- 8 attitudes of mindfulness
- Mind traps
- Mindfulness Meditations (breathing, walking, sitting, body scan, progressive muscle relaxation, guided imagery, soles of the feet)
- Mindfulness of the senses
- Identifying emotions in the body
- Mindfulness Journals
- Culmination Project



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