

Mindfulness

in Everyday Life: Incorporating Mindfulness Techniques into Clinical Practice

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Welcome to the Webinar, Mindfulness in Everyday Life

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Poll #1

Do you have any knowledge of Buddhism?

- None
- A little
- Quite a bit
- I am a practicing Buddhist

Human Suffering

- Anxiety
- Depression
- Major Life Changes
- Existential Angst

THE FOUR NOBLE
TRUTHS...

First Noble Truth

- Suffering/Stress is inherent in life

This truth is inescapable because the cycle of life for everyone is:

- Birth
- Old Age
- Sickness
- Death

Second Noble Truth

- Suffering/Stress has a cause:
Resisting the law of impermanence
through attachment
 1. Desire
 2. Grasping
 3. Clinging

Third Noble Truth

- There is a WAY OUT of the Suffering/Stress

Fourth Noble Truth

- Reduce suffering/stress by learning to live in the here-and-now of the present moment
- Avoiding obsessing over the PAST (ruminative thinking)
- Avoid projecting fear into the FUTURE (ruminative thinking)

Lived Experience

Phenomena and reception +
response = lived experience

(Wallis, Winter 2008, p. 79)

Poll #2

What is your experience with mindfulness meditation?

- No exposure
- I've heard of it but don't know much about it
- I meditate once in a while
- I meditate most days
- I've had a practice for years

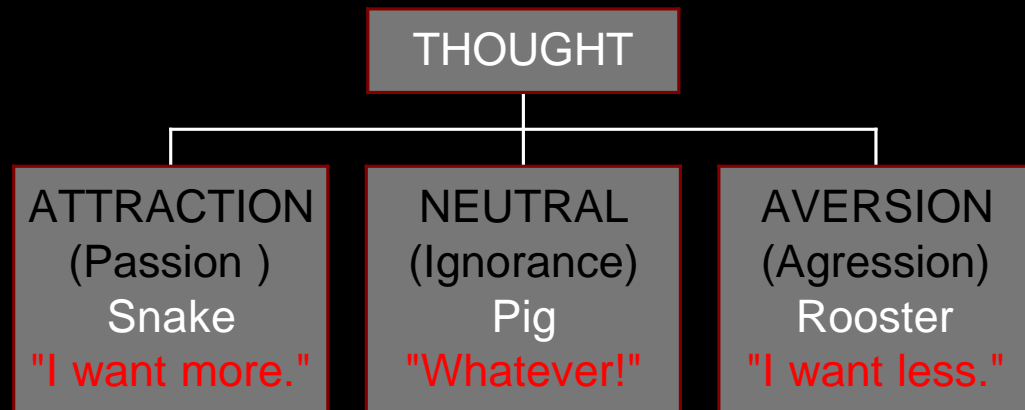
Mindfulness Meditation Practice

Mindfulness Meditation:

- is a technique or intervention that helps alleviate stress
- is a way to change our conditioned response patterns
- provides the opportunity to see clearly how the mind actually works (desire, grasping, clinging; dwelling in past and future)
- trains the mind to observe phenomena without being swept away by thought or emotion
- affects our lived experience by heightening mental control and emotional regulation
- leads to greater happiness

“Monkey Mind”

RELATIONSHIP TO THOUGHTS



Mind/Body Implications of Mindfulness Meditation

DECREASE in:

- Cortisol (stress hormone)
 - ◆ Fight or flight response
- Anxiety, Depression, Chronic Pain, Mood Imbalance, PTSD, Attention Problems, Substance Abuse
- Heart disease, hypertension, cardiovascular disease, high blood pressure, chronic pain, and some cancers

Research and clinical studies show that a regular mindfulness meditation practice can decrease such health concerns

Mind/Body Implications of Mindfulness Meditation

INCREASE in:

- immune response
- the body's ability to produce hormones like endorphins, melatonin, and DHEA, associated with improved immune response and feelings of pleasure
- pre-frontal cortex activation (cognitive skills, higher level reasoning and integration, emotional intelligence)
- here-and-now awareness, appreciation, gratitude, meaning, relationship satisfaction, heightened sensory experience, contentment, happiness, and a greater sense of peace and joy

Approach to Mindfulness Meditation

ALAN WATTS (1996):

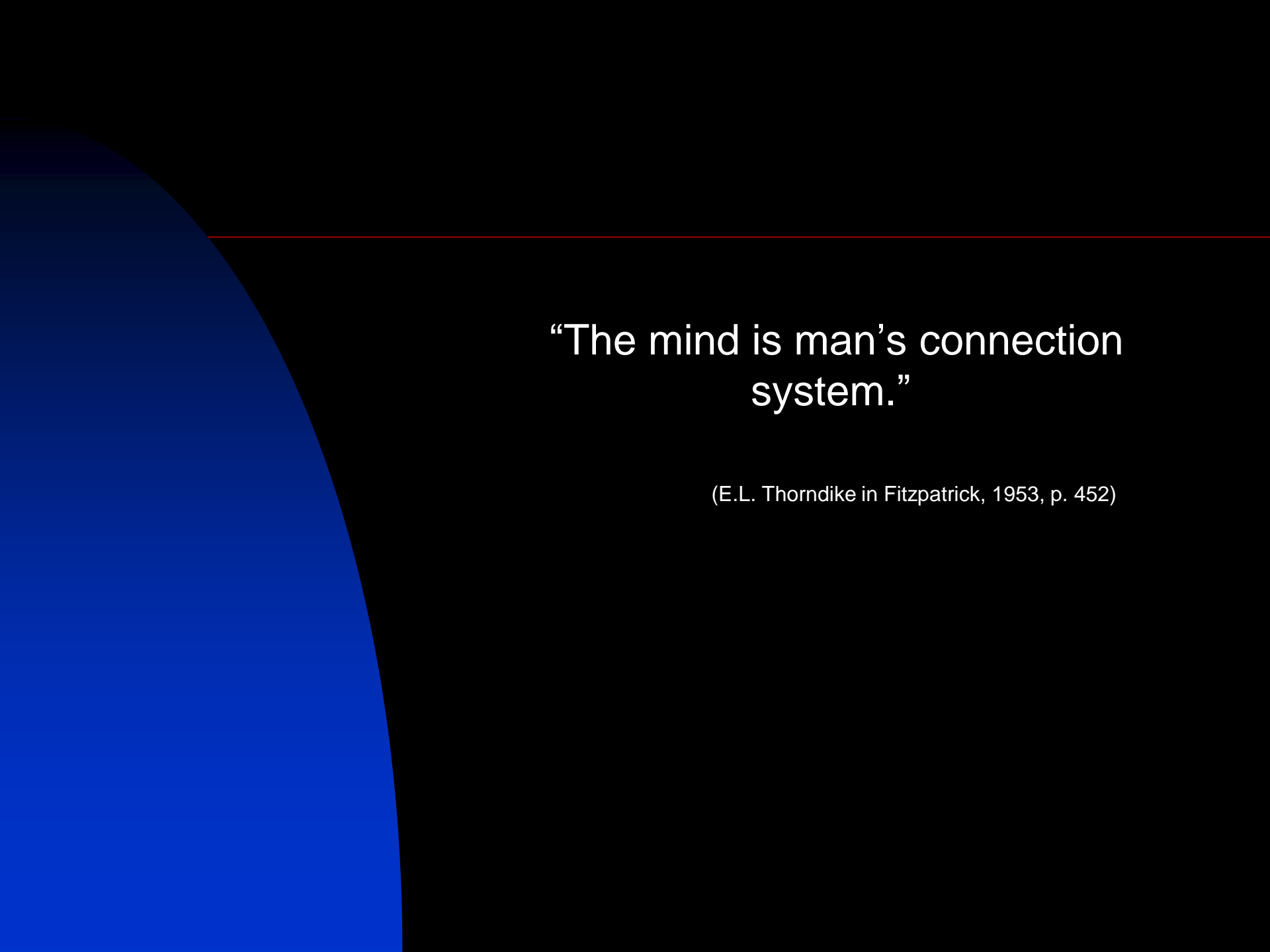
Meditation is...the art of suspending verbal and symbolic thinking for a time, somewhat as a courteous audience will stop talking when a concert is about to begin.

Simply sit down close your eyes, and listen to all sounds that may be going on--without trying to name or identify them. Listen as you would listen to music. (p. 92)

Enlightenment

OPTIMAL STRESS REDUCTION

- PRACTICE mindfulness meditation by focusing on the natural flow of the breath, returning awareness from thought back to out-breath, over and over again. This practice quiets the busyness of mind, which contributes to clarity and wisdom
- MINDFULNESS of the here-and-now, rather than being preoccupied or obsessed by past or future thinking
- NONJUDGMENTAL attention to unfolding moment
- ACCEPTANCE rather than rejection of present experience
- GRATITUDE and APPRECIATION lead to greater happiness



“The mind is man’s connection
system.”

(E.L. Thorndike in Fitzpatrick, 1953, p. 452)

Meditation Exercise

Watch on YouTube:
How to Meditate: Dr. Donna Rockwell
on Mindfulness Meditation

<http://www.youtube.com/watch?v=igpaPVWmCXk>

Poll #3

Do you use mindfulness in the psychotherapy you provide?

- No
- I meditate myself, but I don't use it with patients
- I introduce it with some patients
- I introduce it to all of my patients
- I take time in session to teach my clients to meditate



CLINICAL INTERVENTIONS OF MINDFULNESS IN PSYCHOTHERAPY

Mindful Brain, Mindful Therapist

- Daniel Siegel

“The mind uses the brain to create itself.”

- Neuroplasticity

- Emotional attunement

- Attentional qualities: curiosity, openness, acceptance, and love: COAL. Siegel (2007)

- Siegel, D. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: W. W. Norton.

- Siegel, D. (2010). *The mindful therapist: A clinician's guide to mindsight and neural integration*. New York: W. W. Norton.

Mindfulness Based Stress Reduction

- MBSR
- Used to treat chronic pain, psoriasis, anxiety, depression, and other physical and psychological maladies
- Kabat-Zinn, J., Wheeler, E., Light, T., Skillings, A., Scharf, M., Cropley, T.G., Hosmer, D., & Bernhard, J. (1998). Influence of a mindfulness-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing photo-therapy (UVB) and photochemotherapy (PUVA). *Psychosomatic Medicine*, 60, 625-632.
- Kabat-Zinn, J., Chapman, A., & Salmon, P. (1997). The relationship of cognitive and somatic components of anxiety to patient preference for alternative relaxation techniques. *Mind/Body Medicine*, 2, 101-109.
- Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of Behavioral Medicine*, 8(2), 163-190.

Mindfulness Based Cognitive Therapy

- MBCT
- Used to treat depression and depression relapse prevention
- Teasdale, J.D., Segal, Z.V., Williams, J.M.G., Ridgeway, V.A., Soulsby, J., & Lau, M. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology, 68*, 615-623.

Dialectical Behavior Therapy

- DBT
- Used to treat clients with symptoms of Borderline Personality Disorder and Mood
- *Emotion regulation*
- *Distress tolerance*
- *Interpersonal effectiveness*
- Linehan, M.M. (1993). *Cognitive behavioral treatment of borderline personality disorder*. New York: Guilford Press.

Acceptance & Commitment Therapy

- ACT
- Used to treat symptoms of anxiety, and other compulsive disorders

- Hayes, S.C. (2002). Acceptance, mindfulness, and science. *Clinical Psychology: Science and Practice*, 9, 101-106.

Sitting Mindfully with Clients in Therapy

- Meditation
 - Mindfulness
 - Entering stillness
 - Focusing on 5-senses and incoming stimuli
 - Short informal daily meditation practices
-
- Germer, C., Siegel, R., & Fulton, P. (Eds.) (2005). *Mindfulness and psychotherapy*. New York: Guilford Press..
 - Shapiro, S. L., & Carlson, L.E. (2009). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Washington, D.C.: American Psychological Association.

Poll #4

Would you like to increase your clients' use of meditation?

- No
- Yes, for some
- Yes, for all

What is Mindfulness?

- Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Kabat-Zinn, 1994
- (1) Awareness, (2) of present experience, (3) with acceptance. Germer et al., 2005

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Making Love Last By Learning to Love

with Dr. Lisa Firestone & Joyce Catlett

What does the word "love" really mean? Love is defined as 1) a noun: a feeling of tenderness, passion, and warmth; and 2) as a verb: to love — actions including expressions of physical affection, tenderness, and acts of kindness. The problem is that people often neglect the second and mistake an internal feeling or fantasy of love for the real thing.

In this workshop we explore the actions that go into making love last. Learning to love means becoming more aware of the barriers against love that are part of the way we defended ourselves against pain in childhood. It involves becoming familiar with the misleading advice coming from our critical inner voice — destructive thoughts that warn us not to trust another person. It entails identifying and challenging negative traits in ourselves similar to those we observed in a parent.

Participants will learn techniques to identify and challenge their critical inner voice through activities and journal exercises, as well as practical tools, such as “unilateral disarmament” to improve their interpersonal relationships in the unique and beautiful setting of Esalen.

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Lead by Special Guest
Dr. Donna Rockwell**

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