

**Implementing Mindfulness In
Therapy:**
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Overview of the workshop
Exploring Mindfulness

- **What** does it really mean
- **Where** does it come from
- **Why** do we use it in therapy
(is it really a good approach)
- **When** you can use mindfulness in therapy as
an approach and as a therapeutic tool
- **How** it can be implemented in therapy
(for therapists and for clients)

The Basic Elements of Mindfulness

- 1. Stop/Pause
- 2. Bringing awareness inwards
body, sensations, feelings, thoughts
- 3. Connecting with the breath
- 4. Being in the present moment
- 5. Adopting a non-judgmental approach

Awareness Present moment Compassion

About Mindfulness

- Mindfulness is about being fully aware in our lives. It is about perceiving the exquisite vividness of each moment. When we feel more alive we gain immediate access to our own inner resources for coping effectively with stress.

– Jon Kabat-Zinn, *Wherever You Go, There You Are*

About mindfulness

Mindfulness is a non elaborative, nonjudgmental, present-centered awareness in which each thought, feeling, or sensation that arises in the attentional field is acknowledged and accepted as it is.

There are two components in the operational definition of "mindfulness".

- 1) Self-regulation of **attention** so that it is maintained on immediate experience, thereby allowing for increased **recognition** of mental events in the present moment.
- 2) Adopting a particular **orientation** toward one's experiences in the present moment, an orientation that is characterized by **curiosity, openness, and acceptance**.

Bishop et al. (2004:232)

The Buddha



The Four Noble Truths

- 1. Life means suffering.
- 2. The origin of suffering is attachment.
- 3. The cessation of suffering is attainable.
- 4. The path to the cessation of suffering.

The Noble Eightfold Path

- 1. Right View Wisdom
- 2. Right Intention
- 3. Right Speech Ethical Conduct
- 4. Right Action
- 5. Right Livelihood
- 6. Right Effort Mental Development
- 7. Right Mindfulness
- 8. Right Concentration

Formal Practice
"Mini"

The question
(to ask yourself or your client)

What did you notice?







Breathing (the "mini" exercise)
A short mindfulness practice with a focus on the breath

- **Preparation**
 - Assume a comfortable sitting position with a straight back and maintain the head in a straight line with the spine.
 - Close your eyes or focus them gently on a spot on the floor in front of you.
- **Awareness of body and breath**
 - Bring awareness to the body.
 - Bring awareness to the flow of the breath as it is, focusing on each inhalation and each exhalation.







Breathing (the "mini" exercise) – contd.

- **Anchoring awareness in the breath**
 - Whenever you find yourself being carried by thoughts, acknowledge them, and shift awareness back to the breath.
 - If emotions or body sensations arise, acknowledge them and shift awareness back to the breath.
 - The moment of recognizing thoughts, emotions or sensations – is a moment of mindfulness.
 - The practice is about coming back to the breath again and again.
- **Ending**
 - Practice for 5 - 10 minutes.
 - Acknowledge your intentions and efforts to be mindful.
 - End the practice and continue with your daily activities.

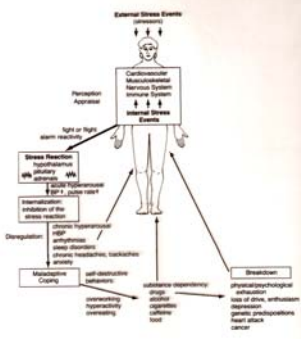
The Physiological Changes of the Stress Response:
Fight or Flight (or Freeze) Response

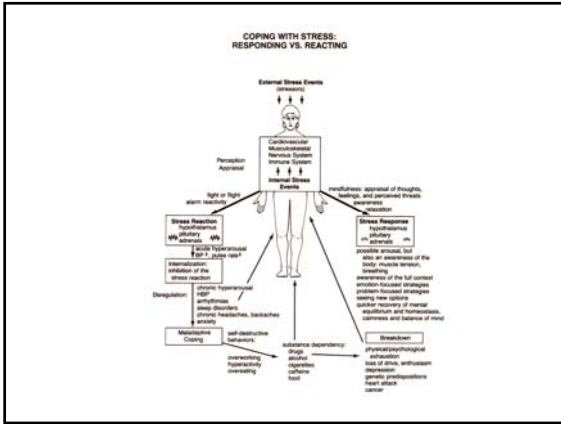
- Heart Rate 
- Blood Pressure 
- Breathing Rate 
- Muscle Tension 
- Metabolism 
- Oxygen Consumption 

The Physiological Changes of Relaxation:
The Relaxation Response

- Heart Rate 
- Blood Pressure 
- Breathing Rate 
- Muscle Tension 
- Metabolism 
- Oxygen consumption 

THE STRESS-REACTION CYCLE





Informal Practice

Mindfulness in everyday life

Mindfulness in Research

- Progress in the field of mindfulness has advanced from pilot studies to formal research
- Most research focuses on effects of mindfulness meditation
- The research is mostly on the effectiveness of psycho-educational programs like MBSR or MBCT and individual mindfulness practice. There is a need for research on the effectiveness of mindfulness in therapy.

Mindfulness in Therapy /con.

There is research on effectiveness of mindfulness practice from a wide variety of perspectives:

- Improvement of physical symptoms (chronic pain, heart disease, recovery time)
- Improvement of emotional symptoms (anxiety, depression, stress)
- Influence on brain activity (identifying responsive areas)
- Influence on immune system & hormones
- Influence on general wellness.

Results show improvement in all areas due to mindfulness practice

Formal Practice

Sitting Meditation

What did you notice?

The two pillars of MBT

“Since we cannot change reality, let us change the eyes that see reality”.
 Nikos Kazantzakis/ Report to Grecco.

Focus on the process – perception, reactions, choices, non attachment, being in the present, body awareness

“In the midst of winter, I finally learned that there was in me an invincible summer”.
 Albert Camus

Focus on cultivating positive content /qualities– compassion, acceptance, inner strength and virtues

The thought manifests as the word;
 The word manifests as the deed;
 The deed develops into habit;
 And habit hardens into character.
 So watch the thought and its ways with care,
 And let it spring from love
 Born out of concern for all beings.

The Buddha

**Compassion:
 Lovingkindness Meditation**

Loving-kindness is a meditation practice, which brings about positive attitudinal changes as it systematically develops the quality of 'loving-acceptance'. It acts, as it were, as a form of self-psychotherapy, a way of healing the troubled mind to free it from its pain and confusion. Of all Buddhist meditations, loving-kindness has the immediate benefit of sweetening and changing old habituated negative patterns of mind.

Ven.Pannyavaro

Interpersonal Mindfulness

There are 6 Guidelines for Mindful Interactions

Pause Relax Open

Trust Emergence

Speak the Truth – Listen Deeply

Based on Insight Dialogue and Interpersonal Mindfulness programs,
developed by Gregory Kramer, PhD

Pause



Guidelines for Mindful Interaction

Pause

- A way of slowing down
- Directing awareness inward
- Creating a space between what we hear, see, think and say
- Noticing any tension of the body and the turmoil of the mind
- Stepping out of reaction
- Stepping out of conditioned response - Choosing the right response

Relax (Accept)



Guidelines for Mindful Interaction

Relax (Accept)

- Loosen the grip of tensed muscles
- Release habitual thoughts
- Relax into emotions that arise.
- Be present with whatever presents itself in the moment
- Meet the experience with **acceptance**

Open



Guidelines for Mindful Interaction

Open

- Open the field of awareness to encompass other people and the environment
- Extend the internal to the external.
- The awareness gets wider.

Trust Emergence



Guidelines for Mindful Interaction

Trust Emergence

- Dive into the unfolding present
- Uncertainty what will unfold
- Fluid and impermanent nature of experience
- Each moment comes alive with possibility

Speak the Truth – Listen Deeply



Speak The Truth



Guidelines for Mindful Interaction

Speak the truth

- Know the subjective truth of your experience in the present moment
- Examine not only the truth but also what is useful
- Confidence is balanced with inquiry

Listen Deeply



Guidelines for Mindful Interaction

Listen Deeply

- Receive fully what is said
- Explore the nonverbal channels of communication
- Listening with the whole body
- An investigative process - gathering meaning with intellectual precision and intuitive depth

What is Mindfulness-Based Therapy?

Mindfulness-Based Therapy is an approach in which the principles of mindfulness are applied for therapeutic purposes.

Mindfulness-Based Therapy involves the practice of focused attention, bringing awareness to every sensation, emotion and thought as they unfold in the moment. This practice allows a shift from having our mental health defined by the content of our thoughts to having it defined by our relationship to that content - relationship that is supported by developing acceptance and compassion. In Mindfulness-Based Therapy one moves beyond language to change fundamental psychological processes.

Who can benefit from Mindfulness-Based Therapy?

Mindfulness-Based Therapy fits everyone who seeks therapy for medical, personal and interpersonal reasons. It can be helpful to people coping with conditions such as:

- Anxiety /Stress / Depression
- Chronic pain
- Low self esteem
- Grief &Loss
- Sleep disorders
- Transitions and adjustment
- Relationship/social issues
- Couple and family challenges
- Cardiac dysfunction
- Life threatening diseases
- Search for meaning – seeking spiritual growth

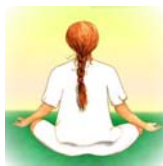
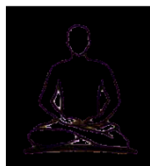
Mindfulness in Therapy – How to work with clients

- Introduce to the client formal and informal mindfulness practices.
- Help clients identify patterns of (negative) thoughts without engaging/believing in them (diffusion).
- Explore emotions as they express themselves in the body.
- Bring experience to the present (how do you feel now when you talk about that..)
- Acknowledge the good – Connect to your client’s strengths.
- Help your clients cultivate compassion acceptance and kindness to themselves.
- Working with couples – Incorporate the Six IM Guidelines
- Create and give home practice – formal and informal – be creative to fit you client’s needs.

Implementing Mindfulness in Therapy – for the therapist

- **Most important - Establish your own practice!**

Formal Practice
Everyday practice, retreats, courses, Sangha



"Minis"

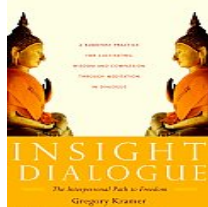


Informal Practices



Additional suggestions for *Implementing Mindfulness in Therapy*

Be mindful in therapy - follow the guidelines for interpersonal mindfulness



Additional suggestions for *Implementing Mindfulness in Therapy for the therapist* - *CONTD*

- Remember - the MBT is an approach to therapy
- Acknowledge your intentions and be clear about what you are offering.
- Bring curiosity to the process, don't expect a certain outcome, practice with the client.
- Start implementing mindfulness in therapy with small steps (using "minis", staying in the present, connecting to the body)
- Develop and arsenal of practices to fit your clients need.
- Get support: seek supervision or join/establish a peer group of therapists interested in Implementing mindfulness in Therapy
- Be patient – it takes a lot of slow to grow...

Mindfulness in Therapy Suggested Reading List

- Benson, Herbert: *The Relaxation Response* Avon Books, NY 1975
- Chodron Pema, *When Things Fall Apart: Heart Advice for Difficult Times.* Shambhala Publications, 1997
- Germer Christopher, Siegel Ronald, Fulton Paul (editors): *Mindfulness and Psychotherapy.* The Guilford Press, NY 2005
- Hanson Rick, Mendius Richard, *Buddha's Brain: Happiness, love & Wisdom.* New Harbinger Publication, Inc, 2009
- Kabat-Zinn, Jon, *Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain and illness.* Delta Books, NY 1990
- Kabat-Zinn, Jon, *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life.* Hyperion, NY 1994
- [Kabat-Zinn, Jon](#), *Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life.* SoundTrue Boulder, Colorado, 2012

Mindfulness in Therapy Suggested Reading List

- Kissel Wegela Karen; *The courage to be present – Buddhism, Psychology and the Awakening of Natural Wisdom,* Shambhala Boston& London 2010
- Kramer, G., Moleo-Meyer, F., & Turner, M.L. *Cultivating Mindfulness in Relationship.* In Hick,S.F., and Bien, T., (2008). *Mindfulness and the Therapeutic Relationship* (pp 185-214). New York: Guilford Press, 2008.
- Kramer Gregory, *Insight Dialogue – The Interpersonal Path to Freedom.* Shambhala Publications, Boston, 2007
- Salzberg, Sharon, *Lovingkindness: The Revolutionary Art of Happiness.* Shambhala Publication, 1997
- Santorelli, Saki, *Heal Thy Self; Lessons on Mindfulness in Medicine.* Bell Tower NY 1999

Websites:
 Center for Mindfulness: (Jon Kabat-Zinn PhD)
<http://www.umassmed.edu/cfm/index.aspx>
 Metta foundation: (Gregory Kramer PhD)
<http://www.metta.org/>
 Mind/Body institute: (Herbert Benson, MD)
<http://www.massgeneral.org/bmi/>

