

+ Introduction to
Mindfulness:

An Experiential
Workshop



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+ *Introduction to Mindfulness: An Experiential Workshop*

Abstract:

Discover the research on the physiology of stress, anxiety and depression and how mindfulness meditation is making a measurable healing impact, and the various mindfulness modalities that are available. Experience guided mindfulness meditation instruction, and how mindfulness can benefit you and your clients. Leave with tools to help you tap the potential of the present moment, and resources for further personal and professional social work development.


Biography:

Rachael Crowder PhD (ABD) RSW is an assistant professor in the Faculty of Social Work, University of Calgary, Southern Alberta Division (Lethbridge). Her thesis research is on the healing connection between self-compassion and empathy using a mindfulness based modality with women who have experienced violence. She received her MBSR training with Jon Kabat Zinn PhD and her MBCT training with Zindel Segal PhD, University of Toronto and CAMH.

+ Workshop Agenda



- Intros
- What is mindfulness?
 - Definitions & Brief History
- Whys and ways to practice mindfulness in social work
 - Therapeutic relationship
 - Skills to pass on to clients
 - Self care
 - Social justice
- Mindfulness practice opportunities throughout



“Mindfulness means paying attention in a particular way: on purpose, in the present moment and nonjudgmentally.”

- Jon Kabat Zinn 1994

Wherever you go, there you are.

+ Mindfulness

Informal Practice

Commitment to an everyday awareness practice of

- 'Showing up'
- Present to the moment
- Attentiveness / Wakefulness
- Engagement / Attunement
- Acceptance – a willingness to be with 'what is'

Formal Practice

Commitment to a daily meditation practice (usually about 30 – 40 minutes) to cultivate 'skillfulness'

- 'Vipassana' meditation practice –sitting, standing, lying down, walking
- Mindful embodiment practice – yoga, tai chi

+ Mindfulness Meditation

Concentration (Stop) Samadhi

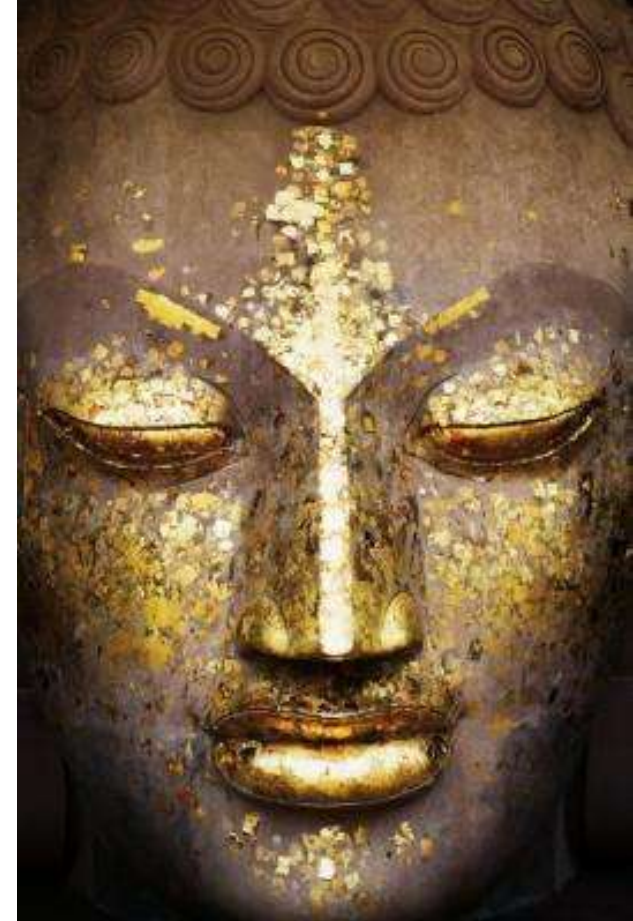
- Simple one-pointed focus, often on the breath
- When mind wanders, gently bring it back
- Calming, stabilizing

Insight (Look) Vipassana

- Expanding awareness
- Being with what is, whatever arises
- Neither pushing away nor being carried off by 'events': thoughts / emotions / body sensations
- Accepting whatever occurs, without judgment, with self-compassion

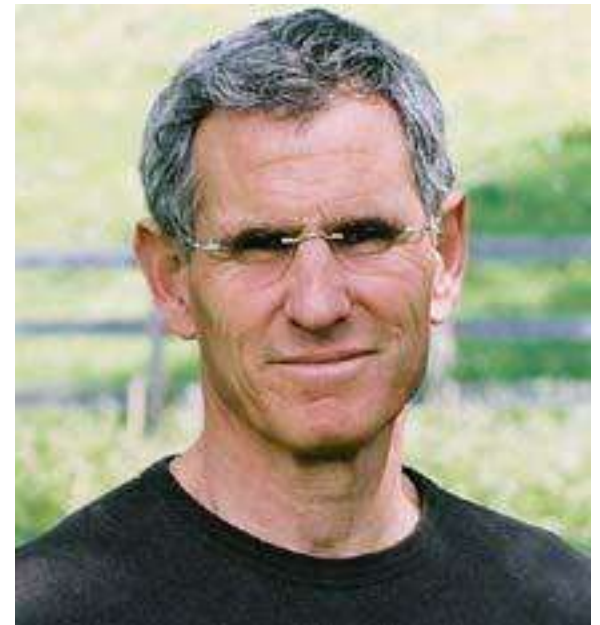
+ Early History

- Siddhartha Gautama b. 623 BCE Nepal
 - Buddha = “The Awakened One”
 - Four Noble Truths
 - “Dukkha” = “Unsatisfactoriness”
 - Arising of dukkha
 - Cessation of dukkha
 - The Middle Path (Eight-fold Path)
 - Right Understanding Right Livelihood
 - Right thought Right Effort
 - Right Speech Right Mindfulness
 - Right Action Right Concentration
- (Rahula, 1974)



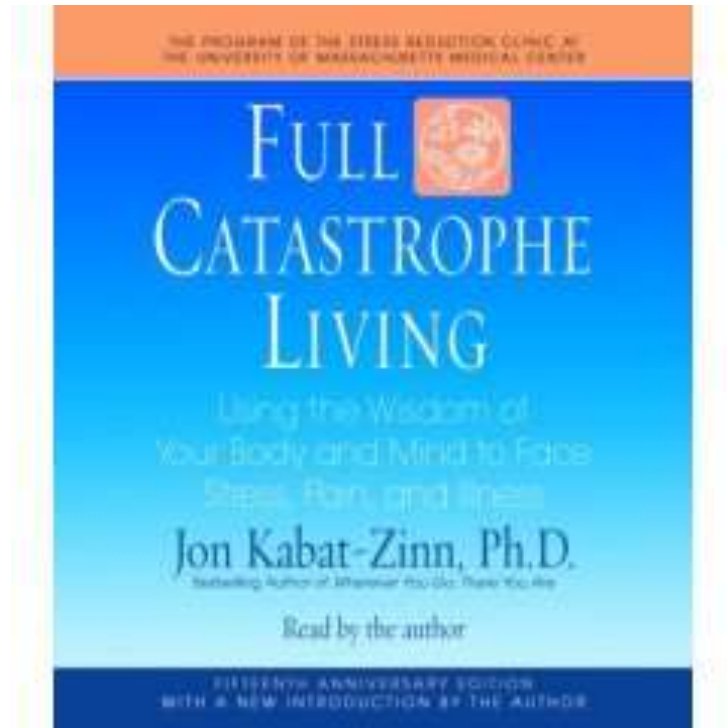
+ Recent History

- Buddhism in the west, particularly USA, early 70's – founders of Insight Meditation Center, Barre MA
 - Sharon Salzberg – Lovingkindness
 - Jack Kornfield – A path with heart
 - Joseph Goldstein – A heart full of peace
- Jon Kabat Zinn, Center for Mindfulness 1979
 - Introduces **Mindfulness Based Stress Reduction (MBSR)** through the University of Massachusetts Medical Center
 - www.umassmed.edu/cfm



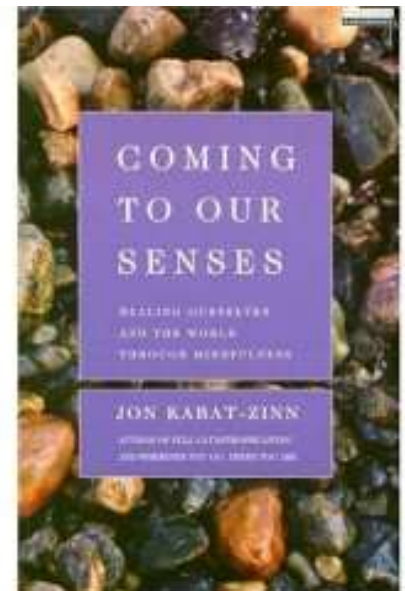
+ Popular Reading

- Kabat-Zinn, J. (1990). *Full catastrophe living: using the wisdom of your body and mind to face stress, pain, and illness*. New York: Bantam.



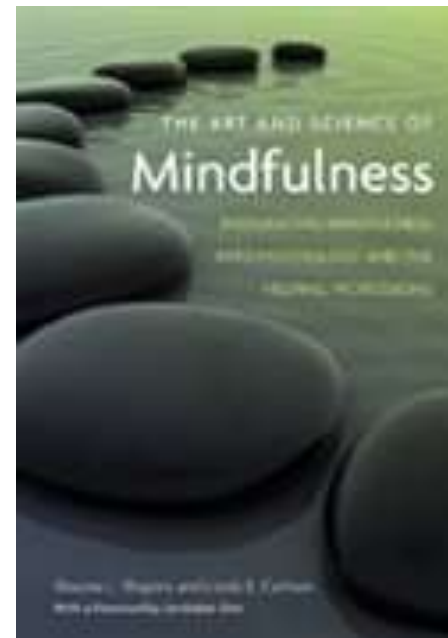
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+ Popular Reading NEW!

Shapiro, S. L., & Carlson, L. E. (2009). *The art and science of mindfulness : Integrating mindfulness into psychology and the helping professions* (1st ed.). Washington, DC: American Psychological Association.



+ The Art & Science of Mindfulness



- The Mindful Therapist
 - Mindfulness as a ‘technology’ for therapists to cultivate therapeutic qualities: deep, abiding presence, attention, listening, kindness, self-compassion, attunement, empathy, emotional regulation – needed for the ‘therapeutic relationship’
- Mindfulness Informed Therapy
- Mindfulness Based Psychotherapy
- Mindfulness-Based Interventions: Mental / Physical Health

+ Therapeutic Relationship



Four year APA study found that techniques account for only 5-15% of the outcome variance ... relational factors account for 40%.

(Lambert cited in Graybeal, 2007)

“The person of the psychotherapist is inextricably linked with the outcome of psychotherapy.”

(Norcross cited in Mackey, 2008).

+ Therapeutic Relationship



Kiely Turner names four core elements to the mindful therapeutic relationship

- Attention
- Attunement
- Empathy
- Affect regulation

Turner, K. (2008). Mindfulness: Present moment in clinical social work. *Clinical Social Work Journal* (Original Paper).

+ Attention

**“...mindful listening is a gift not only to yourself, but to others”
- Rebecca Shafir, *The Zen of Listening***

What is a mindful listener? They can:

1. Sustain their attention over time
2. Hear and see the whole message
3. Make the speaker feel valued and respected
4. Listen to themselves.

Shafir, R. (2008). Mindful listening for better outcomes. In S. F. Hick & T. Bien (Ed.), *Mindfulness and the therapeutic relationship* (pp. 215-231). New York: Guilford.

+ Three minute breathing space



■ AWARENESS

- Notice what is happening inside

■ REDIRECTING ATTENTION

- Redirect attention to the breath

■ EXPANDING ATTENTION

- Expand awareness to include feelings in the body in an accepting way



+ Attunement



- Intrapersonal attunement

- harnesses the social circuits of mirroring and empathy to create a state of neural integration and flexible self-regulation
- creates a sense of safety because it initiates receptive awareness

- Interpersonal attunement

reflexive 'mentalization'

+ Empathy



“empathic understanding (is the ability) to sense the client’s private world as if it were your own, but without ever losing the ‘as if’ quality”
– Carl Rogers

+ Empathy



- An affective response to another person, which often, but not always, entails sharing that person's emotional state
- A cognitive capacity to adopt the perspective of another person
- Some monitoring and self-regulatory mechanisms that keep track of the origins of self and other feelings

- Decety, Jackson & Brunet (2007)

+ Affect Regulation



“Clinical social workers learn ‘mindful affect tolerance’ (Fulton 2005) because ‘if we cannot tolerate our own difficult emotions, we may find it difficult to sit with our patients’ powerful affects’ (p. 60)”

Mackey, R.A. (2008). Toward an integration of ideas about the self and the practice of clinical social work. *Clinical Social Work Journal*, 36, 225-234.

+ Self Care



Personal mindfulness practice is about

- Time to be
- Checking in, listening to oneself
- Personal affect regulation
- Neural “stress repair” and integration
- Boosting the body’s immune system
- Self compassion, self acceptance

+ Mindfulness Informed Therapy



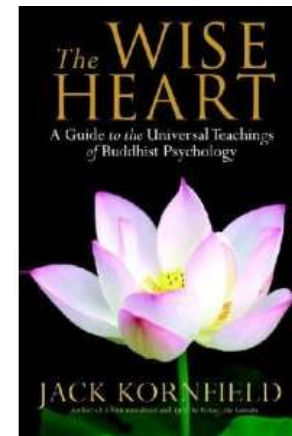
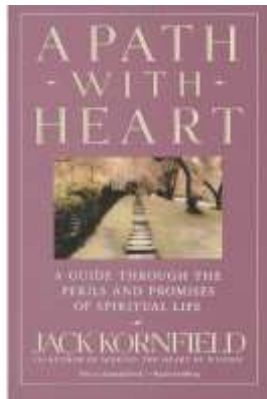
- *Where the nature of the clinical work or the client (or the clinician's experience and/or training) or the setting make it inappropriate or impractical to explicitly teach formal meditation practice (Shapiro & Carlson, p31)*

+ Mindfulness Informed Therapy

- *Based in Buddhist psychology, it arises out of the therapist's direct experience with mindfulness practice*
- *Congruent with many other counseling and psychotherapeutic theories, some of the themes that can be incorporated into talk therapy are: impermanence, 'no-self', accepting what is, conscious responding vs. automatic reactivity, curiosity and investigation, paradox, interdependence, etc.*

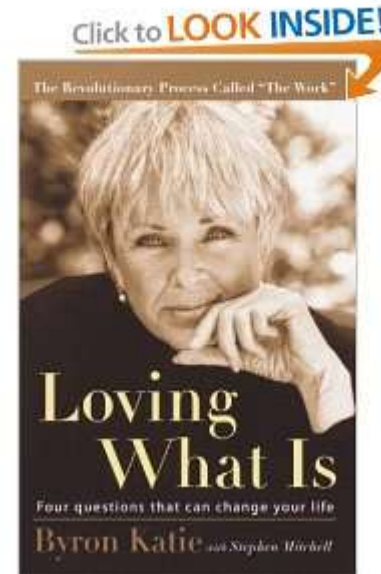
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- Kornfield, J. (2008). *The wise heart : A guide to the universal teachings of Buddhist psychology*. New York: Bantam Books.



+ Popular Reading

- Katie, B. (2002). *Loving what is: Four questions that can change your life*. NY: Three Rivers Press.



+ Mindfulness Based Psychotherapy



Approaches that do not teach formal meditation practice but are mindfulness informed:

- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Compassionate Mind Training
- Trauma-informed Addictions and Mental Health Practice (CAMH)

+ Popular Reading



- Marra, T. (2004). *Depressed and Anxious: The dialectical behavior therapy workbook for overcoming depression and anxiety*. Oakland CA: New Harbinger.
- Hayes, S. C., & Smith, S. (2005). *Get out of your mind and into your life: The new Acceptance and Commitment Therapy*. Oakland CA: New Harbinger.

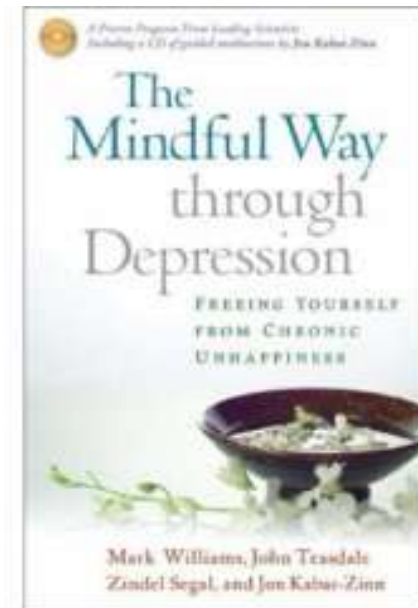
+ Mindfulness Meditation Based Modalities

- Mindfulness Based Stress Reduction (MBSR)
- Mindfulness Based Cognitive Therapy (MBCT)
- Mindfulness Based Eating Awareness (MB-EAT)
- Mindfulness Based Relationship Enhancement in Couples (MBRE)
- Mindfulness Based Relapse Prevention (MBRP for Addictions)



+ Popular Reading

- Williams, Teasdale, Segal & Kabat-Zinn. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York: Guilford Press



+ MBSR / MBCT 8 Week Program

This is a guide to the program.

It is, as all things are, impermanent. It will likely change!

Week	Focus	Group Exercise	Homework
One Automatic Pilot	Automatic Pilot Paying attention Coming home to the body & breath	Raisin eating Body scan	Body Scan CD 1 Awareness during an everyday activity Eat a meal mindfully
Two Dealing with Barriers	Judging our experience; getting hooked: liking/disliking	Body Scan Thoughts & feelings: Short Sitting Xianxin Ming	Body Scan CD 1 Short Sitting CD 2 Pleasant events calendar
Three Mindfulness of the Breath and Body	Focusing the mind; the body as a door into awareness	Mindful hearing Breath & body med. Mindful Yoga 3 min. breathing space	Alternate: Sitting CD 2 / Yoga CD 3 3 Min. Breathing Space Unpleasant Events Calendar
Four Staying present	Relating differently to experience; Stress: Reactivity	Seeing/hearing Sitting Automatic thoughts Walking meditation	Alternate: Sitting CD 2 / Yoga CD 3 3 Min. Breathing Space
Five Allowing / Letting Be	Acceptance: being present to how it really is	Sitting aware of breath, body, thoughts, feelings	Alternate: Sitting CD 2 / Silence 3 Min. Breathing Space 3 Min. Coping Space
Six Thoughts are not facts	Ways you can see your thoughts differently	Moods, thoughts, alternative viewpoints: Sitting Choiceless Awareness	Sitting Meditation of your choice Breathing Space
Day of Mindfulness	Practicing like a mountain Opening the heart Contemplation	Includes: Mountain Lovingkindness Choiceless awareness	Silent retreat 10a-3p Bring your lunch
Seven Skillful Means	Mindful Responding to persistent visitors	Working with difficult thoughts/feelings Communication practice	Your choice of formal practice Create a formal practice intention
Eight Keeping up the momentum	Intention and right effort The importance of practice	Full circle How far we've come Next steps	Breathe...

+ Body Scan



+ Mindfulness for Children & Youth

- The new “ABC’s”
 - Attention + Balance = Compassion (Glass, 2006)
- Mindmasters (CHEO, 2010)
- Mindful Parenting (Dumas, 2005; Kabat-Zinn, 1997; Singh, 2006)

In the Classroom, a New Focus on Quietening the Mind



Theresa Rigby for The New York Times
James Alexander, a student at Piedmont Avenue Elementary in Oakland, Calif., practices being mindful, using a technique he learned in class.

+ How & why does meditation work?

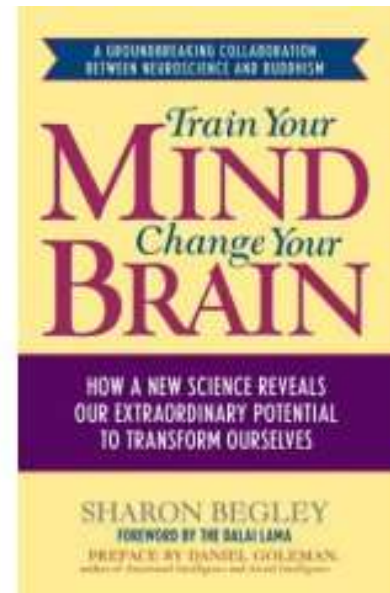
- What is stress?
 - Any **perceived** need for change or a demand that needs to be met, where there is also a **perceived** lack of resources to meet that demand.

(Lazar, 2005)



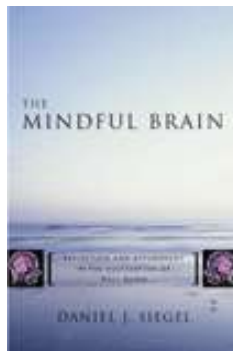
+ *Popular Reading*

- Begley, Sharon. (2007). *Change your mind change your brain: How a new science reveals our extraordinary potential to transform ourselves*. New York: Ballantine Books.



+ Popular Reading

- Siegel, Daniel J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. NY: Norton.
- Siegel, Daniel J. (2010). *Mindsight: The new science of personal transformation*. NY: Norton.
- Siegel, Daniel J. (2010) *The Mindful Therapist: A Clinician's guide to mindsight and neural integration*. NY: Norton.



+ Why practice mindfulness?

Importance for

- Therapeutic relationship
- Skills to pass on to clients
- Self care
- Social Justice

+ Mindfulness & Social Justice



- Radical mindfulness – accept yourself, but not the oppressive situation (S. Hick)
- Increased compassion and awareness of the interconnectedness of life evolves into an ethic of empathy, to do no harm, to kindness (HH. Dalai Lama)
- Mindful living evolves into a deep ecology – a passion to relieve all beings from suffering (Joanna Macy)



+ Thank you

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For more info on me & my research:


www.presentmoment.ca



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