



Mindfulness

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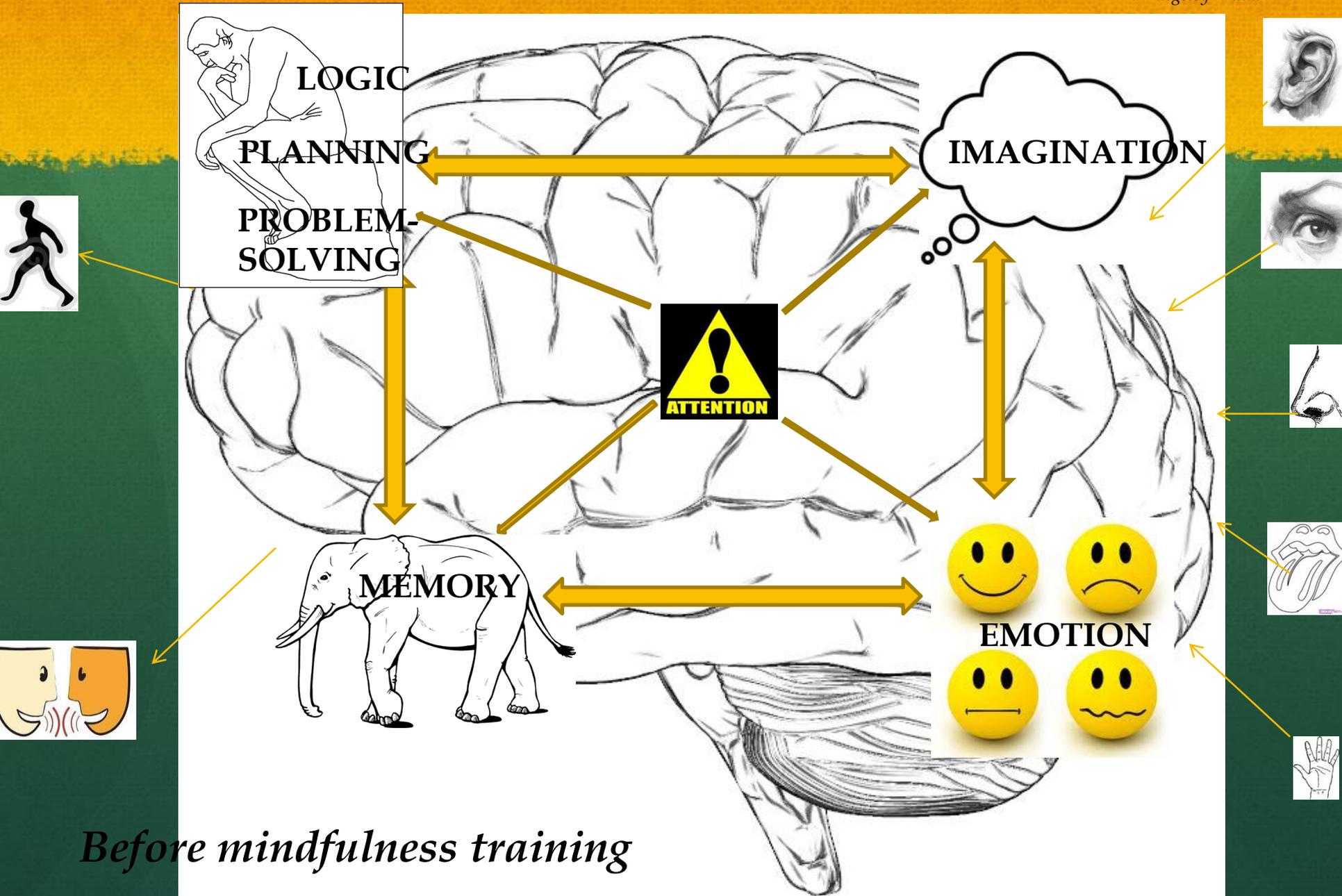
Mindfulness of Thought

- I am going to lead you through a mindfulness exercise.
- We will process after

- As we go through the academic explanation of mindfulness, reflect on your experience of mindful practice
- Spaces in particular where the explanation fits the experience, or where it does not, point these out.

Functional Diagram of Brain

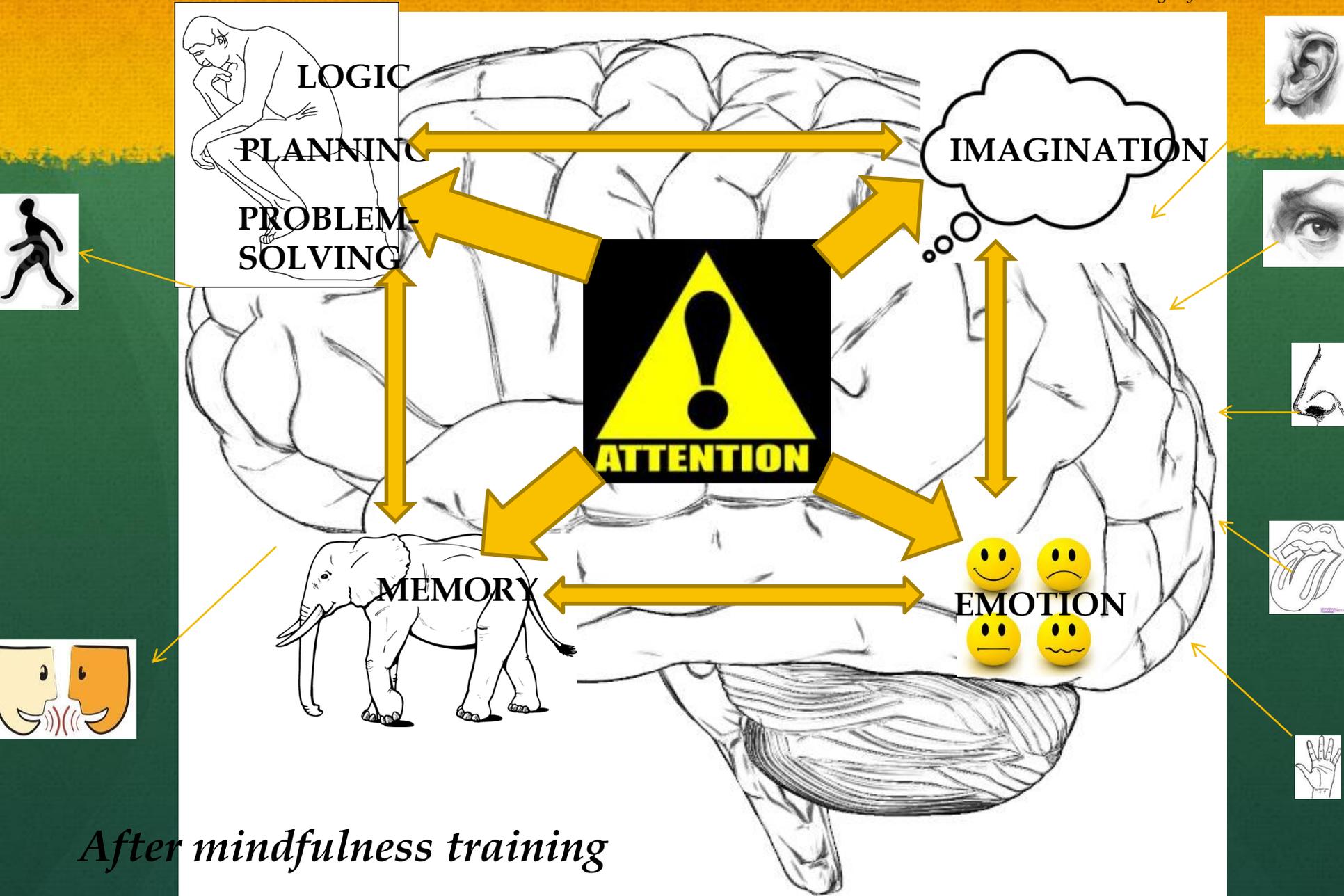
- Dr Kingsley Mudd



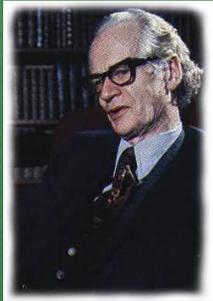
Before mindfulness training

Functional Diagram of Brain

- Dr Kingsley Mudd



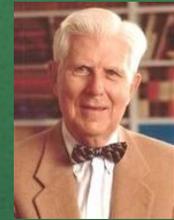
CBT Genealogy



BF Skinner

Radical Behaviorism

CBT



Aaron
Beck

Dialectical Behavior Therapy



Marsha
Linehan

Acceptance & Commitment Therapy



Steven Hayes

Waves of CBT

WAVE 1: Behaviorism- gave us the concepts of conditioning, extinction, and reinforcement.

- Focused on external behavior as the target of intervention.
- Continues to be vital in parent training, and as a part of CBT and many third wave interventions.
- Work of Watson and Skinner

WAVE 2: Cognitivism- gave us the concepts of schema, core and intermediate beliefs, automatic thoughts, and the ABC's.

- Is by far the most empirically supported psychotherapy in practice today.
- Integrates behaviorism through reciprocal interaction with thought.
- Work of Beck and Ellis

Third Wave or Existential CBT

- For many people “arguing” their way out troublesome thinking seems (and therefore can be) impossible.
- Previous CBT iterations focus on the thought to emotion to behavior chain, and as such behavior had to follow a change in thought. If one cannot change thought then behavior cannot change.
- Some distress is unavoidable, how then do we tolerate?
- How do we become aware of our thoughts? CBT posited that there are core beliefs that drive automatic thought responses and subsequently behavior, and that these core motivators can be unexamined.

These are the questions and shortcomings that Third Wave approaches seek to address.

Mindfulness Based (MB) Treatments

- MB Stress Reduction (MBSR)
- MB Cognitive Therapy (MBCT)
- MB Relationship Enhancement (MBRE)
- MB Relapse Prevention (MBRP)
- MB Eating Awareness Training (MB-EAT)
- MB Art Therapy (MBAT)
- Interventions with a significant mindfulness component, such as Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT)

Mind and Brain

“Mind” = the movement of information within the nervous system:

- Information is represented by the nervous system.
- Most mind is unconscious; awareness is an aspect of mind.
- The headquarters of the nervous system is the brain.
- The mind is what the brain does.

Brain = necessary, proximally sufficient condition for mind:

- The brain depends on the nervous system, which intertwines with and depends on other bodily systems.
- These systems in turn intertwine with and depend upon nature and culture, both presently and over time.
- And as we’ll see, the brain also depends on the mind.

Question?

- How might this brain/mind discussion inform, challenge your thoughts on psychopathology?
- On psychiatry?
- On social work?
- On mindfulness?

Mind Brain Interactions

Brain Changes Mind

Positive

- Caffeine = alertness
- Thicker insula = self-awareness and empathy
- More left prefrontal activation = more happy

Negative

- Intoxication = imbalanced neurotransmitters
- Concussions, strokes, tumors

Mind Changes Brain

Temporary

- Altered brain waves
- Changed oxygen and glucose use
- Ebbs and flows of NT's

Lasting

- “Neurons that fire together wire together”
- Epigenetics

Why experience matters

- Obviously brain changes affect mind, we have limited control over this
- Mind however is the domain of the clinical social worker!
- Experiences shape the brain in the present moment
- Perhaps more importantly they leave lasting traces that shape a persons brain and ultimately who they are!
- If we consciously seek to change our brain by altering our mind, we are engaged in self-directed neuroplasticity

What Mindfulness is...

Mindfulness means:

paying attention

in a particular way;

on purpose,

in the present moment,

and nonjudgmentally.

Jon Kabbat-Zinn

Mindfulness of Emotion

- Recognition: Name it
- Acceptance: You are safe, you are committed to quiet stillness, let the emotion be
- Investigation: Examine the emotion, what brings you to this? Where and how do you feel this in your body?
- Non-identification: Recognize that are emotions are visitors, you are a person that has feelings, not a _____ person

Awareness

Awareness

- Our noticing of data arising internally and externally

Attention

- Focusing our senses on present experience

Present moment (NOW!)

- This nano second, not five minutes from now, 15 minutes ago, or 2 seconds from now. In other words NOW

Nonjudgmental

- Not evaluating, naming, connecting, or organizing

What it ain't...

- Cultivating positive qualities (except mindfulness)
- Relaxation
- Insight
- Emotional release
- Impulse control

Mindfulness as a Way of Life

Sometimes, the non-intervention in the mind that characterizes mindfulness as a kind of attention becomes central to mindfulness as a way of life, with overlaps and links to “nondual awareness” and related therapies.

Hanson, 2011

When you think of mindfulness as a way of life, how might that inform therapy?

An example

- Four square breathing: In to the count of four, out to the count of four, do this four times
- During this breathing practice:

Observe: What am I thinking, feeling, hearing, seeing?
What is happening in my social sphere?

Describe: name the things you notice, don't argue, try to change, or interpret or story about it, describe it.

Participate: Choose a course of action given your observation, and your desires/values for your life

Let be, Let go, Let in

There are three phases to healing:

Be mindful of, release, and replace

Mindfulness is key to the second 2, and beneficial regardless, but is often not enough on its own.

Sometimes it is beneficial to skip to the third phase to build resources for change

Urge Surfing Preparation

- Remember urges pass
- Imagine urges as a wave, they start small, build, crest, and dissipate.
- As you practice mindfulness regularly notice impulses and urges that rise and pass (i.e. itching)



Urge Surfing

- Watch your breath
- Notice your thoughts
- Imagine you are having an urge to use
- What thoughts are going through your mind?
- Where do you feel sensations in your body?
- What emotions are you experiencing?
- Watch these sensations rise, notice changes in intensity



Urge Surfing



- Think of your breath as a surf board
- As the urges rises focus on your breath
- Do not change it, just notice you are breathing
- Study the urge, but do not challenge or try to change it, just recognize it
- All the while focusing on the breath, this is the balance between the wave and the surfboard

Mechanisms of Action

- Reinforcing observing ego
- Disengagement from mental material; de-automaticization (Deikman, 1966); extinction through non-activation
- Fresh perspective; de-habituation (Kasamatsu & Hirai, 1973); field independence (Linden, 1973)
- Seeing the big picture; de-centering (Safran & Segal, 1990)
- Associating of neutral or positive perspective with negative material; extinction through counter-conditioning
- Recognizing the nature of experience: compounded, transient, interdependent; disenchantment; equanimity