

*Explanation*

*Background*

*Research*

*Relevance*

*Reservations*

*Potential*



COULD YOU  
POSSIBLY TELL  
ME MY  
PRESENT.....?





# Usual Day for the Mind

- ✓ performing habits
- ✓ self talk - usually critical
- ✓ re-runs of the past
- ✓ dwelling in/on other's agendas
- ✓ judging
- ✓ fears & worries
- ✓ To do's - planning & deciding
- ✓ Fantasies of the future
- ✓ Jumping constantly between images,  
voices, videos



# What is mindfulness?

- **A state:** a mindset characterised by attention and non-judgemental metacognitive monitoring of moment by moment experience.



- **A trait:** a disposition that can be strengthened or developed over time through the repeated practice of engaging in the state of mindfulness.
- **A process:** of practices designed to foster the state of mindfulness. These can be informal or formal i.e. meditation.

# Foundational Attitudes

- Acceptance
- Beginner's Mind
- Letting Go
- Non-Judgement
- Non-Striving
- Patience
- Trust



# How do you do it?



- *being with your breath,*
- *greeting your body sensations and movements*
- *watching your thoughts and feelings with non-reactivity.*



## How long?

*1 moment (informal) up to 30 moments meditation*

*A moment = 90 secs.*

# Meditation

- **Concentrative** – pivot is an external or internal object, concept or posture (e.g. mantra, flame, yoga)



- **Mindfulness** - attention to **all** mental and sensory activity as a non-judgemental observer.



# Background

- Roots in Buddhism.
- 1979 Mindfulness Based Stress Reduction Uni.of Massachusetts Med. Centre.

Jon Kabat Zinn's book Full Catastrophe Living (1990) distanced the Buddhist religious precepts of mindfulness and created bridge for secular access by Western readers.



- Dialectical Behaviour Therapy (1993) Marsha Linehan
- Acceptance & Commitment Therapy (2001) Hayes, et al
- Mindfulness Based Cognitive Therapy (2002) Segal, Williams & Teasdale
- “ “ Relationship Enhancement (2004) Carson, Gil et al
- “ “ Trauma Prevention (2006) Berceli & Napoli
- “ “ Art Therapy (2006) Monti et al.,
- “ “ Relapse Prevention (2010) Witkiewitz & Bowen
- “ “ Childbirth & Parenting (2010) Duncan & Bardacke



# Mindfulness Research Monthly

Providing monthly research updates on mindfulness  
www.mindfulexperience.org

February 2011 Vol. 2 - Num. 2

**In this issue**

13 new studies including:

12 Intervention and Application studies

2 Review and Meta-analysis studies

9 Biology and Associations studies

4 Theory and Processes studies

2 Method and Measures studies

**1. Intervention and Application**

The Intervention and Application section of Mindfulness Research Monthly (MRM) references studies that focus on the use of mindfulness-based treatments and the feasibility of their application across diverse populations. Key articles identified in this area include:

1. Albers, S. (2011). Using mindful eating to test food restriction: A case study. *Eating Disorders*, 19(3), 87-107. [link]
2. Albers, J. P., Carrizosa, A., Delgado-Pardo, L. C., & Verdeja-Garcia, A. (2011). Combined goal management training and mindfulness meditation improve executive functions and decision making performance in abstinent polysubstance abusers. *Drug and Alcohol Dependence*. [link]
3. Balet, G. & Hill, J. (2011). Case report: Brief mindfulness-based psychotherapeutic intervention during inpatient hospitalization in a patient with conversion and dissociation. *Clinical Case Studies*. [link]
4. Boudette, R. (2011). Integrating mindfulness into the therapy hour. *Eating Disorders*, 19(1), 108-115. [link]
5. Chikara, J., Thomas, C., & Marbury, A. (2011). The impact of a wait-listed mindfulness programme on recorded aggression in a medium secure facility for women with learning disabilities. *Journal of Learning Disabilities and Offending Behaviour*, 3(1), 27-41. [link]
6. Courchesne, C., Makiyama, T., & Shapiro, J. (2011). Mindfulness-Aktion based cognitive behavioral therapy for concurrent binge eating disorder and substance use disorders. *Eating Disorders*, 19(3), 117-123. [link]
7. Hagerwerth, H. (2011). A mindful eating group as an adjunct to individual treatment for eating disorders: A pilot study. *Eating Disorders*, 19(3), 4-16. [link]
8. Hirvikoski, T., Wadler, R., Althoff, J., et al. (2011). Reduced ADHD symptoms in adults with ADHD after structural skills training group: Results from a randomized controlled trial. *Behaviour Research and Therapy*. [link]
9. Singh, M. M., Lancioni, G. E., Morokum, R., et al. (2011). A mindfulness-based strategy for self-management of aggressive behavior in adolescents with autism. *Research in Autism Spectrum Disorders*. [link]
10. Soreman, P., Birkner-Smith, M., Winter, G., Buemann, L., & Sjolund, P. (2011). A randomized clinical trial of cognitive behavioural therapy versus short-term psychodynamic psychotherapy versus no intervention for patients with hypochondriasis. *Psychological Medicine*, 41(2), 421-431. [link]
11. Thomas, B. S., Ray, S. H., Cho, S. S., & Bauer, B. A. (2011). Effects of a brief, comprehensive, organized program on quality of life and biometric measures in an employee population: A pilot study. *Explore*, 7(1), 27-39. [link]

## Year 2014

### Volume 5

[Issue 9 \(Sep\) \\*New](#)

[Issue 8 \(Aug\)](#)

[Issue 7 \(Jul\)](#)

[Issue 6 \(Jun\)](#)

[Issue 5 \(May\)](#)

[Issue 4 \(Apr\)](#)

[Issue 3 \(Mar\)](#)

[Issue 2 \(Feb\)](#)

[Issue 1 \(Jan\)](#)

## Year 2013

### Volume 4

[Issue 12 \(Dec\)](#)

[Issue 11 \(Nov\)](#)

[Issue 10 \(Oct\)](#)

[Issue 9 \(Sep\)](#)

[Issue 8 \(Aug\)](#)

[Issue 7 \(Jul\)](#)

[Issue 6 \(Jun\)](#)

[Issue 5 \(May\)](#)

[Issue 4 \(Apr\)](#)

[Issue 3 \(Mar\)](#)

[Issue 2 \(Feb\)](#)

[Issue 1 \(Jan\)](#)

## Year 2012

### Volume 3

[Issues 1-12 \(Jan-Dec\)](#)

## Year 2011

### Volume 2

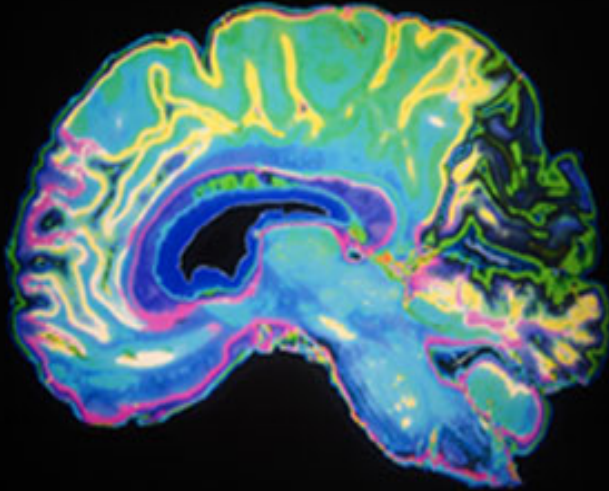
[Issues 1 - 12 \(Jan - Dec\)](#)

## Year 2010

### Volume 1

[Issues 1 - 11 \(Jan - Dec\)](#)

# Neurological



*MRI brain scans confirm how the brain actually changes in 8 weeks when practising Mindfulness.*

Richard Davidson (2003) studied brain scans of mindfulness practitioners who had more than 10,000 hours experience.

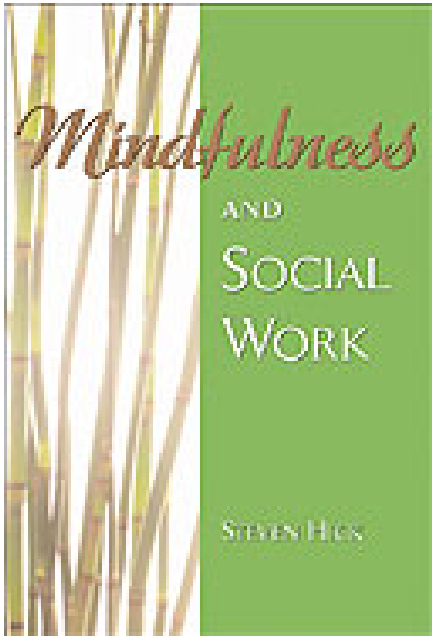
He found changes in pre-frontal cortex activity, in an area associated with positive affect and an increased immune response.

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- Steven Hick (2009) edits "Mindfulness & Social Work" - a collection of articles by social workers about their applications of mindfulness meditation to families, individuals, groups, community and policy practice.



- Hick & Furlotte (2010) introduced Radical Mindfulness Training (a modified version of MBSR) to a impoverished or homeless cohort to focus on improving interpersonal conflict and self compassion with positive results.

Thomas & Otis (2010) researched the relationship between mindfulness skills and compassion fatigue, burnout and satisfaction. Higher mindfulness scores had the strongest correlation with lower levels of burnout and higher levels of compassion satisfaction.

- Other authors found mindfulness taught to social work students reduced their anxiety & advanced therapeutic relationship skills and self awareness. (Gockel et al 2013)



# Mindfulness for Mood Enhancement M4Me

## Adult Community Health Gold Coast District

Age 25-85 years old

Commenced 111

**Completed 66**  
17 males  
49 females

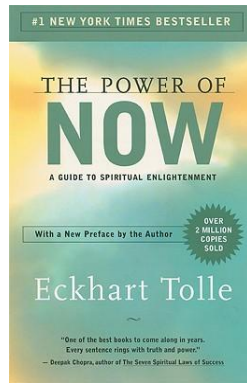


Significant Improvement	Mild Improvement	No Improvement
31	29	6
47%	45%	8%

Core Skill acquired – to detach from the terrain of one's habitual thought patterns and automatic reactions to choose a more constructive response, thus relieving symptoms.



# Reservations



❖ Not a panacea - does not remove tribulations

❖ Unsuitable for clients that are under the active influence of substances; or experiencing psychosis; mania; depression or untreated PTSD or have organic brain damage. (Segal et al, 2002)

❖ Popular self help literature - can subtly contribute to individuals feeling inadequate in solving their difficulties rather than recognising oppressive structures & systemic marginalization.

❖ Potential exploitation as a commodity (Salerno, 2005)





# What does mindfulness offer Social Workers?



## **Improves quality of therapeutic relationship**

- noticing countertransference
- enhanced clinical reasoning and skills
- increased empathy and impartiality
- manage & contain one's emotions in response to client's difficult expression of emotions
- minimises clinical errors or omissions

## **Supervisors –**

- creates safety and support for supervisee's emotional processing
- minimises emphasis of agency tasks, protocols
- attitude of trust, rather than regulation



# Offers well-being through

- awareness
- alertness to signs of burnout/ compassion fatigue
- promotes self care
- fosters resilience in the face of organisational pressures and the horror of some client's lives



**Social Justice** - cultivates "fierce compassion" for advocacy or activism



# Obstacles

Busyness; Boredom; Impatience;

Lack of commitment

Expectations of relaxation or  
nirvana

Falling asleep

*Essence of mindfulness is the  
willingness to start over and over  
again.*

Easy introduction to mindfulness:

**The Happiness Trap Pocketbook**

(Harris, R. & Aisbett, B. 2013)

**Headspace.com**

**palousemindfulness.com**



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