

A serene sunset scene with the sun low on the horizon, partially obscured by the dark silhouettes of trees. The sun's glow creates a warm, golden light that reflects on the water in the foreground. The overall mood is peaceful and contemplative.

What's in it for Me?

Introducing Clients to the Concept of
Mindfulness

Is Mindfulness Effective?

Search These Terms:

- Mindfulness for chronic pain (Kabat-Zinn)
- Mindfulness-based Cognitive Therapy for depression (Williams, Teasdale, Segal)
- Dialectical Behaviour Therapy (Linehan) for patients with borderline personality disorder
- Mindfulness Based Stress Reduction (see Grossman for review)
- Compassionate Mind – (Gilbert)
- Acceptance and Commitment Therapy (Hayes)
- Person-based Cognitive Therapy (Chadwick) for distressing psychosis

How Does Mindfulness Help?

- Increases objectivity
- Enhances self-control
- Enhances affect tolerance
- Enhances flexibility
- Improves concentration
- Improves mental clarity
- Increases kindness, acceptance and compassion to self and others

Davis, Daphne M., and Jeffrey A. Hayes. "What are the benefits of mindfulness? A practice review of psychotherapy-related research." *Psychotherapy* 48.2 (2011): 198.

So Clients Will Love it, Right?

- Our client might not care about the evidence base
- Our client did not come to us asking to be taught mindfulness skills
- Mindfulness has religious associations
- Mindfulness does not give instant results
- Mindfulness has to be practiced (by clients AND therapists)

Bridging the Credibility Gap– the 3 R's

- Relevance
- Relevance

And, er...

- Relevance

“Do You Ever...”

- Find yourself drifting back to a recent upset?
- Get caught up in memories as though you're right back there?
- Focus on ways that things could go wrong?
- Have lots of self-critical thoughts?
- Assume that others are thinking badly of you?
- Worry about things that don't happen?
- Find that even pleasant experiences get spoiled by worries and preoccupation?

“Yeah, But So What?”

- Your attention is like a spotlight, what you pay attention to becomes more impactful
- Your mind is like an untrained puppy, going after anything it wants – you can train the puppy to come when you call
- The content of your mind is transient, like buses going past – you don’t have to get on the bus!
- The actions of your mind get in the way of you being effective, mindfulness can help you notice when that’s happening

Mindfulness Is Just the Art of...

- Attention
- Awareness
- Acceptance

KEEP IT SIMPLE

Practice: Mindfully Observe

- Present a stimulus (start with an object)
- Give verbal prompts
- Involve all the senses
- Keep it short to start with
- Normalise the actions of the mind
- Ask what happened
- Use the feedback to shape mindfulness

Shape, Shape, Shape

- Shape **Attention** by asking – did you notice your mind has wandered off and bring your mind back?
- Shape **Awareness** by highlighting components of the internal environment
- Shape **Acceptance** by highlighting attachments to things being different

ATTENTION - AWARENESS - ACCEPTANCE

Just Notice...

- Urges
- Judgments
- Assumptions
- Comparisons
- Attachments
- Memories
- Interpretations
- Associations
- Thoughts
- Images
- Sensations
- Predictions

But What's the Point?

- Do these things ever happen outside of this room?
- Do these things ever get in the way of you doing what you need to do?
- Give a personal example of when you used mindfulness

Be Mindful Of

- The usefulness of mindfulness for difficult-to-reach populations
- Our 'invitation to treat' – work to get collaboration
- The credibility gap – make mindfulness relevant
- The skill of shaping awareness over time
- The need for regular practice



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