

Mindfulness In Clinical Practice

How to use it with your clients (and yourself)



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Mindfulness In Clinical Practice

Establishing a mindfulness practice

Clinical applications

Mindfulness-based **therapies**

Mindful **clinicians**

Using mindfulness with your **clients**

Establishing A Mindfulness Practice





Formal Practice

Longer 'sitting' **meditation**

- Body Scan
- **Breathing**
- Listening
- Body Breath Sounds Thoughts
- Movement
- Walking

Mindful Learning

Benefits from as little as **5 min/day**

Hassed (2009)

6 mins before class improves **test performance**

- Better **retention** and **recall**
- Especially younger students (who may have difficulty **concentrating**)

Ramsburg & Youmans (2013)

10 mins 4x/wk improves

- **Distraction**
- **Reading comprehension**
- **Short term memory**

Mrazek et al. (2013)



**SMILING
MIND**

1 2 3 4 5

Session 1: Body Scan



Listen online

Or download to listen offline





Welcome back Rick.

Stay calm, clear and content.

Begin your next session.

Beginner



Mindful Master

Start session 2:
Breath & sounds



Daily meditations
Listen between sessions



10
min

Total meditating minutes

144

People meditating now

Establishing A Meditation Practice

Start small e.g. **5 minutes**

- Then build from there

Tie in to existing **routine**

- Bookend day

Experiment

Use **resources** e.g. Smiling Mind

Informal Practice

Being more mindful in **everyday life**

- Mindful eating
- Mindful communication
- Chores
- New things, familiar objects
- Walking dog
- Music (notice 3 new things)

Pausing throughout day (short practices)

A word cloud featuring a variety of hobbies and interests. The words are arranged in a dense, overlapping manner, with some words appearing larger than others. The colors of the words include shades of blue, green, yellow, and orange. The hobbies listed include: music, gaming, magic, karate, walking, boxing, reading, cycling, driving, chess, snorkelling, shopping, astronomy, climbing, collecting, juggling, drawing, planking, painting, gardening, water-sports, swimming, designing, yoga, blogging, anime, exercise, bowling, photography, karaoke, frisbee, television, cosplay, comics, fishing, golf, fashion, tennis, cooking, diving, writing, riding, dancing, and knitting.





Clinical Applications

Mindful Stress Reduction

Recognise the **stress response**

- Body
- Breath
- Thoughts
- Reactions

Notice what attention caught up in

Redirect attention to present

- Body / breath / other senses
- Activity

(**Meditation** supports this)

Mindfulness & Depression

Recognise depressogenic thinking

Refocus on present moment

– Or pleasant experience

Non-reactivity to thoughts & emotions

Mindfulness-Based Therapies

CBT vs Mindfulness

CBT = change **content** of thoughts

MF = change **relationship** with them

Mindfulness-Based Cognitive Therapy (MBCT)

Identify **depressogenic thinking** (MATs)

Refocus on present

- Body & other senses
- Pleasant things

Halves rate of **relapse** (66% to 33%)

- 3+ depressive episodes

Acceptance & Commitment Therapy (ACT)

Any **meaningful life** entails **discomfort**

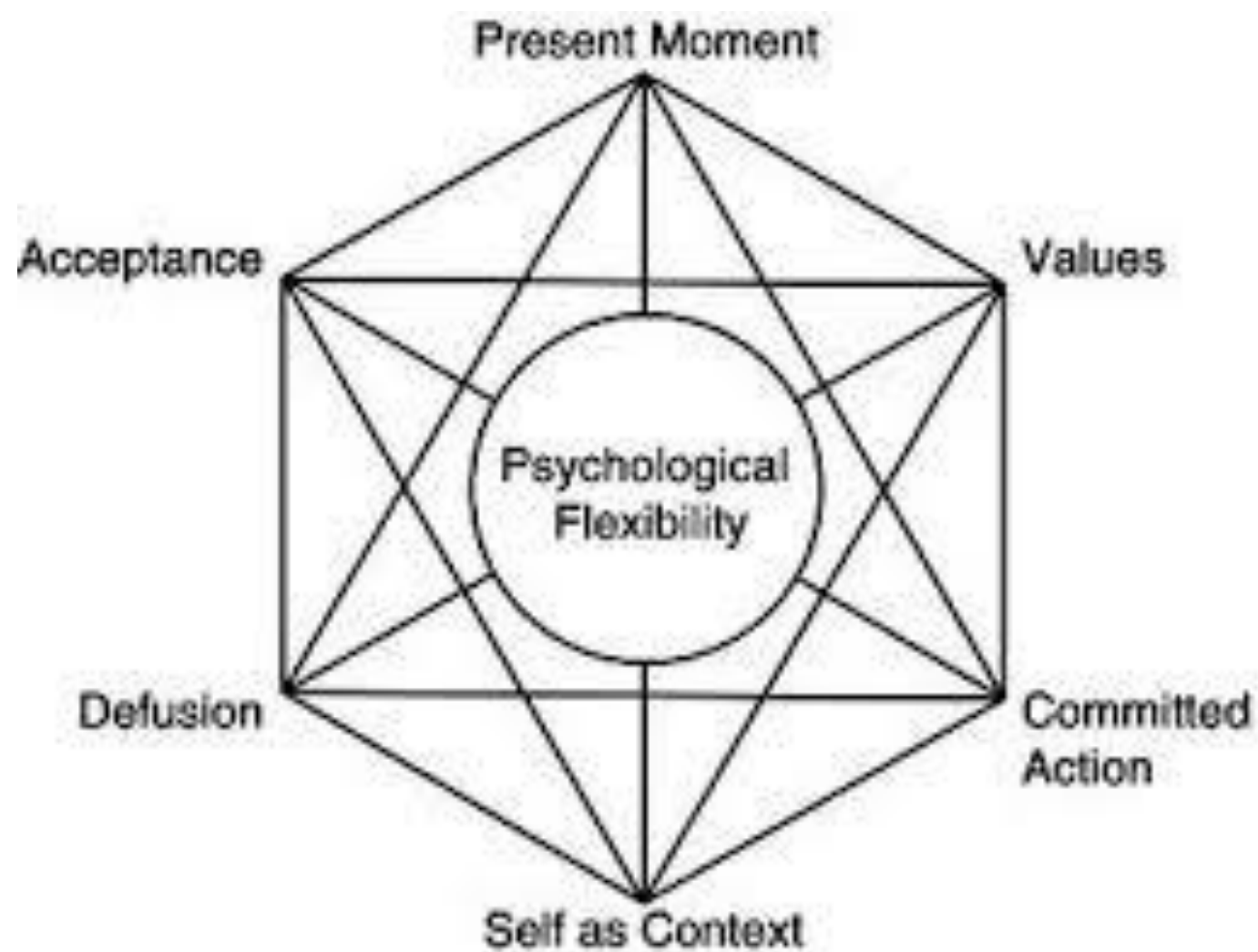
- E.g. relationships, working in mental health

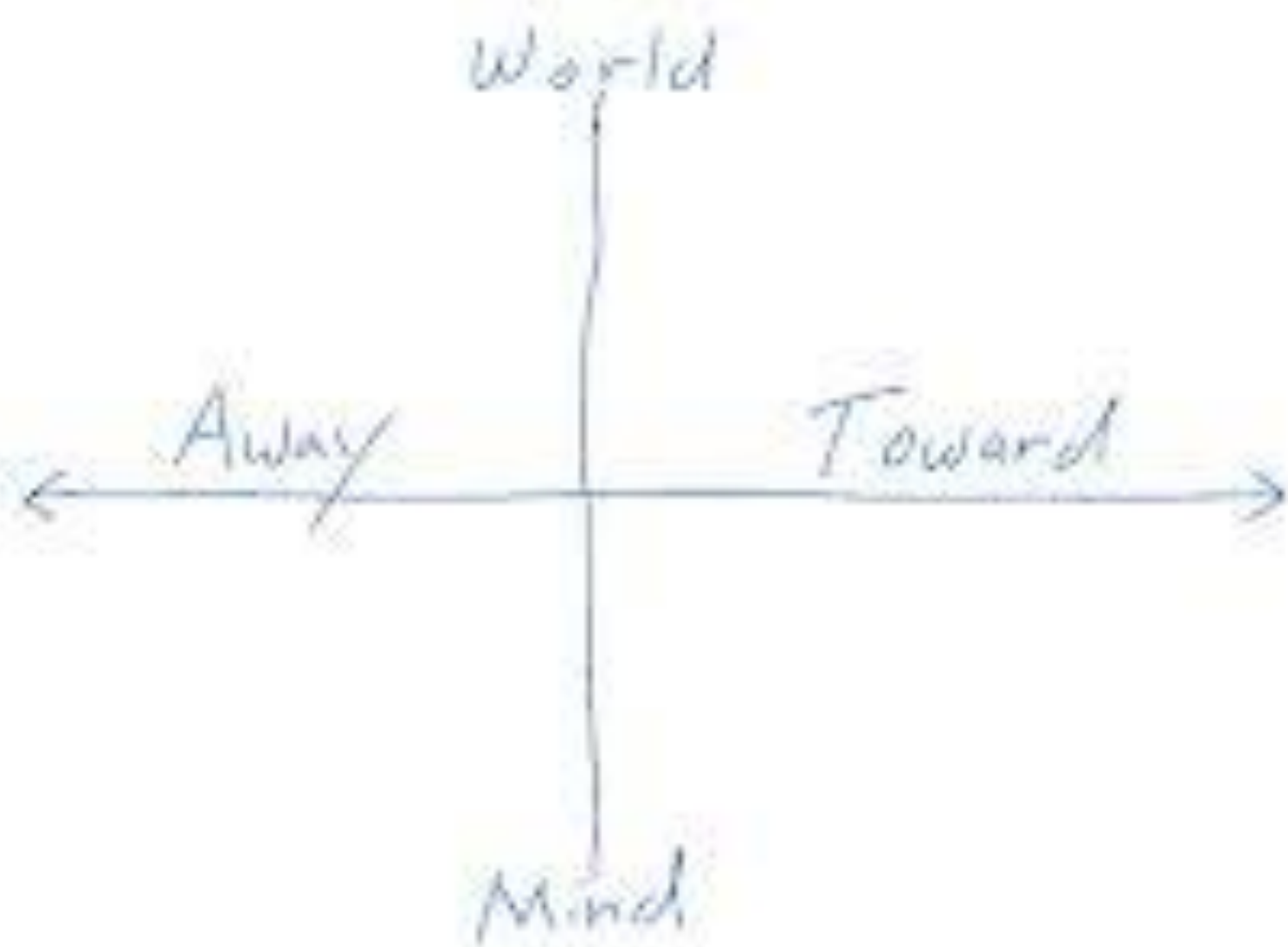
ACT helps to

- Identify **values** (and goals)
- **Move** toward them
- Deal with inevitable **discomfort**

Increases **psychological flexibility**

Reduces **experiential avoidance**





Combining Mindfulness & CBT

MF can increase effectiveness of CBT

- Better **listening**
- More **experiential** work
- **Accept** what can't be changed

Don't get caught up in differences

- Be eclectic
- Be playful
- Experiment: scientist practitioner

Mindful Clinicians



Better Communication

More accurately **perceive others' emotions**

- Improved **empathy** Mascaro et al. (2012)

Deeper **listening & understanding**

- Leads to **intuition** Krasner et al. (2009)

Better **therapeutic relationship**

- And less likely to get **sued** Huntington & Kuhn (2003)

Reflective Listening

More specific than active listening

- Emphasises **empathy**

Components

- Empathising (*not* same as agreeing)
- Reflect both **words** and **mood/emotion**

The Challenge Of Clinical Listening

Do you think you can **not** communicate?

- I.e. simply *listen*

Try it!

Notice

- What gets communicated anyway
- What gets in way of just being present

The Pause

Default mode of communicating is to get into **story**

- Talking without awareness
- Judgment

Brief pause **disrupts** default mode

- Get back in body/senses
- Back in present
- Start again

Can be one breath or 10 minutes of meditation

- Important thing is to get back into present

Pause, Relax, Open

Q: What has been useful so far?

Complex Multitasking

Talking while driving **4x** risk crashing
– Same as being **.08**

McEvoy, Stevenson & Woodward (2007)

Texting/emailing/internet = **164x**

Hickman & Hanowski (2012)

Constant **distraction** → **IQ loss**

Wilson (2005), research commissioned by Hewlett-Packard

Unitasking

Two main strategies

1. Make a list, **focus on 1 thing** until done, **savour**
2. **Switch consciously**, original task now distraction

Using Technology Wisely

Issues with technology:

- Disconnects from **senses** and **internal world**
- Trains **inattentiveness**
- Encourages **reactivity**

Mindfulness counteracts this by

- Engaging **senses**
- Training **attention**
- Learning to **respond** (vs. react)



Using Technology Wisely

One device/site at a time

Turn off **alerts**

Check **email** twice a day (and not first thing)

- Can set **autoresponder** or include in signature

Limit **screen time** to 2 hours a day

Devices out of **bedroom** (blue light disrupts sleep)

Digital detoxes

Using Mindfulness With Your Clients

Mindfulness With Individual Clients

Introduce **informally**

Experiential

- Default mode (*unmindfulness*)
- Mindfulness

Draw out **learning**

- “What happens when you...?”
- “What is the effect of that?”

DIY Mindfulness

Principle:

- **Pay attention** to something happening in the **senses**
- **Notice** mind wandering, **bring it back**
- **Repeat**

Can use:

- Environmental (e.g. sounds, sights, body)
- Artificial (e.g. food, music)

Questions?

Comments?



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