

Mindfulness and Mindfulness-Based Relapse Prevention



Tonight's talk:

- “mindfulness”
- ***Fun Exercise!***
- “Mindfulness-Based” protocols
- Mindfulness-Based Relapse Prevention
- ***Relaxing Exercise!***

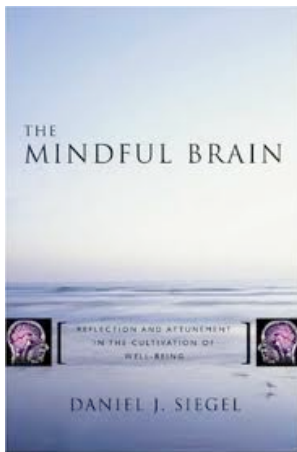
What is Mindfulness?

**“Mindfulness is the awareness that emerges through
paying attention on purpose,
in the present moment,
and non-judgmentally
to things as they are.”**

(Williams, Teasdale, Seagal & Kabat-Zinn, 2007)



- Mindfulness is being aware of your present moment.
- You are not judging, reflecting or thinking.
- You are simply observing the moment in which you find yourself.
- It is the mental ability to see things as they are, with clear consciousness.



*The Mindful Brain, Daniel J. Siegel, MD,
W. W. Norton & Company, 2007*

Several component parts to mindfulness:

- Intention (rather than reactive), attention (aware), attitude (open, curious, non-judgmental)
- Nonreactive to inner experiences (I notice my inner experience, but I am not merely my inner experience)
- Observation, noticing, describing, labeling
- Attending to sensations; acting with awareness
- Either focused attention on the present or merely noticing all that passes through the mind

Mindfulness Exercise

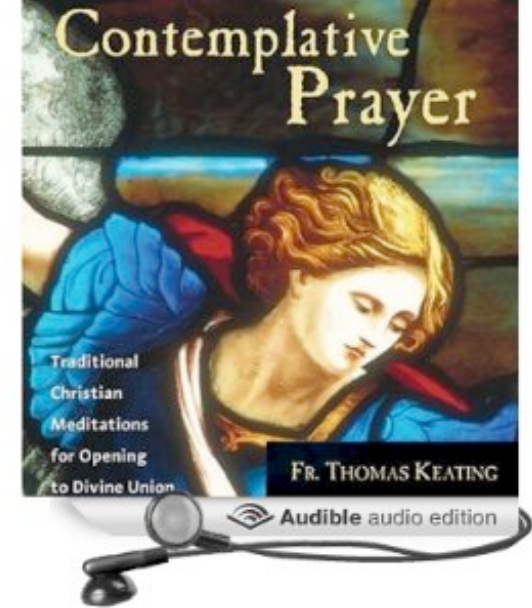
Siegel also notes,

“Direct experience in the present moment has been described as a fundamental part of Buddhist, Christian, Hindu, Islamic, Jewish and Taoist teaching . . . “

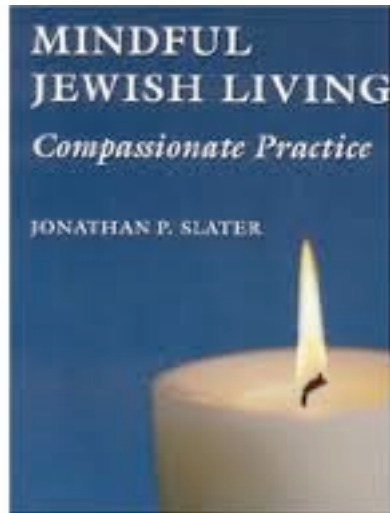
Mindful Brain, p. 8.



- Mindfulness is not a modern invention
- Not religious, no religious content; concept found in many religions
- “sati” – mindfulness or memory, used by Brahmins in Vedic texts
- 4 foundations of mindfulness in Buddhist practice: Mindfulness of feelings; Mindfulness of the mind; Mindfulness of mental objects.
- *Sutta Satipatthana*
- Vipassana “see things as they are” meditation, approx 2500 years old



Christian tradition has a long tradition of contemplative prayer, contemplative meditation and Centering Prayer



Jewish tradition also has contemplative prayer

Some feel moment-to-moment awareness using meditation and movement is deeply-rooted in traditional texts and the teachings of the medieval Jewish mystics.

- Mishkan Shalom, Philadelphia, PA, 2013.

There is a Center for Jewish Mindfulness



Jon Kabat-Zinn



- 1971: Dr. Kabat-Zinn established the Stress Reduction Clinic at the Department of Medicine at the U of Mass Medical School.
- 1995: Center for Mindfulness & 8-week course in Mindfulness Based Stress Reduction (MBSR).
- 19,000 people have completed the MBSR program at the clinic, learning to manage stress & pain.
- Dr. Kabat-Zinn & colleagues: many randomized clinical trials that have shown consistent, reliable, and reproducible demonstrations of major and clinically relevant reductions in medical and psychological symptoms across a wide range of medical diagnoses.



University of Massachusetts Medical School, Worcester. Founded 1995 by Jon Kabat-Zinn, PhD, The Center is an outgrowth of the acclaimed Stress Reduction Clinic – the oldest and largest academic medical center-based stress reduction program in the world.

The CFM also conducts scientific research on mindfulness:

Mindfulness practice leads to increases in regional brain gray matter density.

Psychiatry Res. 2011 Jan 30; 191(1):36-43. Epub 2010 Nov 10



The CFM trains professionals to integrate mindfulness into various disciplines through their OASIS Institute for Mindfulness-Based Professional Education and Training.

Mindfulness Based Stress Reduction: MBSR is an intensive 8-week training that asks participants to draw on their inner resources and natural capacity to actively engage in caring for themselves and finding greater balance, ease, and peace of mind.



Steve Hickman, PsyD



Teaching & research, courses & retreats in various locations.

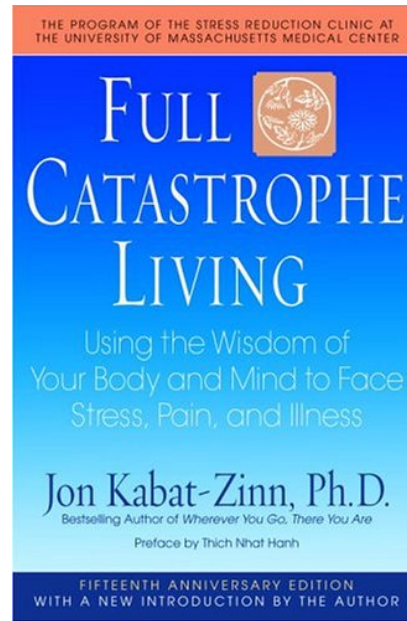
- MBSR
- Mindful Self Compassion
- Mindful Eating
- Mindfulness for Teens
- Mindful Parenting
- Mindfulness & Yoga



G. Alan Marlatt

University of Washington Addictive Behaviors Research Center

- provides research, training, and evaluation in interventions to prevent and treat addictive behaviors
- combined MBSR research with relapse prevention for alcohol & other drugs



1991

Research shows that MBSR is enormously empowering for patients with chronic pain, hypertension, heart disease, cancer, and gastrointestinal disorders, as well as for psychological problems, such as anxiety and panic.



Intensive training in mindfulness meditation and its integration into the challenges of everyday life.

- Guided instruction in mindfulness meditation practices (***non secular***)
 - Focus on breath, body scan, sitting, walking, daily meditation
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at enhancing awareness physical sensations, emotions & thoughts

AWARENESS

Awareness of physical sensations: being mindful of physical sensations, being aware of pain, breathing into it, bring gentle curiosity to it, being non-judgmental. Encourages taking responsibility for sensations, this is what's happening in your life right now. Moments of pain are as much moments to be lived as any other. Reduction: 33%.



AWARENESS

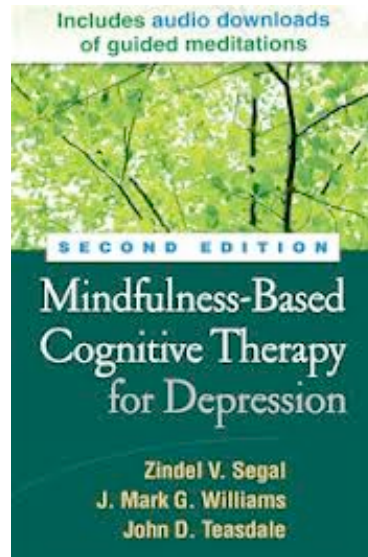
Awareness of emotions: feelings must be acknowledged, not repressed. Just notice. Accept how things are in the present moment & with that acceptance starts the process of healing.



AWARENESS

Awareness of thoughts: automatic thoughts go through our heads constantly. That's what minds do. "Monkey mind." Just notice, let go. No good, bad, just what is.

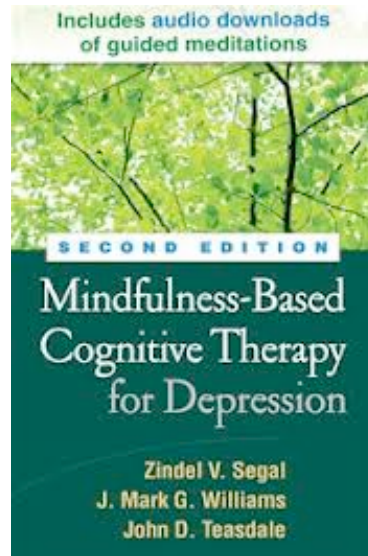




2012

Mindfulness Based Cognitive Therapy

- MBCT: Zindel Segal, Mark Williams and John Teasdale, based on Kabat-Zinn's MBSR program.
- Designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and mindfulness.

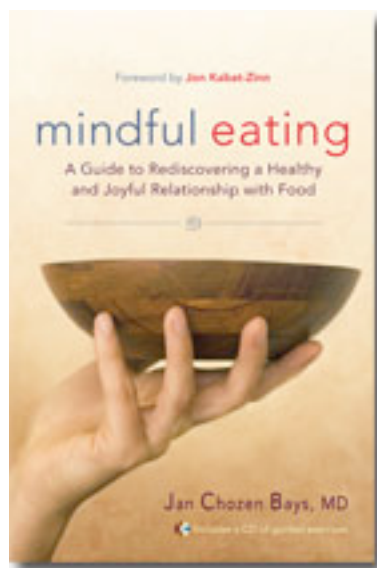


2012

Mindfulness Based Cognitive Therapy

- MBCT has been shown to prevent relapse in recurrent depression
- Clinical research: several controlled trials validate its effectiveness

J Consult Clin Psychology, 2008 Dec;76(6):966-78. **Mindfulness-based cognitive therapy to prevent relapse in recurrent depression.**
www.ncbi.nlm.nih.gov/pubmed/19045965



2009

Mindful Eating

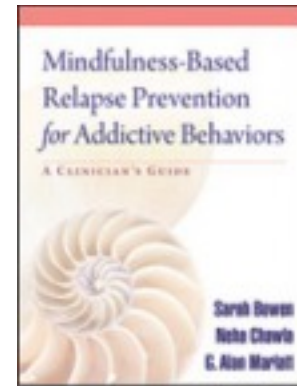
- eating awareness practices, habituated patterns of mind, emotions and body sensations related to eating behaviors
- Jan Chozen Bays, MD, pediatrician & meditation teacher in Oregon. “I think the fundamental problem is that we go unconscious when we eat.”
- Dr. Lilian Cheung, a nutritionist & researcher with the Harvard School of Public Health



Sarah Bowen, PhD



Neha Chawla, PhD



2010

Mindfulness Based Relapse Prevention

Addictive Behaviors Research Center at the U of Washington

- tools for helping addicts control their cravings
- acknowledges the likelihood of relapses and help patients cope with them

(NIDA Grant # R21 DA010562; PI Marlatt)

MBRP

- Gives concrete coping tools, skills to use
- Integrates well with other therapies
- Supports 12 step
- Strongly supports abstinence, but this is not a requirement of participation in the program

MBRP

- Encourages clients to become familiar with their thoughts, emotional reactions & behavioral patterns
- Emphasizes the danger of a lapse or relapse while encouraging clients to recognize they still have the choice to cope effectively following a lapse
- Incorporates mindful skills, based on self-compassion & acceptance of all experiences, including cravings and urges

MBRP

- Provides an effective & skillful means for diligent, intentional behavior change, while emphasizing kindness to self & others & flexibility
- Encourages clients to acknowledge, feel & accept discomfort when it arises & to understand the experience intimately rather than to endlessly run away from it
- Is a compassionate approach of openness & acceptance rather than guilt, blame & shame about behavior
- Core is access to an alternative coping response

Mindfulness and Substance Use

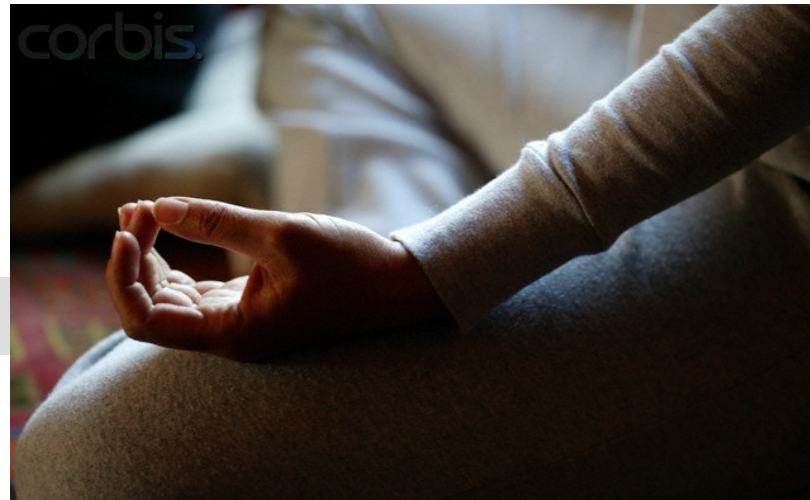
Paying attention:

Greater awareness of triggers and responses, interrupting previously automatic behavior

(Breslin et al., 2002)

In the present moment ...

Accepting present experience, rather than using substances to avoid it



Nonjudgmentally:

Detach from attributions and “automatic” thoughts that often lead to relapse

Kay Colbert, LCSW, 2013

Intentions of MBRP

Awareness:

From “automatic pilot” to awareness and choice

Triggers:

Awareness of triggers, interrupting habitual reactions

Acceptance:

Change relationship to discomfort, decrease need to “fix” the present moment

Balance and Lifestyle:

Supporting recovery and maintaining a mindfulness

MBRP Structure

- Integrates mindfulness with Relapse Prevention
- Outpatient / Aftercare Treatment design
 - 8 weekly 2 hour sessions; daily home practice
- Therapists have ongoing meditation practice
- Components of MBRP
 - Formal mindfulness practice
 - Informal practice
 - Coping strategies



MBRP Session Themes

Session 1: Automatic Pilot and Relapse

Session 2: Awareness of Triggers and Craving

Session 3: Mindfulness in Daily Life

Session 4: Mindfulness in High-Risk Situations

Session 5: Acceptance and Skillful Action

Session 6: Seeing Thoughts as Thoughts

Session 7: Self-Care and Lifestyle Balance

Session 8: Social Support and Continuing Practice



Awareness,
Presence

Mindfulness
and Relapse

Bigger Picture:
A Balanced Life

“Formal” Practices



Body Scan
Meditation



Sitting Meditation

“Lovingkindness” or “metta”

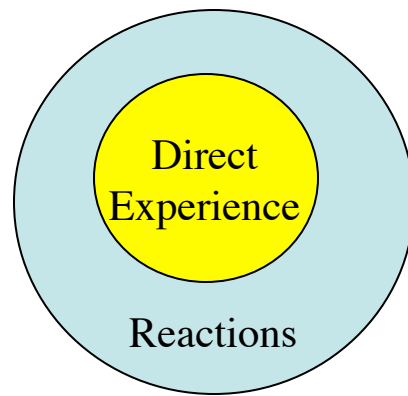
Mindful Movement



Walking Meditation

Mountain Meditation





- Explore sensations, feelings, thoughts, urges
- Awareness of physical, emotional & cognitive components to the experience, highlighting awareness of urges that arise
- What was the initial direct experience?
- How did the mind & body react to that that? (Thoughts, emotional reactions?)
- Is this process familiar? Is it related to craving, relapses, recovery, daily life experiences?
- Not personal: This is what minds do. No need for judgment.

“Informal” Practices

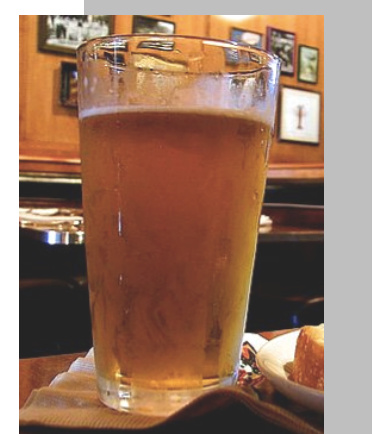
Mindfulness of
daily activities



“SOBER” breathing space



Urge surfing



“SOBER” Breathing Space

Stop

Observe

Breath

Expand

Respond

Urge Surfing



Riding the wave, rather than giving into the urge and being wiped out by it.

Staying with the urge as it grows in intensity, riding it to its peak. using the breath to stay steady as it rises and crests, knowing it will subside.

Trusting that without any action on your part, all the waves of desire, like waves on the ocean, arise and eventually fade away.

Homework

Awareness of Triggers

Situation/ Trigger	What sensations did you experience?	What moods, feelings or emotions did you notice?	What thoughts arose?	What did you do?
<i>An argument with my girlfriend.</i>	<i>Tightness in chest, sweaty palms, heart beating fast, shaky all over.</i>	<i>Anxiety, hurt, anger.</i>	<i>“I can’t do this.” “I need a drink.” “Forget it. I don’t care anymore.”</i>	<i>Yelled, slammed door, went for a walk.</i>

Working with Trauma

- Create safe environment
- Encourage observation of painful experiences with curiosity & gentleness, so as to practice a different way of relating to them
- Sitting in chairs, keeping eyes open

Review of 24 Randomized Trials

(Carroll, 1996)

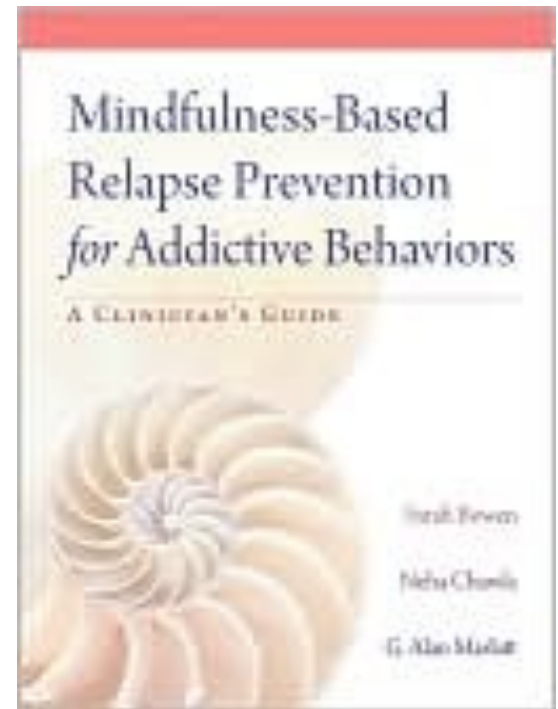
- Does not prevent a lapse better than other treatments, but is more effective at delaying and reducing duration and intensity of lapses
- Effective at maintaining treatment effects over long term follow-up (1-2 years or more)
- “Delayed emergence effects” - greater improvement in coping over time
- May be most effective for more severe substance abuse, greater levels of negative affect, and greater deficits in coping skills

Summary of Results

- Increased awareness and acceptance
- Reduction in craving
- Decreased rates of substance use

For more information, downloads of exercises . . .

- Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide
- Guilford Press, November 2010
- www.mindfulrp.com
- UCSD Center for Mindfulness



3 Minute Breathing Space Exercise

**Thank you to Sarah Bowen, PhD
for some of the slides on MBRP**

Acting Assistant Professor at the Department of Psychiatry and Behavioral
Sciences at the University of Washington in Seattle

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Websites for more information:

University of Massachusetts Medical School, Center for Mindfulness in Medicine, Health Care, and Society
www.umassmed.edu/cfm/index.aspx

University of California San Diego Medical School, Center for Mindfulness
<http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>

University of Washington Addictive Behaviors Research Center
www.mindfulrp.com



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