

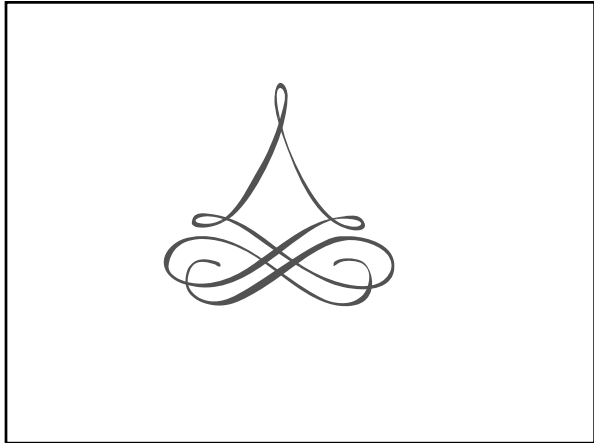
Ontario College of Social Workers & Social Service Workers
Annual General Meeting, June 14, 2010

MINDFULNESS & MEDITATION PRACTICE
FOR HEALTH, WHOLENESS & HAPPINESS



Lorraine Gregson, M.Ed.,RSW
lorraine.gregson@peterboroughfht.com

Brenda Whiteman, B.A.,(Phi),B.S.W.,RSW
brenda.whiteman@peterboroughfht.com



Meditation
&
Mindfulness Practice
for
Health, Wholeness
&
Happiness

HISTORY * THEORY *
RESEARCH

Dr. Jon Kabat-Zinn
Dr. Saki Santorelli

MBSR
(Mindfulness-based stress reduction)

- Stress Reduction Clinic (University of Massachusetts Medical School)
- 30 years of clinical research
- Data outcomes show improved health and well-being
- New model of mind/body medicine
- Studies indicate belief systems, thought patterns, emotions and personality affect health in major ways
- Mindfulness practice and meditation create present-moment awareness towards improved health

Dr. Dan Siegel

Neuroscience of Mindfulness

Director of Mindsight Institute &
Mindful Awareness Research Centre, U.C.L.A

Specific application of mindful awareness improves the capacity to regulate emotion, to combat emotional dysfunction, to improve patterns of thinking, and to reduce negative mindsets.

Studies in Neuroplasticity

Application to Clinical Process

- Dr. Zindel Segal- MBCT
(Mindfulness-based cognitive therapy)
University of Toronto, CAMH
- Reduction of depression and prevents relapses
- Mindful presence of the therapist is vital to clinical psychotherapy

Our Experience

- Primary Health Care Services
Peterborough – Family Health Teams
- Mindful Psychotherapy Practice
- Client Meditation Groups
- Colleague Meditation/Mindfulness Retreat
- Executive Retreat
- Future Plans for Health Teams
- Future Professional Development Training
Workshops by Lorraine/Brenda

Meditation & Mindfulness

The Link

Mental activities, such as purposefully paying attention to the present moment, actually stimulate the brain to become active in specific ways that then promote growth in those regions of the brain. It is this growth, these neuro-plastic changes created by the focus of our own minds, that help us see the link between the practice of mindful awareness and the creation of well-being.

The Mindful Brain, Pg. 32 Siegel, Dan

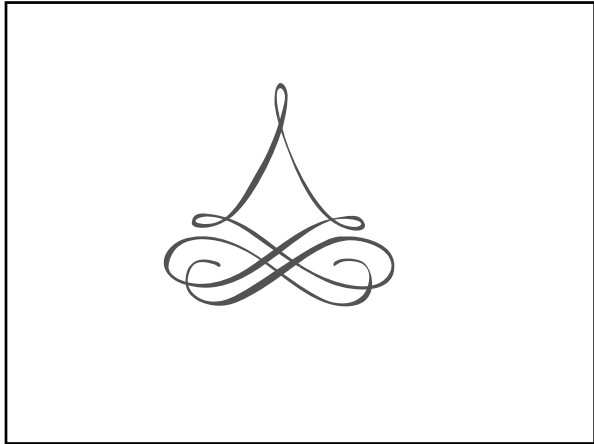
EMPATHY

Empathy, when experienced between a client and a mindful therapist, actually reorganizes the brain.



1st Meditation

Breath Awareness



Thoughts

“ The Human Condition:
lost in thought.”

Eckhart Tolle

Thoughts

“ Thinking cuts reality up into lifeless
fragments”

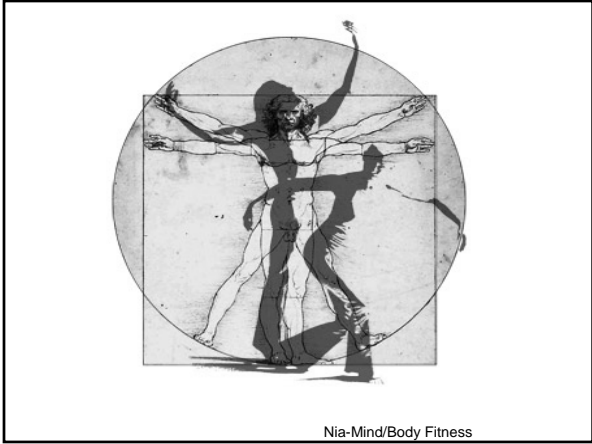
Eckhart Tolle



Photo by Lorraine Gregson

2nd Meditation

Connecting
the Body and Mind



Nia-Mind/Body Fitness

Awakening

“ Awakening is a shift in consciousness in which thinking and awareness separate. “

- Eckhart Tolle

3RD Meditation

- Guided Imagery Meditation

Mindfulness Practice

- The learned practice of Mindfulness takes us out of our fast-paced thoughts and relentless mental activity, all of which create stress and anxiety, contributing to symptoms of poor physical and emotional health.
- Learned stillness open us to a whole new world within, expanding our understanding of ourselves, deepening our capacity for change and creating a new path to health and healing that transcends traditional approaches.
- Mindfulness practice combined with meditation encourages insight into the self by teaching us to pay attention to what lies beneath the silence.

Whiteman, Brenda; 2009



➤ **Medicine is presently expanding its own working model of what health and illness are and how life-style, patterns of thinking and feeling, relationships, and environmental factors all interact to influence health.**

➤ **This new model explicitly rejects the view that mind and body are fundamentally separate.**

➤ **In its place, medicine is presently seeking to articulate an alternative, more encompassing vision for understanding what we actually mean by 'mind' and 'body' and 'health' and 'disease'.**

➤ **Meditation and Mindfulness Practice work together to create moment-by-moment awareness in the present, causing us to set aside the relentless activity of the ego-mind. That relentless activity is the fuel of stress and its insidious, invisible abuse of the body leads to dis-ease in all its forms.**

➤ **University of Massachusetts Medical School**

References

➤ **The Mindful Brain; Mindsight; The Mindful Therapist. Daniel J. Siegel**

➤ **Full Catastrophe Living; Coming To Our Senses. Jon Kabat-Zinn**

➤ **Stillness Speaks; A New Earth. Eckhart Tolle**

➤ **MBCT For Depression, A New Approach To Preventing Relapse. Zindel V. Segal**

