

Mindfulness Based Cognitive Therapy

Ontario College of Social Workers and Social Services Workers
Annual Meeting and Education Day
June 9th, 2015

Gwen Morgan MSW RSW

Centre for Mindfulness Studies and East GTA Family Health Team
www.mindfulnessstudies.com

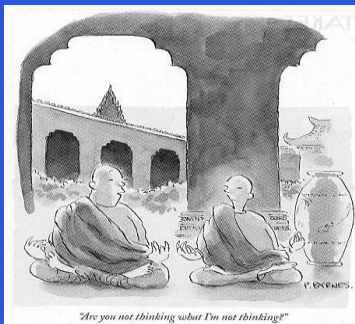
Larry Borins MSW RSW

www.larryborins.com

Objectives Today

- Gain an introductory experiential and theoretical understanding of the foundations of mindfulness.
- Become aware of some key concepts and practices in the MBCT program.
- Take away resources on how to introduce mindfulness practices to build capacity and resilience to benefit both yourselves and your clients.

Meditation – Its Not What You Think





Pervasiveness of Depression

- 8% of Canadians will experience Major Depression Disorder (MDD) in their lifetime, translates into about 2.5 million adults. 2x risk with chronic disease.
- As a predictor of early death, depression is on a par with smoking as a predictor of mortality: 4000 suicides/year
- W.H.O. – Depression becomes the second leading cause of years lost to disability (next to heart disease) by 2020

Mood Disorders Society of Canada. Quick Facts 2009; Canadian Mental Health Association; WHO – No Health Without Mental Health

Risk of Relapse in Depression

- At least 50% of clients who recover from an initial episode of depression will have at least one subsequent depressive episode.
- Clients with a history of two or more past episodes will have a 80% likelihood of recurrence in the lives.
- 5 lifetime episodes of MDD on average reported

(Pavuluri, Kamann, Cooper, Hochhaus, Kern, Rancho, 1995 American Psychiatric Association 2000; Kupfer, Frank & Wunhoff, 1998; Kessler RC, Walters E. Depression and Anxiety. 1998;7:3-14.)

Each Cycle Depression Deepens

“Each new episode in depression contributes to changes in the neurobiological threshold of relapse making persons more sensitive and the risk of relapse higher.”

Appears ‘automatically’ and spontaneously and with more frequency than predicted by stress alone

“These patterns run around some very well-worn mental grooves, as old mental habits switch in and run off.”

(Segal, Williams, Teasdale, 2002)

Search for a Maintenance CBT



Mark Williams
Prof of Clinical Psychology
now at Oxford Centre for
Mindfulness



John Teasdale
Cambridge Medical
Research Council's
Cognition and Brain
Sciences Unit



Zindel Segal, PhD
Professor at University of
Toronto, Scarborough and
former Head of Cognitive
Behaviour Therapy Unit,
CAMH

- CBT psychologist, top in their field
- In 1991, invited to develop a standardized Maintenance CBT Therapy to treat at-risk, *formally* depressed patients

Mindfulness-Based Stress Reduction Program (MBSR) – Jon Kabat Zinn

Cognitive Therapy's strength in preventing relapse- 'decentering' from thoughts

New research on relapse: the effect of mood on thinking: Easy for low mood to reactive negative thinking for those previously depressed



Center for Mindfulness
in Medicine, Health Care, and Society

Marsha Linehan, Dialectic Behaviour Therapy DBT – helping patients with Borderline Disorder emotionally regulate

New Brain Science: Neuroplasticity



Key Mechanism in Relapse

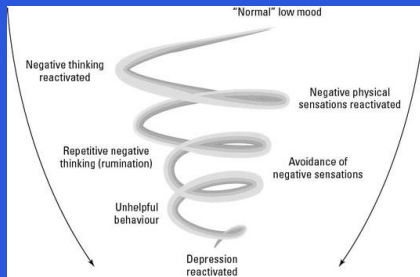
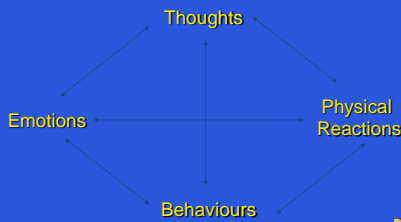


photo from - <http://www.dummies.com/how-to/content/how-to-mindfully-deal-with-depression.html>

Mood and Body Impact Thoughts

- "At times of lowering mood, there is a reactivation of patterns of negative thinking similar to the thought patterns that were active during previous, episodes of depression." *Segal, Williams, Teasdale*
- "The body can have direct effects on your mood and thinking styles without you necessarily knowing or producing it" *Zindel Segal*
- Reactivation of these patterns is automatic and multi-dimensional and multi-causal.

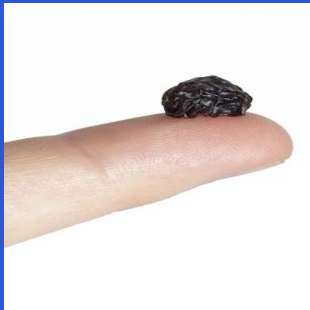
Integrated Aspects of Mood



N. Josefowitz, 2006



Raisin Exercise



What did you notice?

- What did you experience?
- What sensations or feelings did you notice?

- What thoughts arose?
- Did your mind wander away? Did you intend for your mind to go there?

Being Curious.

How is this different from how we usually eat a raisin?

How might this be helpful for preventing relapse into depression?

What participants say...

- I never looked at a raisin before!
- The play of light on the folds. The sound made when it is pressed. The way it feels on the tongue.
- There is a lot of flavour in one raisin.
- "I don't like raisins!" or
- "I remember when..."
- I usually eat raisins by the handful. I've never eaten just one raisin like this before. It is really different.

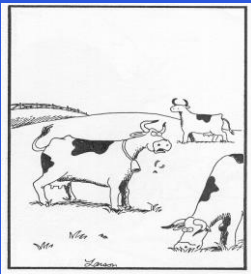
Lessons from the Raisin Meditation

Paying full attention to the process of eating one raisin was a very different experience.

It shows that we can change our experience just by changing the way we pay attention to it.

It shows us a way to come out of 'automatic pilot'.

Mindfulness vs. Automaticity



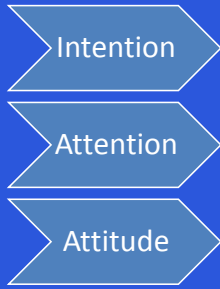
"Hey, wait a minute! This is grass! We've been eating grass!"

MINDFULNESS

The awareness that emerges through paying attention on purpose in the present moment non-judgmentally.

Jon Kabat Zinn

Three Core Elements of Mindfulness



(Shapiro, Carlson, et al, 2006)

Attitudinal Foundations of Mindfulness Practice

- ↪ Non-judgment
- ↪ Patience
- ↪ Beginner's Mind
- ↪ Trust
- ↪ Non-striving
- ↪ Acceptance
- ↪ Letting Go



Photo: M. LEE FREEDMAN with Mindful Daily Reminders at mifreedman@hotmail.com

What MINDFULNESS is not...

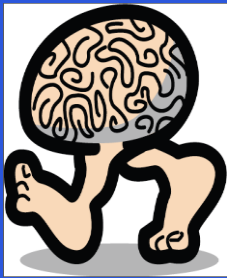
- ❖ A relaxation practice
- ❖ Not a religion
- ❖ About transcending ordinary life
- ❖ Not about emptying the mind of thoughts
- ❖ Not an escape from pain
- ❖ Not difficult; not easy

Siegel, p. 55

An Anchor to the Present Moment



Mind-Wandering



We notice when the mind has wandered off, we note where it has gone and, with gentle acceptance, we let go and refocus our attention back to the object of meditation. No big deal. We are just noticing something important about the nature of the mind.



Thoughts are like waves on the ocean, coming and going, on their own.

Learning that YOU are not your thoughts.

Mindfulness Cultivates a “Being Mode”

- Being Mode of mind is intentional.
- Time focus is the present and the processing of present moment experience.
- Direct experience rather than ‘thinking about’
- Curiosity and approaching experience
- Thoughts and feelings are experienced as passing phenomena, mental events

“Being Mode” Fundamentally Different from the “Doing Mode”

BEING MODE is

DOING MODE is

- | | |
|--------------------------------------|--------------------------------------|
| • Letting Be, Allowing and Accepting | • Judging and discrepancy monitoring |
| • Direct Experience | • Conceptual |
| • Thoughts as mental events | • Thoughts as real |
| • Present moment | • Past and future |
| • Approach | • Avoidant |
| • Intentional | • Automatic |

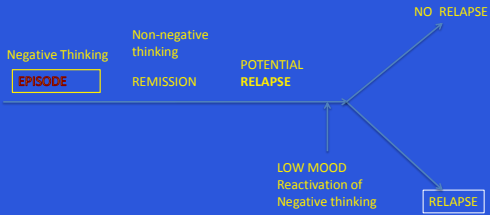
Slide from Mark Williams PhD, Oxford, online

Doing Mode Underlies Relapse

- Negative thought patterns activated at times of potential relapse are as aspect of the *Doing- Mode*.
- Discrepancy Monitor is turns on.
- Repeated attempts at ‘fixing’ in vulnerable populations leads to ruminating and into the downward spiral into depression.
- Monkey Trap

Model of MBCT

- The intentional recognizing a mode of mind and choosing to disengage from one mode of mind into another incompatible mode of mind that is less likely to provoke relapse.



Segal, Williams, Teasdale 2002 p.37

How does Mindfulness prevent relapse?

- Learning to recognize the modes of mind
- Modes of mind that are fundamentally different, like two gears in a car.
- Building capacity to “place your hand on the lever” to change from one mode of mind to another if you choose to.

Rumination invariably backfires. It merely compound our misery. It's a heroic attempt to solve a problem that it is just not capable of solving another mode of mind altogether is required when it comes to dealing with unhappiness.

Mindful Way Through Depression p. 45

MBCT teaches to SHIFT into the Being Mode

Teaches Recovered Clients that
Regardless of Mood or Anxiety:

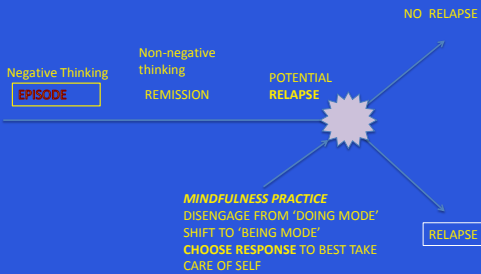
- Automatic to Intentional Mode
- Avoidance to Curiosity and Acceptance
- 'Thinking about' to 'Directly Experiencing'
- Judging and Fixing to Non-Doing and Being

Mindfulness Practices in MBCT

Teaches clients to:

- Recognize the habitual (Doing) cognitive mode of mind (*Metacognition*)
- Turn towards the difficult rather than trying to fix or avoid
- Change their relationship with their thoughts and emotions
- A Different Place to Stand* –in touch with the body, embodied experience of phenomena come and go on its own

Healing Power of Awareness



Segal, Williams, Teasdale 2002 p.37 adapted

" We can learn to switch out of automatic pilot by bringing our awareness to the present moment. When we do this, we see we have a choice, and that is often the first step in taking care of ourselves differently in the face of sad moods."

Segal, Teasdale, Williams (2002) p. 77

Three Minute Breathe - Practice

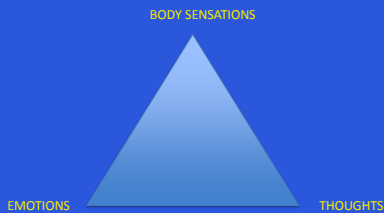


An Awareness Practice shift to Being Mode

Three steps:

1. AWARENESS: Thoughts, Body Sensations and Emotions
1. GATHERING: Breathe in the Belly
2. EXPANDING: out to the Body as a whole

The Triangle of Awareness



Mindfulness Based Cognitive Therapy (MBCT) Program



8 week group program, 2 hours

First half – concentration/steadying the mind and Second half – wider awareness/relapse prevention

Includes both Formal and Informal Mindfulness Practices

Includes CBT information and exercises for preventing relapse

Essentials of MBCT program

- 1) Identifying and stepping out of automatic pilot
- 2) Dealing with barriers
- 3) Mindfulness of Breath
- 4) Staying Present
- 5) Allowing and Letting Be
- 6) Thoughts are Not Facts
- 7) Taking Care of Ourselves – Nourishing Activities
- 8) Using what has been learned

Some Practices and Exercises

- Mindful Eating and other Every Day Activities
- Mindful Hearing and Seeing
- Body Scan
- Breath Awareness Meditation
- Sounds and Thought Meditation
- 3 Minute Breathing Space/Coping
- Mindful Movement
- Noticing – Pleasant/Unpleasant Events
- Thought records
- Reviewing new coping strategies
- Forming a care plan

Formal Mindfulness Practices

Taking Time Out of the Day for Yourself to Step out of the Doing and Doing/Driven Mode that can lead to high stress and burnout

Sitting Practice



Mindfulness of Breathe

Body Scan



Mindfulness of Sounds

Mindful Movement/Yoga

Mindfulness of Thoughts



Mindful Walking

Three Minute Breathe

Informal Mindfulness Practices

Weaving mindfulness into every day life

Brushing teeth



Showering



Relating

Driving



Eating



Walking



Waiting in line

MBCT differs from CBT...

- Different from CBT in that it encourages participants to "allow" difficult thoughts and feelings simply to be there – not changing them in any way – accepting and bringing them a kindly awareness.
- Works with PROCESS rather than content
- Participants come to experience the coming and going of thoughts, emotions and feelings and this is profound and life changing.

Integration of Mindfulness and CBT

- Mindfulness helps us to shift into a different relationship to the body, emotions, sensations and thoughts
- Cognitive Behaviour Therapy (CBT) helps identify thought content that might be contributing to suffering

Mindfulness and CBT together aim to increase resiliency by

- Increasing awareness of habits of mind, body, and emotions
- Teaching strategies to manage habitual reactions that increase stress
- Working with difficult emotional states to decrease the distress they cause

Effectiveness of MBCT

- In a randomized control study conducted with 145 participants, in which all the patients had previously recovered from depression and then relapsed, MBCT “reduced relapse from 66% (control group) to 37% (treatment group)”.
- MBCT has been adopted as a treatment of choice for prevention of relapse in the UK, and offered in major medical centres around the world.
- “Research is constantly expanding the range of emotional problem that benefit from MBCT.”

Segal et al. (2000) and (2014)

How to Introduce Into Our Lives and our Clients Lives



How to Introduce Mindfulness Into Our Lives and our Clients Lives

Drop 'into the moment'

Formal & Informal Practice



Image by M. Lee Freedman mlfreedman@hotmail.com

First Steps in Introducing Mindfulness

Where is the spotlight of your attention?

Start with 5 Simple Questions:

- What am I seeing?
- What am I hearing?
- What am I smelling?
- What am I tasting?
- What am I touching or what body sensations?

“One small change can have a large impact in the end.”



“If you can improve mood in this moment by 1%, you have made an enormously important shift: the quality of this moment affects the next moment, which affects the next, and so on, and on....”

Image by M. Lee Freedman mlfreedman@hotmail.com

Teasdale, Williams, Segal (The Mindful Way Workbook, 2014)

Resources - Books

- *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* by Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn (2007)
- *The Mindful Way Workbook* (2014) Mark Williams, John Teasdale, Zindel Segal
- *Mindfulness Based Cognitive Therapy* (2002) Williams, Teasdale, Segal
- *Mindfulness: Plan for Finding Peace in a Frantic World* by Mark Williams & Danny Penman See www.franticworld.com
- Kabat-Zinn, J. *What is Mindfulness* (2010); *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*. Dell. New York: 1990.
- Tara Brach: *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*.
- Jack Kornfield: *The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology*, 2008.
- *Quiet the Mind: An Illustrated Guide on How to Meditate*, by Matthew Johnstone
- *Sitting Still Like a Frog* by Eline Snel
- *Buddha's Brain* by Rick Hanson See <http://www.rickhanson.net>
- *When Things Fall Apart* by Pema Chodron

Resources for Certification and Online Information

- *The Centre for Mindfulness Studies* www.mindfulnessstudies.com
- *Applied Mindfulness Meditation, Factor-Inwentash Faculty of Social Work*
- *The Center for Mindfulness, University of Massachusetts.* www.umassmed.edu/cfm
- *MINDFULNESS TORONTO -Inter-professional community dedicated to the principles and practice of mindfulness in all sectors of society. Our community began in 2009 and now meets in person 9 times a year to practice and to share wisdom. These meetings are held at Mt Sinai Hospital, each led by a different member of the group, or a guest speaker, on different topics related to mindfulness.*
- *Guided Meditations in various languages* http://www.sfhp.org/files/providers/community_resources/Mindfulness and Guided Meditation Resources.docx.pdf
- *Meditation Oasis:* <http://www.meditationoasis.com/podcast/listen-to-podcast/> Variety of guided meditations for different uses. Also available as apps
- *UCLA Mindfulness Awareness Research Centre* <http://marc.ucla.edu/>

Resources - Apps

Mindfulness Apps By [Stephany Tlalka](#) for Mindful Magazine

[Stop, Breathe & Think](#)

Available for iPhone and Android featuring a range of exercises at varying lengths, ideal for short practices at work and longer sessions at home.

[Calm](#)

Available for iPhone and Android. Calm evolved out of Calm.com, a free web app where users could select background scenery and sounds (sunny seaside with crashing waves is one selection), set a timer, and chill out for a few minutes.

[Mindfulness Training App](#)

Available for iPhone. Created by Sounds True, a major publisher of meditation books, audio and other media, this app gives you a taste of teachings from key mindfulness instructors, including [Jon Kabat-Zinn](#), [Jack Kornfield](#), [Tara Brach](#), and others. If you're new to meditation, this app is a great opportunity to get a more intimate understanding of what it's all about.

[Headspace](#), spearheaded by meditation teacher Andy Puddicombe. The first ten days available free of charge. If you've never tried meditation, Andy's easy banter and relatable instruction will make the practice more accessible.

[Insight Timer](#), a meditation timer that doubles as a mindfulness guide. Users can share their meditation times with their friends and check in on others users meditating in the area.

Looking for more? You might want to check out Mindful's past review: [Mindfulness Apps for That?](#)

Online MBCT

- Online MBCT developed by Zindel Segal et al...
- Each course is self-paced, which means you can enhance your clinical practice when it's convenient for you. You also receive access to an online community where you can exchange ideas and connect with you peers.
- <https://www.mindfulnoggin.com>
