



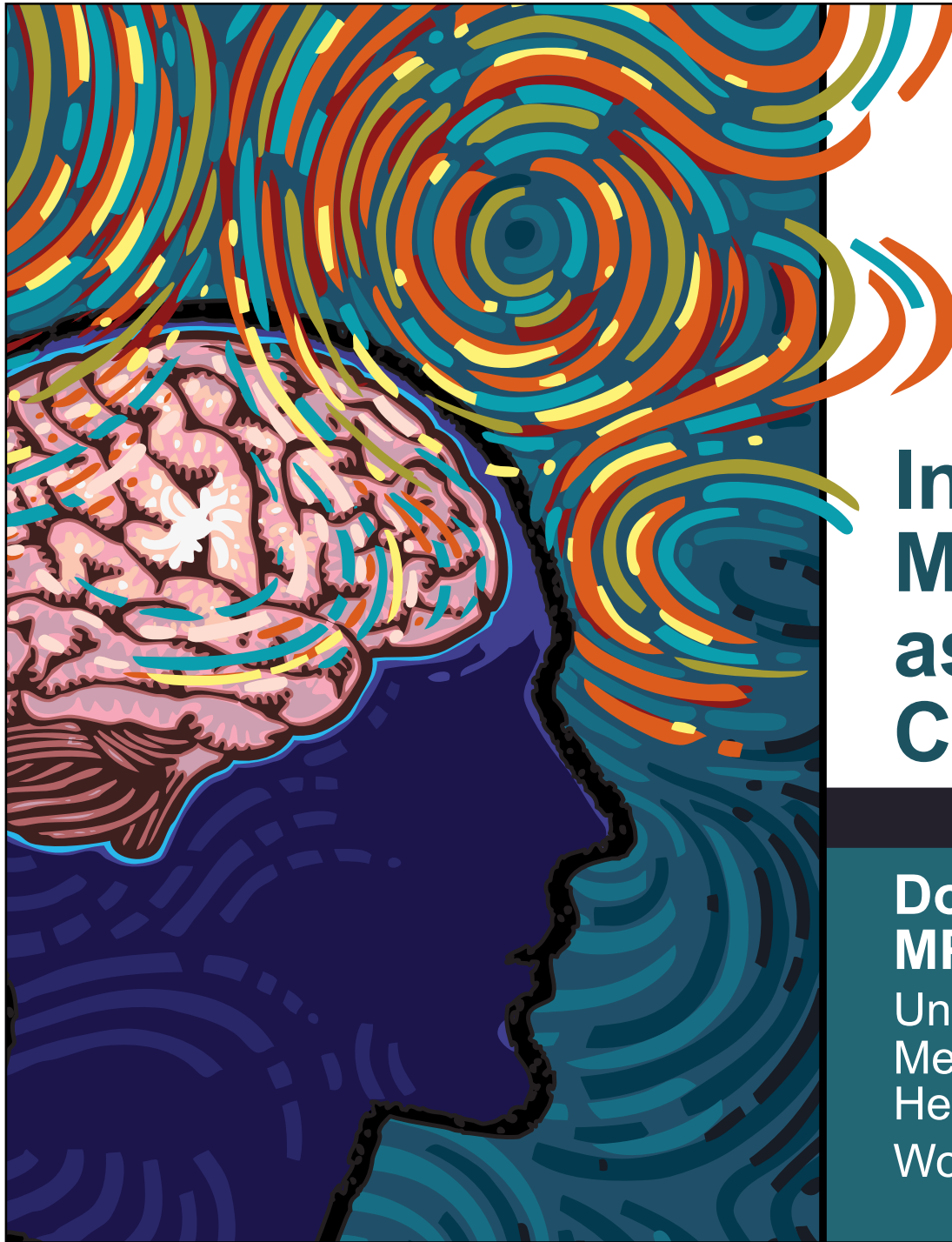
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September 24 – 26, 2015 | JW Marriott Miami | Miami, Florida

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Integrating Mindfulness as a Tool in Clinical Practice

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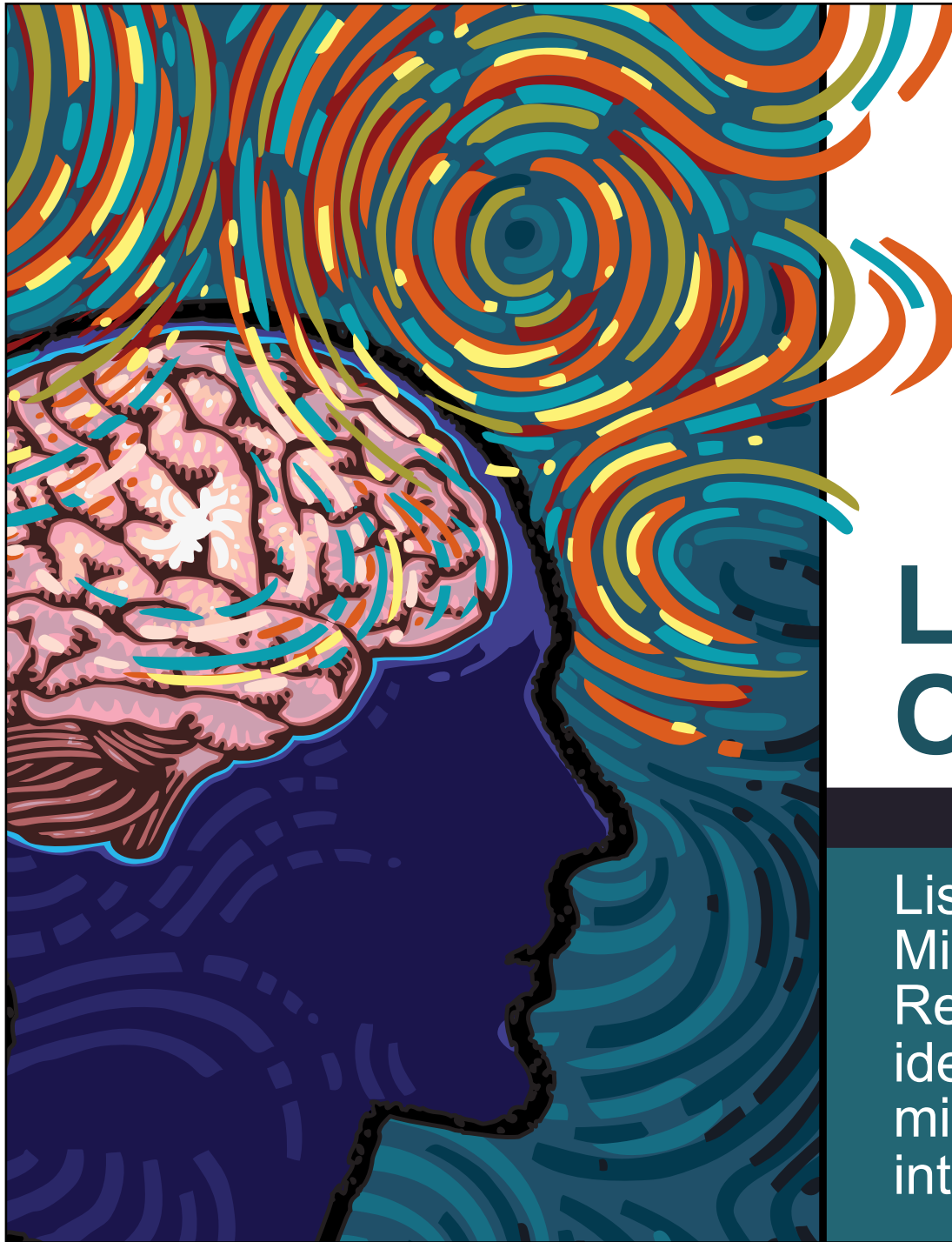
Disclosures

- Dr. Ziedonis has no disclosures to report.



Learning Objective 1

Define mindfulness and list 3 reasons that being more mindful may be helpful in clinical practice



Learning Objective 2

List two key components of Mindfulness Based Stress Reduction (MBSR) and identify 2 related mindfulness-based clinical interventions



Learning Objective 3

Integrate purposeful pause into your clinical practice

Two Component Definition of Mindfulness



- Self-regulation of attention so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment
 - Body sensations, feelings, and thoughts
- Adopting a particular orientation toward one's experiences in the present moment, characterized by curiosity, openness, and acceptance
 - Compassion

Bishop SR, et al. Mindfulness: A Proposed Operational Definition. Hoboken, NJ John Wiley & Sons. 2004.

Ways to Integrate Mindfulness into Clinical Practice



- Enhanced Presence & Listening
- Brief 3 to 5 minute Moments of Attention with Intention
 - Body Scan, 3 minute breathing space & Mindfulness of the breath
- Mindfulness Based Stress Reduction (MBSR)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Acceptance and Commitment Therapy (ACT)
- Dual Recovery Therapy (DRT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness Based Relapse Prevention (MBRP)
- Provide resources:
 - Apps & websites & mp3s

Sears RW, et al. *Mindfulness in Clinical Practice*. Professional Resource Press. 2011.

Mindfulness Practices



Formal
meditation
practices

Informal Practice: Awareness of everyday activities

What's the Evidence?




- Systematic Reviews of the Literature
 - MBI¹: Meditation programs for psychological stress and well-being: a systematic review and meta-analysis.
 - 18,753 citations, selected 47 trials with 3515 participants
 - MBRP: www.mindfulrp.com/Research.html
 - MBCT: www.mbct.org
- Imaging Research²
 - Increases in volume of the hippocampus
 - Enhanced learning and memory
 - Reductions in volume of the amygdala
 - Reduced anxiety and stress

1. Goyal M, et al. *JAMA Intern Med.* 2014;174(3):357-368. PMID: 24395196.

2. Hölzel, B et al. *Psychiatry Res.* 2011;191(1):36-43. PMID: 21071182.

Mindfulness Based Stress Reduction (MBSR)



- 8 week program (2.5 hrs / week) & 6 hour weekend retreat
- Explore mindfulness practice & discussion of topics related to stress in daily life (50%)
 - Living on automatic-pilot
 - Learning to stop
 - Coming back to the breath
 - Relationship of stress to illness
 - Problem focus and emotion focus coping
 - Assertiveness in communications
- Learn Formal & Informal Practices (50%)
- Homework

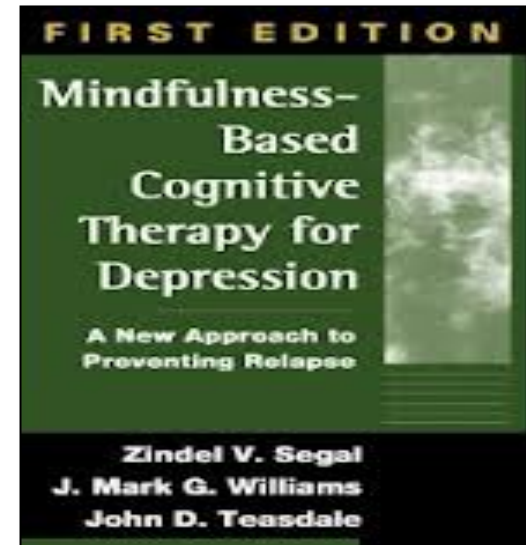
MBSR Formal & Informal Practices



- Formal Practices of Meditation & Gentle Yoga Exercises:
 - Ex: Awareness of Breathing, Sitting Meditation, Slow Walking Meditation, Body-scan, Raisin Exercise (mindful eating), Gentle Yoga Exercises, Mountain / Lake Meditation, Loving-kindness Meditation, etc
- Informal Practice: Many opportunities all day to enhance awareness
 - Any moment – perhaps when you catch yourself being mindless and gently redirect to the present moment
 - Consciously increase awareness to current thoughts, feelings, & body sensations
 - How the weather affects us physically
 - Pleasant experiences & unpleasant experiences
 - Reactivity to stressful situations or events
 - While communicating with others
- Homework
 - Consider journal / log of your experiences.

MBCT for Depression

- Class 1: Automatic Pilot
- Class 2: Dealing with Barriers
- Class 3: Mindfulness of the Breath
- Class 4: Staying Present
- Class 5: Allowing and Letting Be
- Class 6: Thoughts are Not Facts
- Class 7: How Can I Best Take Care of Myself
- Class 8: Using What's Been Learned to Deal with Future Moods
 - www.mbct.com
 - * Body Scan
 - * 3 minute breathing space
 - * Mindfulness of the breath



Segal ZV, Williams MG, Teasdale JD. Mindfulness-Based Cognitive Therapy for Depression,. New York, NY 2002

MBRP: 4 Key Goals



- Develop awareness of personal triggers and habitual reactions, and learn ways to create a pause in this seemingly automatic process.
- Change our relationship to discomfort, learning to recognize challenging emotional and physical experiences and responding to them in skillful ways.
- Foster a nonjudgmental, compassionate approach toward ourselves and our experiences.
- Build a lifestyle that supports both mindfulness practice and recovery.
- Free MP3s: www.mindfulrp.com/For-Clinicians.html

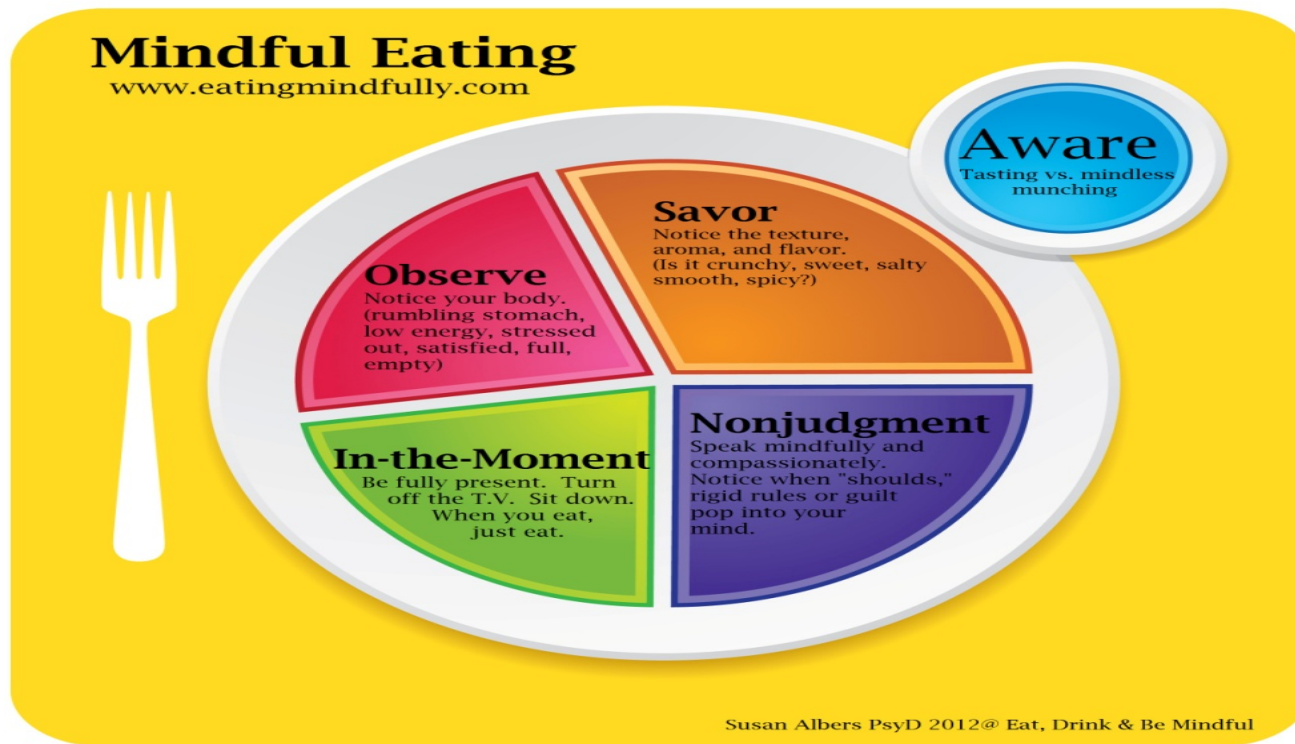
Segal ZV, Williams MG, Teasdale JD. Mindfulness-Based Cognitive Therapy for Depression,. New York, NY 2002

Applied mindfulness: RAIN

- **RECOGNIZE**
 - “I’m feeling anxious”
- **ACCEPT/ALLOW**
 - See if you are resisting the experience
- **INVESTIGATE**
 - “What’s happening in my body right now?”
- **NOTE**
 - Label or mentally note the body sensations from moment to moment
 - Judson Brewer, MD, PhD – UMass Medical School – Medicine & Psychiatry
 - APP: “Craving to Quit”



Brewer JA, et al. *Psychol Addict Behav.* 2013;27(2):366-379. PMID: 22642859.



- Present moment vs. Mindless Eating
 - Slow down - “Raisin Exercise”
 - Attend to Body, Emotions, Thoughts
 - Avoid self-judgment
- Many Models: MBSR, MB-EATS, DBT, ACT, etc.
- Linking with Spiritual Health

<http://eatingmindfully.com>. Accessed Sept, 2015.

Purposeful Pause Practice



- Short – few minutes – no additional time
- Allows us to “reset” and build resiliency
- “Mini-Trainings”
- Aiming and Sustaining Attention - Noticing
- Two Types
 1. Routine Things – No Extra Time – You do already
 - Brush teeth, drive to work, drink coffee, etc
 - But being more attentive – what notice?
 2. Stressful Moments – Notice your tension swirling
 - Just be present

Purposeful Pauses - Examples



- Upon awakening – notice the sensations of the breath before jumping forward with the day
- Cultivate your garden
- Use transitions wisely
 - Ex. Driving – chose no music or phone
 - Ex. Get to location – take a few moments
- Nourish yourself – mindfully eat your lunch
- Just walk between meetings – no emails or texts
 - Ex. Feel your feet on the floor, the air on your skin, and the possibility of greeting a colleague
- Sitting at your desk – notice your body

Marturano JL. Mindfulness and Nature's Purposeful Pause. Huffington Post Blog. 2013. http://www.huffingtonpost.com/janice-l-marturano/mindfulness-and-natures-p_b_3232020.html.

Possible Small Steps



- Breath and Sound Awareness (goal of 10-20 min/day)
 - Google search – “Free MP3 Mindful Breathing Meditations”
 - UCLA Mindful Awareness Research Center
- Plan 2 purposeful pauses in the day
 - Live life, moments of joy, being present fully
- Do a reflective exercise
 - Eg. Look at calendar – reflect on how spending time
- Look around you
 - Who could be supportive and give you input
- Attend Mindfulness Training
- Read about mindfulness

Clinical Connections



- Many people meditate to reduce psychological stress and stress-related health problems.
- To counsel people appropriately, clinicians need to know what the evidence says about the health benefits of meditation.
- In Mindfulness Based Stress Reduction (MBSR), there are:
 - Formal Practices of Meditation & Gentle Yoga Exercises
 - Informal Practice: Many opportunities all day to enhance awareness



Questions & Answers