

Slide
1

Introduction to
Mindfulness
For Stress
Reduction

Anton Shcherbakov, Psy.D, BCBA
Licensed Practicing Psychologist

THE CENTER FOR
EMOTIONAL HEALTH
IN GREATER PHILADELPHIA

ThinkPsych

NJCTS Nation's First Center of Excellence
for Tourette Syndrome

January 15, 2020

Slide
2

Outline for today's presentation

- What is mindfulness?
- Why does it work?
- Formal meditation strategies
- Adaptations for kids
- Informal meditation strategies
- Ideas for home & classroom
- Benefits of regular practice
- Additional resources
- Mindfulness of seeing exercise

Slide
3

What is mindfulness?


Paying attention
on purpose
in the present moment
non-judgmentally.

Kabat-Zinn, J. (1994). *Wherever you go, there you are*. New York: Hyperion.

Slide
4

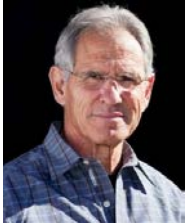
A little bit of history

- Originated in India and China at least 2500 years ago
- Called *sati* in the ancient Pali language native to India.
- Considered the first of the Seven Factors of Enlightenment in Buddhism



Slide
5

Mindfulness in the West



- Dr. Jon Kabat-Zinn founded the Mindfulness Stress Reduction Program in 1979 UMass
- Utilized as critical component of a number of psychological therapies including MBCT, ACT, DBT
- Has been extensively researched for applications in schools, businesses, law enforcement, prisons, and the military.

Photo source/credit: <https://www.umassmed.edu/cfm/>

Slide
6

Why mindfulness?

- Average American spends 47% of their waking time thinking about things OTHER than what they're doing
- "Mind-wandering" leads to reduced happiness, particularly if thinking about unpleasant or even neutral topics
- Why?
 - Rumination
 - Worrying
 - Decreased engagement in current life activity

Slide 7



Slide 8

Mindwandering or mindlessness

- We spend most of our lives on "auto pilot"
- Meditation can help turn off auto-pilot so we can re-engage in our lives
 - Improves our ability to respond instead of reacting
 - Allows us to tune in to the pleasures of "everyday" life

Slide 9


Formal Meditation Strategies

- Body Scan
- Three-Minute Breathing Space
- Sitting Meditation
- Loving Kindness Meditation
- Walking Meditation
- Mindful Movement (Yoga)

Slide
10


Adaptations for children

- Can be used as young as 4 years old
- With younger kids, shorter & more interactive is better
 - "Slow-Mo" snack
 - Blowing bubbles
 - Mindful nature walk
 - Find shapes in clouds
 - Breathing with images (pizza, cake, balloon)
- Adolescents may enjoy structured and lengthy meditations



Slide
11

Informal mindfulness



- Routine activities
- Take five mindful breaths
- Full-attention eating or drinking
- Waiting in line
- Notice tightness in your body throughout your day
- Take 3 minutes in the car
- Walking
- Opening a door

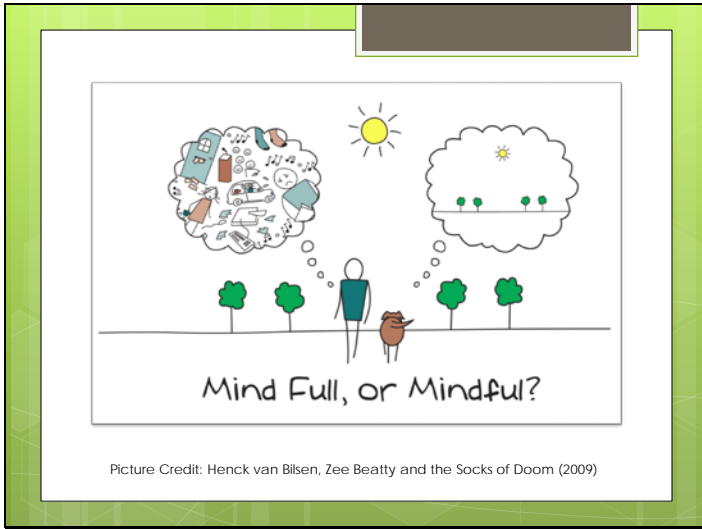
Slide
12

Mindfulness for school & home

- Start or end with a mindful moment
- Guided meditation recording
- Mindful snacking
- Stretching break
- Sensory jar (water, food coloring, glycerin, glitter, etc.)
- Guided imagery exercise
- Minute of gratitude
- Mindful listening



Slide
13



Slide
14

Benefits of mindfulness for adults

- Reduced distress and pain for chronic pain pts
- Decrease in hypertension for cardiovascular pts
- Reduce stress, anxiety, anger, and depression for individuals with various physical (fibromyalgia, cancer, etc.) and mental health conditions
- Improve positive affect, sense of spirituality, self-compassion, and overall quality of life
- Increase likelihood of successful treatment for alcohol and substance use problems (including smoking)

Slide
15


Mindfulness for children & adolescents

- Decreased anxiety, stress, and depression symptoms
- Improvements in attention, impulsivity, and executive functioning
- Improved blood pressure
- Reduction in social/behavioral problems
- Acceptable and enjoyable to children
- Appear to be more effective for adolescents than children

Slide
16

Mindfulness for Tics

- 2015 study showed that after an 8 week treatment, 59% of participants reported improvement in tics
- About 20% decrease in tic severity.
- This improvement was maintained at one month follow up.




Slide
17

Resources

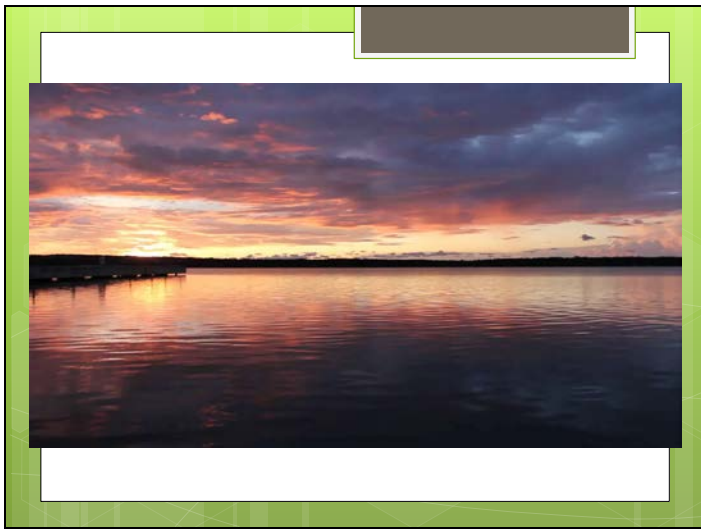
- Apps:
 - Headspace
 - Calm
 - YouTube
- Books:
 - *Wherever You Go, There You Are* by Jon Kabbat Zinn
 - *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams and Danny Penman
- Audio Recordings:
 - Tic-Focused Meditation:
<http://www.bowdoin.edu/~hreesee/audio/RidingTheWave.mp3>
 - UCSD Center for Mindfulness:
<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>
 - UCLA Mindful Awareness Research Center:
<http://marc.ucla.edu/body.cfm?id=22>
 - University of Vermont Center for Health & Wellbeing:
<https://soundcloud.com/mindfulnessvm>

Slide
18

Mindfulness of seeing



Slide
19



Slide
20

References

- Dunning, D. L., Griffiths, K. , Kuyken, W. , Crane, C. , Foulkes, L. , Parker, J. and Dalgleish, T. (2018), Research Review: The effects of mindfulness-based interventions on cognition and mental health in children and adolescents – a meta-analysis of randomized controlled trials. *J Child Psychology Psychiatry*, 60: 244-258.
- Goldberg, S. B., Tucker, R. P., Greene, P. A., Davidson, R. J., Wampold, B. E., Kearney, D. J., & Simpson, T. L. (2017). Mindfulness-based interventions for psychiatric disorders: A systematic review and meta-analysis. *Clinical Psychology Review*, 59, 52–60.
- Kabat-Zinn, J. (1994). *Wherever you go, there you are*. New York: Hyperion.
- Killingsworth, M. A., & Gilbert, D. T. (2010). A wandering mind is an unhappy mind. *Science*, 330(6006), 932-932
- Reese, H. E., Vallejo, Z., Rasmussen, J., Crowe, K., Rosenfield, E., & Wilhelm, S. (2015). Mindfulness-based stress reduction for Tourette syndrome and chronic tic disorder: a pilot study. *Journal of Psychosomatic Research*, 78(3), 293-298.
