

Clinician Education on Mindfulness-Based Intervention

Jessica Englehart, LPCC-S, A.T.R., R.Y.T.

Therapist, Outpatient Psychiatry

Licking Memorial Health Systems



Mindfulness Defined

- Paying attention, on purpose, in the present moment, without judgment
- Kind and compassionate presence
- Focused attention in daily life
- Formal conscious awareness practice





Mindfulness Is Not

- Relaxation spelled differently
- Trying to change or get somewhere more pleasant
- Making yourself breathe differently
- Stopping your mind from producing thoughts



Mindfulness-Based Interventions Defined

- Delivers education on:
 - Neurobiology of stress reactivity
 - Maladaptive versus adaptive coping
- Teaches skills for:
 - Improving emotional wellness and managing symptoms
 - Increasing ability to regulate and recover
- Provides resources to:
 - Access ongoing care and inner resources
 - Continue utilization of more adaptive responses



Underpinnings of MBI

- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Clinically applied integrative psychotherapy
- Mindfulness is rooted in contemplative traditions



Settings and Populations

- Secular approach
- Various settings
 - Healthcare
 - Educational
 - Workplace
- Populations
 - Patients
 - Clinical and non-clinical staff
 - Community



Neurobiological Findings of MBI

- Improves connectivity in all areas of the brain
- Strengthens brain regions that support executive functioning
- Increases activity in the brain region that contributes to creativity, insight, emotional integration, and positive mood
- Supports neuroplasticity and use of frontal lobe to reinforce new neural patterns and intentional response



Benefits of MBIs

- Improves biopsychosocial conditions
 - Depression
 - Anxiety
 - Stress
 - Insomnia
 - Psychosis
 - Prosocial behaviors
 - Addiction
 - Pain
 - Hypertension
 - Weight management
 - Cancer-related symptoms
- Increases motivation and ability to effectively manage emotions
- Enhances ability to choose adaptive responses



Limitations to MBI Evidence

- Post-traumatic Stress Disorder (PTSD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism
- Eating disorders
- Loneliness
- Physical symptoms of cardiovascular diseases, diabetes, and respiratory conditions





Observed Changes

- Improves attention and decision-making
- Inhibits habitual reactions and compulsiveness
- Reduces burnout, stress, depression, and anxiety
- Increases empathy, resilience, and patient satisfaction



Mindfulness-Based Interventions

- Three Minute Breathing Space
- Mindful Movement
- STOP
- Body Scan





Three Minute Breathing Space

- 1 minute = wide-angle lens of attention (thoughts, feelings, sensations)
- 1 minute = zoom in and focus on breath sensations
- 1 minute = expand awareness of sensory experience



Moving Meditation

Two Steps, One Breath

- Bring awareness into the feet
- Take two intentional steps
- Shift attention to the breath
- Breathe one intentional breath





Moving Meditation

Doorknob moment



STOP

- **S**top and take stock
- **T**ake a deep breath
- **O**pen and observe
- **P**roceed with new possibilities



Body Scan



- Bring attention to your body. Close your eyes or softly focus your gaze.
- Notice your body wherever you are seated, standing, or lying down.
- Feel the weight of your body on the support below.
- Become aware of points of connection to the floor and sensations present at these points.



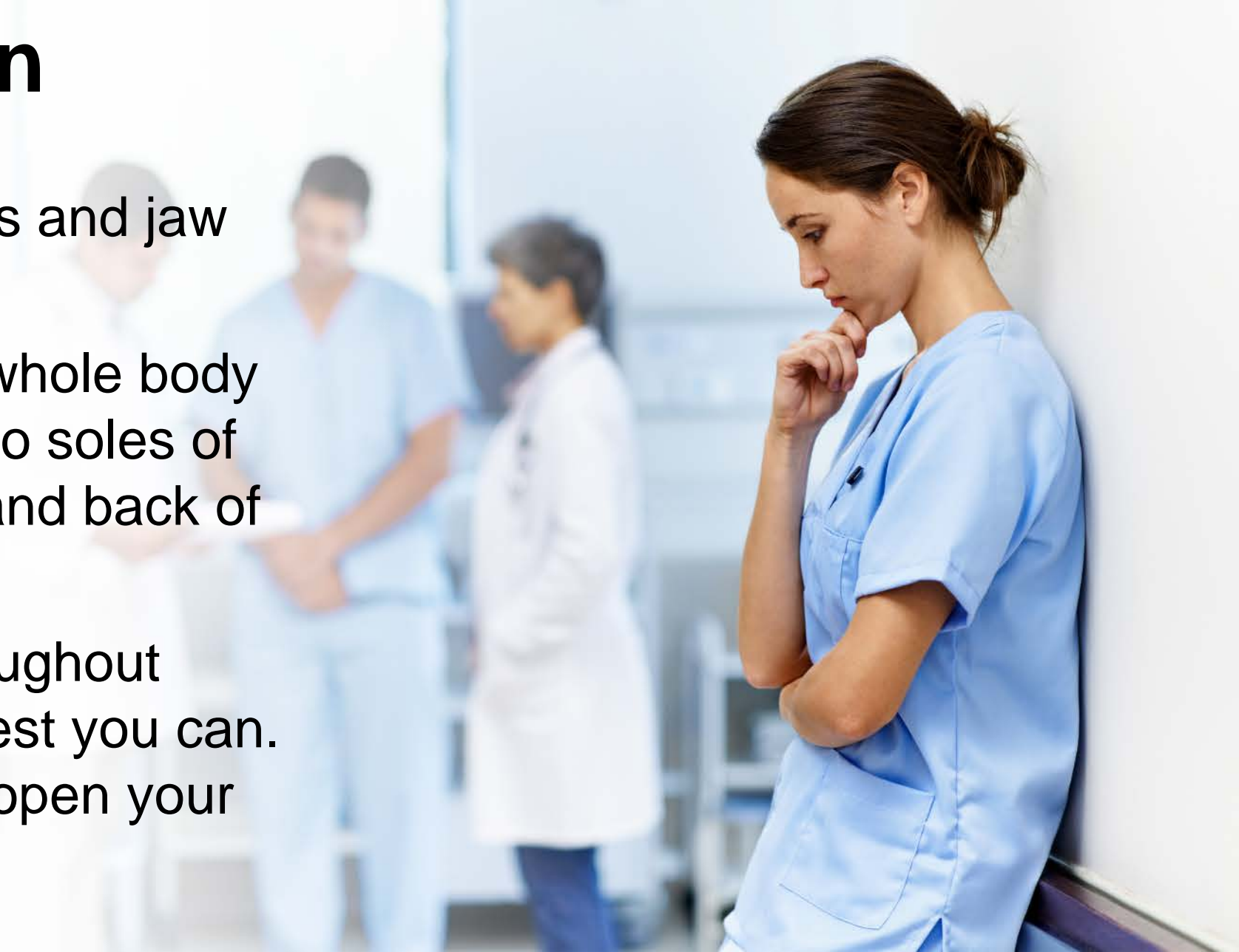
Body Scan

- Observe sensations in the feet.
- You can notice your lower legs and upper legs.
- Feel into your hips, back, belly, ribs, and upper chest.
- Notice your hands. If your hands are tense or tight, invite them to soften.
- Notice your arms and any sensation there. Let your shoulders let go of any tension.
- Notice your neck and throat. Let them release.



Body Scan

- Let your facial muscles and jaw find ease.
- Be present with your whole body together, top of head to soles of the feet, front, sides, and back of the body.
- Notice the breath throughout your whole body as best you can. When you are ready, open your eyes.



Practice Possibilities

Obstacles

- Limited time
- On the go
- Racing mind

Opportunities

- Take 3 minutes to reset when waiting
- Connect awareness during transition
- Notice sounds and other sensations



Benefits of Mindfulness Practice

- Attention regulation
- Body awareness
- Emotional self-regulation
- Change in perspective of self
- Interpersonal attunement



Support for Getting Started

Website

Mindful.org

Mindfulness for Healthcare Professionals

Books

MBSR Every Day: Daily Practices from the Heart of Mindfulness-Based Stress Reduction by Elisha Goldstein, Ph.D., and Bob Stahl, Ph.D.

Mindfulness for Beginners
by Jon Kabat-Zinn, Ph.D.

Mindfulness Apps

- Calm
- Headspace
- Healthy Minds Program
- Insight Timer
- JKZ Meditations
- UCLA Mindful



Information and Resources

- American Mindfulness Research Association
- Brown School of Public Health Mindfulness Center
- Center for Healthy Minds University of Wisconsin-Madison
- Greater Good Science Center at the University of California, Berkeley
- National Academy of Medicine: Action Collaborative on Clinician Well-being and Resilience
- UCLA Mindful Awareness Research Center
- UMass Memorial Health Center for Mindfulness in Medicine, Health Care, and Society



Authors and Experts in the Field of MBI

- Bob Stahl, Ph.D.
- Daniel Goleman, Ph.D.
- Elisha Goldstein, Ph.D.
- Eric Loucks, Ph.D.
- John Teasdale, Ph.D.
- Jon Kabat-Zinn, Ph.D.
- Judson Brewer, M.D., Ph.D.
- Kristin Neff, Ph.D.
- Mark Williams, D.Phil.
- Patricia Rockman, M.D.
- Richard Davidson, Ph.D.
- Rick Hanson, Ph.D.
- Steven Hickman, Psy.D.
- Susan Woods, M.S.W., LICSW
- Willoughby B. Britton, Ph.D.
- Zindel Segal, Ph.D., C.Psych.



Research

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Standards of Practice

- Mindfulness-Based Stress Reduction
 - Gold-standard of mindfulness-based training
 - Curriculum-based program offered internationally in medical, educational, and other institutions
- Mindfulness-Based Cognitive Therapy
 - Treatment-based approach for depression and other mental health concerns
 - Curriculum-based program offered in clinical settings
 - Based on mindfulness and cognitive behavioral therapy (CBT)



What Is MBSR?

- MBSR is an evidence-based treatment program for reducing physical and psychological stress, building resilience, and improving effective coping.
- Participants learn to practice mindfulness to effectively relate to life stressors and to notice and respond to distress and pain.
- MBSR is a secular and scientifically researched method for teaching mindfulness-based interventions.



History of the MBSR 8-week Program

- Jon Kabat-Zinn, Ph.D., MIT-trained molecular biologist
- UMass Memorial HealthCare in 1979
- For clinical and non-clinical staff, patients, community members, and beyond
- Offered internationally in various settings, including hospitals, schools, businesses, and other settings
- Gold-standard in mindfulness-based training
- Curriculum-based and experiential in nature



MBSR Structure

- 29 hours – CMEs are available
- Free Introductory Session – *attendance at one of the two sessions is required to enroll in the course*
- 8 weeks
 - A fee will apply
 - Weekly Classes – 2.5 hour sessions
 - All-day Saturday Class – 7.5 hours between weeks 5 and 6 or 6 and 7



MBSR Structure

- Objectives:
 - Develop awareness of thoughts, emotions, physiological reactions, and behaviors
 - Strengthen capacity to identify and attend to signs of burnout and exhaustion
 - Identify practices to reduce distress, enhance ability to cope, and improve well-being
 - Increase empathic and compassionate listening skills
 - Demonstrate thoughtful and responsive behaviors when communicating with others



MBSR 8-Week Program Elements

- Book, workbook, and MP3 audio practices
- Daily practice and reading/attending homework (45 minutes)
- All-day Class silent retreat between week 5 and 6 or 6 and 7
- Components:
 - Didactic teaching
 - Experiential practices: formal meditation training and informal mindfulness practices
 - Small and larger group interaction
 - Homework: 45 minutes/day



MBSR for LMH Clinical Staff

Free Introductory Overview

Wednesdays, April 27 and May 4, 5:00 to 6:30 p.m.

Eight Week Program Schedule

Wednesdays, May 11 through June 29, 5:00 to 7:30 p.m.

All-day Class

Saturday, June 18, 9:00 a.m. to 4:30 p.m.



MBSR at LMHS

- Outpatient Psychiatric Services at Shepherd Hill Cottage A Auditorium, 200 Messimer Drive, Newark
- Spring 2022 – Licking Memorial Health Systems clinical staff
- Fall 2022 – Licking Memorial Health Systems non-clinical staff
- For more information or to register, please call (220) 564-4873



Contact Information

Jessica Englehart, LPCC-S, A.T.R., R.Y.T.

Licking Memorial Health Professionals
Outpatient Psychiatric Services

Main: (220) 564-4873

Direct: (220) 564-4885

Fax: (220) 564-4871

jenglehart@LMHealth.org





“Everyone should meditate once a day. And if you don’t have time to meditate, then you should do it twice a day.”

- Sanjiv Chopra, M.D., MACP, Harvard Physician





Questions?

