

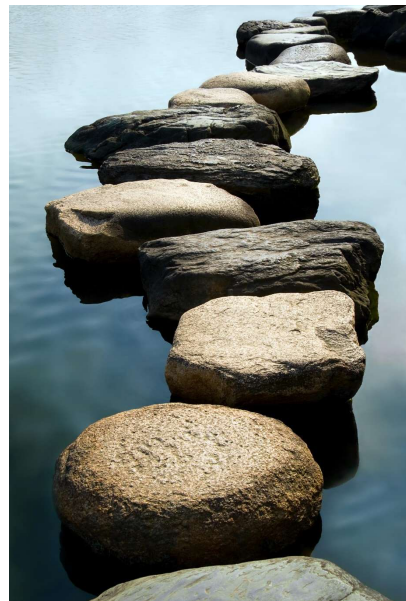
CBT and New Cognitive Approaches

Mindfulness Based Approaches



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Mindfulness Activity



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Resources

- BABCP Podcast
- MIND – Link
- Mindfulness based approaches: A guide for psychologists
- Davis, D., DeBlaere, C., Hook, J. N., & Owen, J. (2020). *Mindfulness-based practices in therapy: A cultural humility approach*. American Psychological Association. <https://doi-org.ezproxy.uwtsd.ac.uk/10.1037/000156-000>
- University of Oxford Mindfulness Based Centre



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Mindfulness Based Approaches

- **Mindfulness Based Stress Reduction (MBSR)**
- **Mindfulness Based Cognitive Therapy (MBCT)**
- Dialectical Behaviour Therapy (DBT)
- Compassion Focus Therapy (CFT)
- Acceptance and Commitment Therapy
- Other Psychotherapeutic Practices



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Mindfulness is linked to Eastern spiritual traditions but can be used separately from these without fear of converting someone to a faith path or being disrespectful to spiritual traditions.

Mindfulness has been defined as the awareness that emerges when **we pay attention to experience on purpose, in the present moment, and nonjudgmentally** (Kabat-Zinn, 1994).

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BPS....

- Psychologists introducing mindfulness-based approaches need to be open to unusual and unexpected effects, and these must be approached in a mindful way to help people through them. Afterwards, reflection without judgement through supervision is recommended to discover what can be learned from the experience



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Beneficial for....

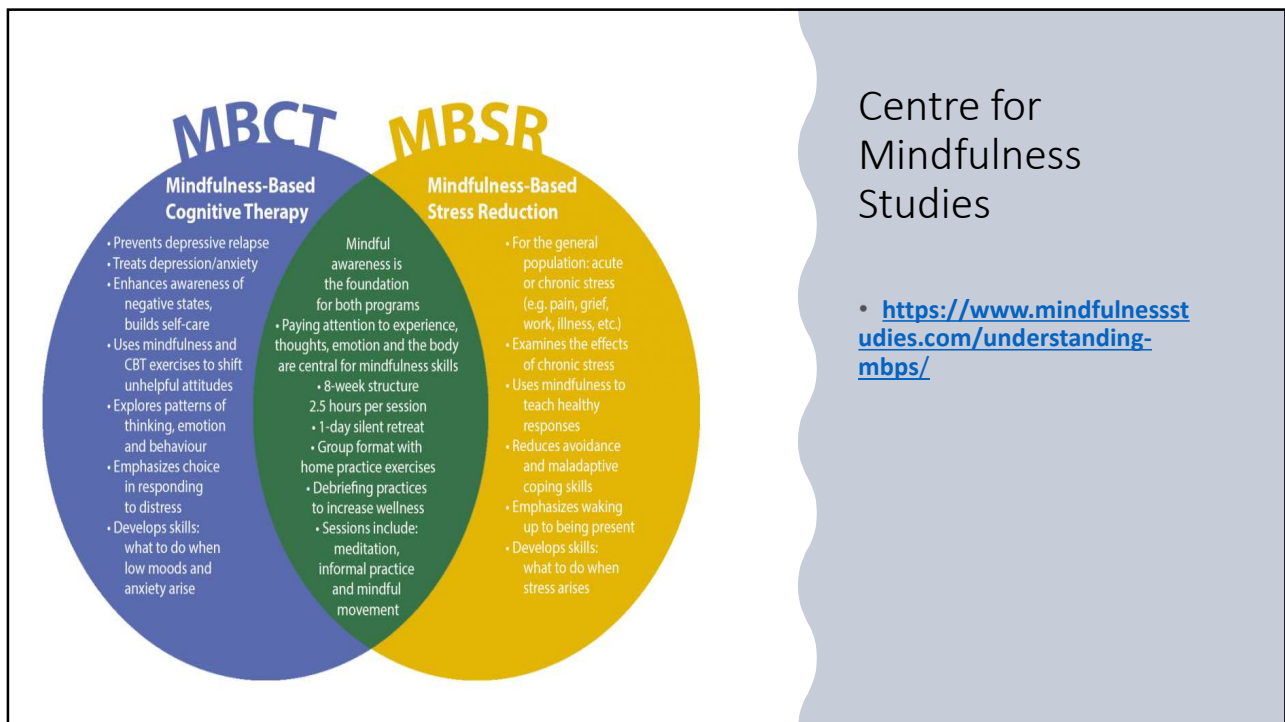
- Mindfulness-based approaches have been demonstrated to be potentially beneficial for children and adolescents, people with intellectual disabilities and older adults, as well as adults.
- Mindfulness-based approaches have demonstrated benefits for people with long-term conditions (e.g. chronic pain and cancer) but care needs to be taken to adapt the approach to encompass physical health needs

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Table 2: Mindfulness-based Interventions at a Glance (references/citations can be found within text).

	ORIGINATORS	DELIVERY	MINDFULNESS ELEMENTS
Mindfulness-based Stress Reduction (MBSR)	Kabat Zinn	Group based	Formal Training in Mindfulness Focus on stress reduction
Mindfulness-based Cognitive Therapy (MBCT)	Williams & Teasdale	Group based Individual (emerging)	Formal Training in Mindfulness Augmented with (condition specific) CBT principles
Dialectical Behavioural Therapy (DBT)	Linehan	Group based Individual	Mindfulness is one component of a multi-component intervention
Acceptance and Commitment Therapy (ACT)	Hayes	Group based Individual	Mindfulness is one component of a multi-component intervention
Compassion Focused Therapy (CFT)	Gilbert	Group Based Individual	Compassion forefronted Mindfulness is a component that supports this aim
Mindfulness Self Compassion (MSC)	Neff & Germer	Group Based	Compassion forefronted. Mindfulness is a component that supports this aim

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In Brief...(BPS)



MBSR and MBCT are standardised group mindfulness training protocols taught over eight weeks that specifically teach and train mindfulness as the primary active ingredient in the therapeutic process.



DBT and ACT utilise mindfulness skills and tools included within a broader spectrum of multifaceted therapeutic approach. In these models, mindfulness skills augment other elements trained concurrently. Both individual and group work are offered as part of these interventions.



Programmes forefronting the development of compassion have elements of mindfulness that are related to and augment compassion training, but are not necessarily the main component.



• Delivering any of these interventions requires additional personal as well as professional development training and supervision

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Core Elements of MBSR

1. Body-scan exercises (suggested 45 minutes duration daily lying down scanning attention through the body).
2. Mental exercises focusing one's attention on the breath.
3. Physical exercises with focus on being aware of bodily sensations. 4
4. Practise in being fully aware during everyday activities

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CORE ELEMENTS (EIGHT SESSIONS) OF MBCT (from Mindfulness-based Cognitive Therapy for Depression: A New Approach to Preventing Relapse, Segal et al., 2018)

1. Automatic Pilot
2. Dealing with Barriers
3. Mindfulness of the Breath
4. Staying Present
5. Allowing/Letting Be
6. Thoughts are Not Facts
7. How can I best take care of myself?
8. Using what has been learnt to deal with future m

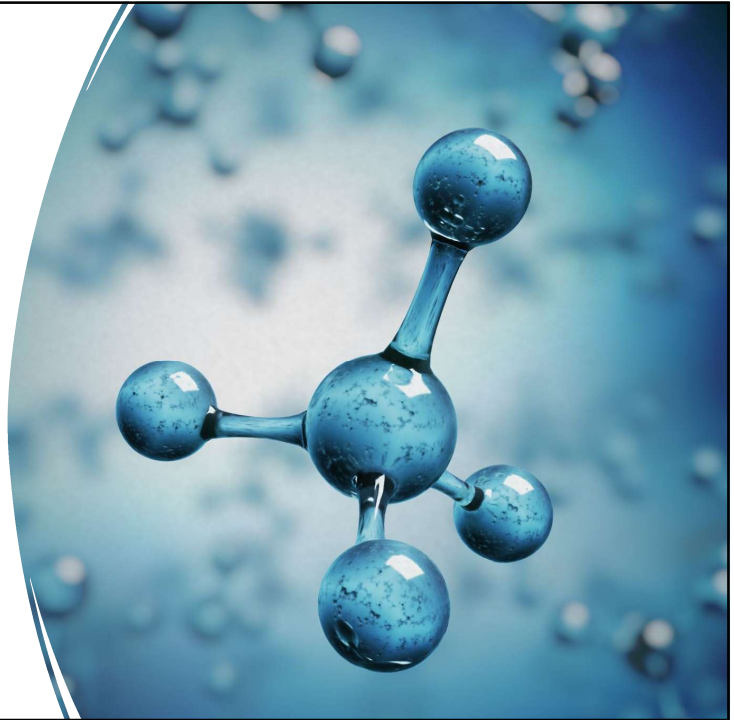
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Practical Applications – Group Work

NHS and NICE Guidance? G1

Evidence Based? Research G2

Application and Interventions G3



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Feedback

What has been helpful?

What has not worked?

What are some suggestions?

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