

MINDFULNESS BASED COGNITIVE THERAPY

Aims

- To gain further understanding of Mindfulness-based cognitive therapy (MBCT)
- To understand how this might work in practice
- To have a more experiential session, to gain deeper understanding of the process.

Mindfulness

- What do you understand by the term “Mindfulness”?
- “

Why is mindfulness useful?

- Clients with:
- Stress/Anxiety
- Depression
- Chronic physical illness and disability.

MBSR

- Classes in the U.S. With Jon Kabot-Zinn
- Theme of first class: becoming aware of how we are often on automatic pilot.
- We do the same things every day without paying any attention to the actions.
- Body Scan exercise.

MBSR Classes

- The classes would then move on to meditation on the breath, the body, sights and sounds.
- Class is also encouraged to keep a journal, reflecting on firstly the pleasant, and then the unpleasant.
- Following the first session, each session will then always start with a body scan or a sitting meditation with focus on the breath.

MBSR

- Each subsequent class will also have a mix of activities, including further practice, poetry, story and awareness exercises.
- The overarching theme of the classes is to encourage the participants to become aware that we are often swept away with thinking about the past, the future, but often lose the present moment because we are too busy thinking of something else.
- Fruit exercise!

Mindfulness Based Cognitive Therapy

- Firstly, the therapist also need to be a ‘practitioner’ of mindfulness.
- The ultimate aim of MBCT is to enable clients to ‘shift in their relationship to the thoughts, feelings, and body sensations that contribute to depressive relapse” (p64)

What is the mind doing?

- Why does our mind keep thinking and focusing on things that are negative, unhelpful?
- We remain upset with an issue, often because the thoughts keep going round and round, replaying in our minds.
- When we worry about something, it seems to make us sink further into the low mood, rather than resolving itself and lifting us out.

The Mind

- Different activities activate different parts of the mind.
- Core patterns of repetition
- Mindfulness can enable clients to think about their mind state, when undertaking different activities.

Two states of Mind:

- The “doing” state. Goals are set that need to be achieved. Goal oriented.
- No issues with the “doing” state, unless our mind is forcing us to do something that is unachievable or impossible to do.
- The “being” state of mind: to accept, allow and to just be. No pressure to reach a goal, no pressure to change.

Question



Differences between doing and being..

- Differences between doing and being...
- With Doing.. We are thinking of present, past, future, we might be checking back with previous, similar experiences or thinking ahead to what might be.
- With Being... the mind has “nowhere to go” it lives here, right now, in the present moment.

Core skill of MBCT

- To disengage from the circular ruminations that take our thoughts into low level moods.
- In MBCT participants are encouraged to learn how to disengage from these thoughts.
- Intentional use of attention and awareness.
- Balance of Doing and Being

Structure of a Programme

- 8 sessions.
- Qualified practitioner (Counsellor, CBT or evidence-based approach to depression)
- Practitioner needs to be engaged in personal mindfulness.

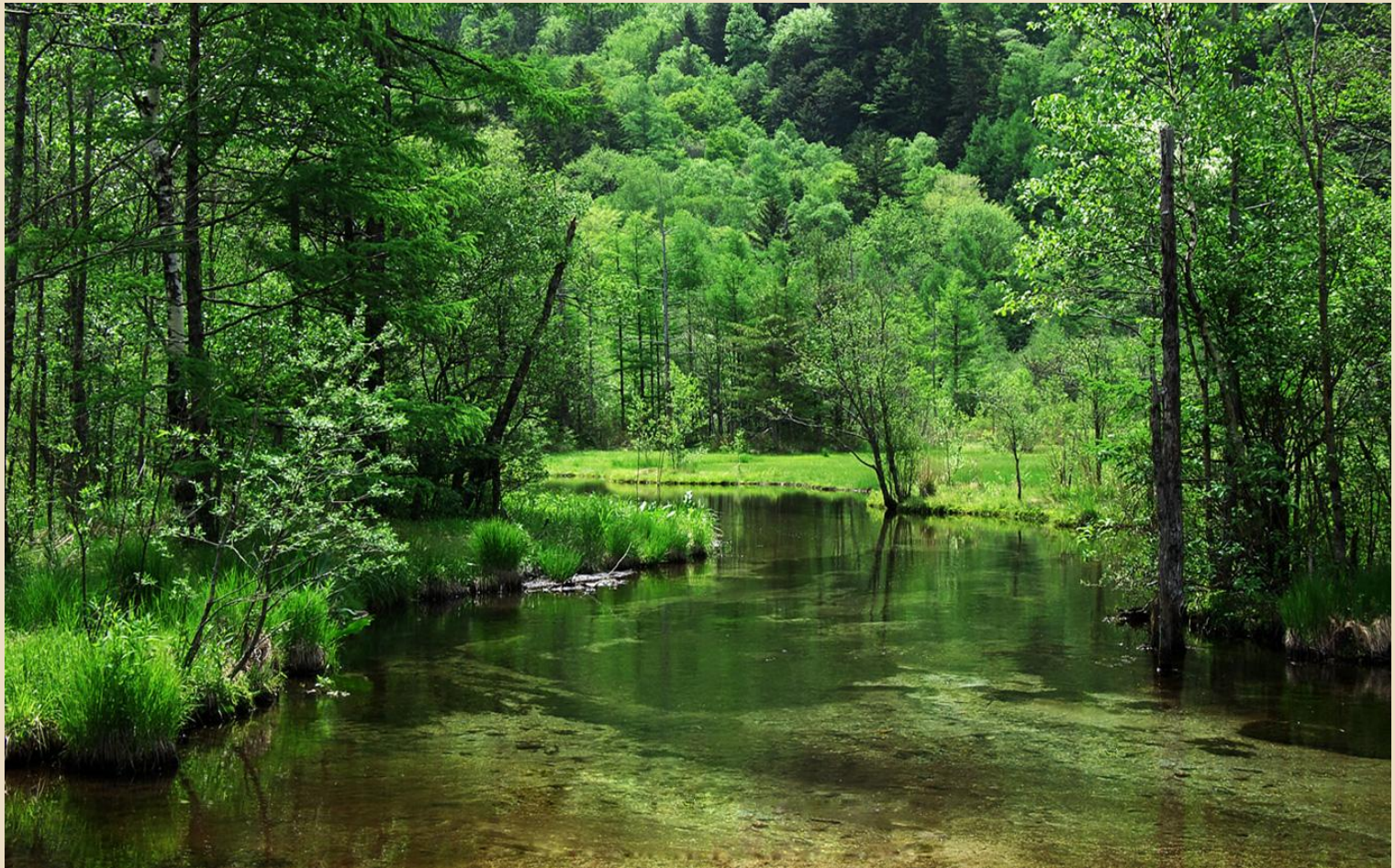
Core aims (MBCT – Depression)

- Help to prevent Depression relapse
- Becoming more aware of bodily sensatio, feelings and thoughts
- Different way of relating to the above.
- To choose the most appropriate response to any negative feelings, thoughts or situations.

Session Structures

- Session 1: Awareness and Automatic Pilot
- Session 2: Living in our heads
- Session 3: Gathering the scattered mind.
- Session 4: Recognising aversion
- Session 5: Allowing/Letting Be
- Session 6: Thoughts are not facts
- Session 7: How can I best take care of myself?
- Session 8: Maintaining and Extending new Learning.

How does a section work in practice?



Case Study!

- Activity related to assignment 2.
- *Ken is a male police officer and has been in the service for over 20 years. He has been promoted to a senior position with the police force but is now feeling increasing pressure from the demands being made as a public sector worker. He notices the pressure that he is having to put on to his staff and he is feeling increasingly responsible for this. He feels under a significant amount of stress with his new role and frequently takes his work home in order to catch up with work that he cannot complete during the day. He is noticing that he has less compassion for victims of violence and offenders, he is getting more irritable and is beginning to notice his lack of passion and enthusiasm for the role he once loved.*
- *Critically explore how you might use mindfulness with this client, to enable him to feel calmer and more in control of his responses.*

Comments

- Summary of session and comments.

- Reference:

Segal, Z., Williams, M., and Teasdale, J. (2013). *Mindfulness-Based Cognitive Therapy for Depression*. 2nd Ed. New York: Guilford Press.