

What is Mindfulness?

Mindfulness has become a trendy word in counselling circles. What exactly is it, and why has it become so popular? This talk will introduce the topic and provide a basic understanding of the practice. How do we often live in mindlessness? What are the links with Interpersonal Neurobiology and Dan Siegel's concept of Mindsight?

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I. History

II. Definition

A. Mindfulness means paying attention in a particular way on purpose in the present moment and non-judgmentally. Jon Kabat-Zinn

1. Center down
2. Open up
3. Observe
4. Don't judge or interpret

B. Contrast mindlessness

1. Focus attention
2. Awareness
3. Curiosity, openness and acceptance

III. Mindfulness Based Stress Reduction

A. "Mindfulness can save and grace and transform and heal our lives and has repercussions far beyond us as individuals" Jon Kabat-Zinn

B. CBT to MBCT

C. Dialectical Behavioral Therapy (DBT)

- D. Acceptance and Commitment Therapy (ACT)

- IV. Mindfulness in daily life
 - A. Stop

 - B. Breathe

 - C. Reflect

 - D. Choose (Terry Fralich)

- V. Neuroplasticity and retraining the brain

- VI. Therapies absorb mindfulness

- VII. Mindfulness and Mindsight (Interpersonal Neurobiology)
 - A. “The power to direct our attention has within it the power to shape our brain’s firing patterns, as well as the power to shape the architecture of the brain itself.”

 - B. “Learning mindfulness techniques can strengthen the hub of the mind so that internal sensations, such as bodily signals or waves of emotion, can be experienced with more clarity and calmness.” Dan Siegel

 - C. COAL

 - D. Attachment

- VIII. Uses

- IX. Practical realities and cautions