

How is Mindfulness Used in Counselling?

This talk will consider how mindfulness can be a useful technique in counselling. We will discuss common questions such as: Is there evidence that it works? Isn't Mindfulness more Buddhist than Christian? Is there also a historic Christian tradition of mindfulness?

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- I. Review basics of mindfulness
- II. Examples of Use of Mindfulness
 - A. Depression
 - B. Anxiety
 - C. Pain
- III. But does it work? Research Claims:

“West views it as quick fix tool. East views it as a life-long practice in a ‘rich spiritual, ethical and social framework’” Mary Sykes Wylie

Deeper and more complex

- IV. What is Biblical Meditation and Mindfulness?
- V. Mindfulness – Some Common Grace Wisdom?
 - Can we find healing without God?
 - Can we reclaim mindfulness and use within Biblical framework?
- VI. Is Mindfulness Buddhist or Christian?

- VII. The Back Story
- VIII. Buddhist Mindfulness
 - A. What is our true nature?
- IX. The Four Noble Truths
- X. The problem of suffering
- XI. The problem of the self – who am I?
- XII. Distorted Core Beliefs
- XIII. Goal
 - A. Mindfulness leads to insight... Insight leads to wisdom
 - B. Awakening.... Greed, hatred and delusion eliminated
 - C. Content with all circumstances, free of involuntary conditioning, and in no way driven into action by compulsion
 - D. Generosity, kindness and understanding emerge
 - E. Discover true nature

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- XIV. Gratitude
- XV. Impersonal or Personal Universe?
- XVI. Compassion
- XVII. Central Question: Monism or Trinitarianism
- XVIII. The Father heart of God