



Taking Care of You, the Professional: A Mindful Response to PMADs

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A brief practice: Mindful check-in



What it is

- Deliberately paying full attention to what is happening around you and within you—in your body, heart, and mind.

Mindfulness is awareness without criticism or judgment.

Jan Chosen Bays, 2011

- The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience, moment by moment.

Jon Kabat-Zinn, 2003

Meditation research (30+ years)

- Can improve our quality of life
 - Decreases emotional difficulties (regulation/reactivity, depression, anxiety, OCD, PTSD)
 - Increases pain management abilities
 - Increases immune system response
 - Improves our ability to cope with illness
 - Reduces symptoms of stress
 - Slows progression of dementia and/or Alzheimer's
 - Rewires our brain

Change and human suffering

- Are a constant, unavoidable truth that we have difficulty with often because we *lack acceptance for what is*

**We can be present with trauma
without being overtaken by it**



The 9 tenets of mindfulness



Openness



Curiosity/beginner's mind



Trust



Non-judgment



Patience



Non-striving



Letting be



Acceptance



Self-compassion



Mindful breathing exercise

Some mindfulness practices (types)

- Formal
 - Meditation (seated, walking, chimes)
 - Deep, diaphragmatic breathing
 - Yoga
 - Body scan
- Informal
 - Noticing (self in space, thoughts, body, feelings)
 - Present moment awareness

PMAD case example

- A couple in their mid-thirties, who had been struggling with infertility for several years, comes to you for marital therapy after finally becoming pregnant. Both shared experiencing feelings of anxiety related to the pregnancy and had responded positively to interventions including cognitive behavior therapy, and communication and relaxation exercises.
- The couple expressed cautious anticipation and excitement as the due date approached. The following week, you receive a call from the hospital social worker indicating that the baby died during delivery and the couple is in need of immediate support. You've scheduled an appointment through the social worker to meet with the couple. And this is what you experience...

- Without judgment, what comes up for you now?
 - Body sensations
 - Feelings
 - Thoughts
- Pick a mindfulness practice and do it now

- Turn to your neighbor and share
 - your immediate experiences in response to the case example
 - what mindfulness practice you chose and your experience with it

I want to learn to
live in the moment...
just not this moment.
Some other moment.
Like a moment on
the beach.



Closing

