

Welcome!
Lunch and
Learn
Presentation
and Practice:
Mindfulness
Dr. Toupey
Luft,
Psychologist

Our plan for the hour:

- Defining Mindfulness
- Top Ten Things to Know About Mindfulness
- Questions
- Practice: Wheel of Awareness

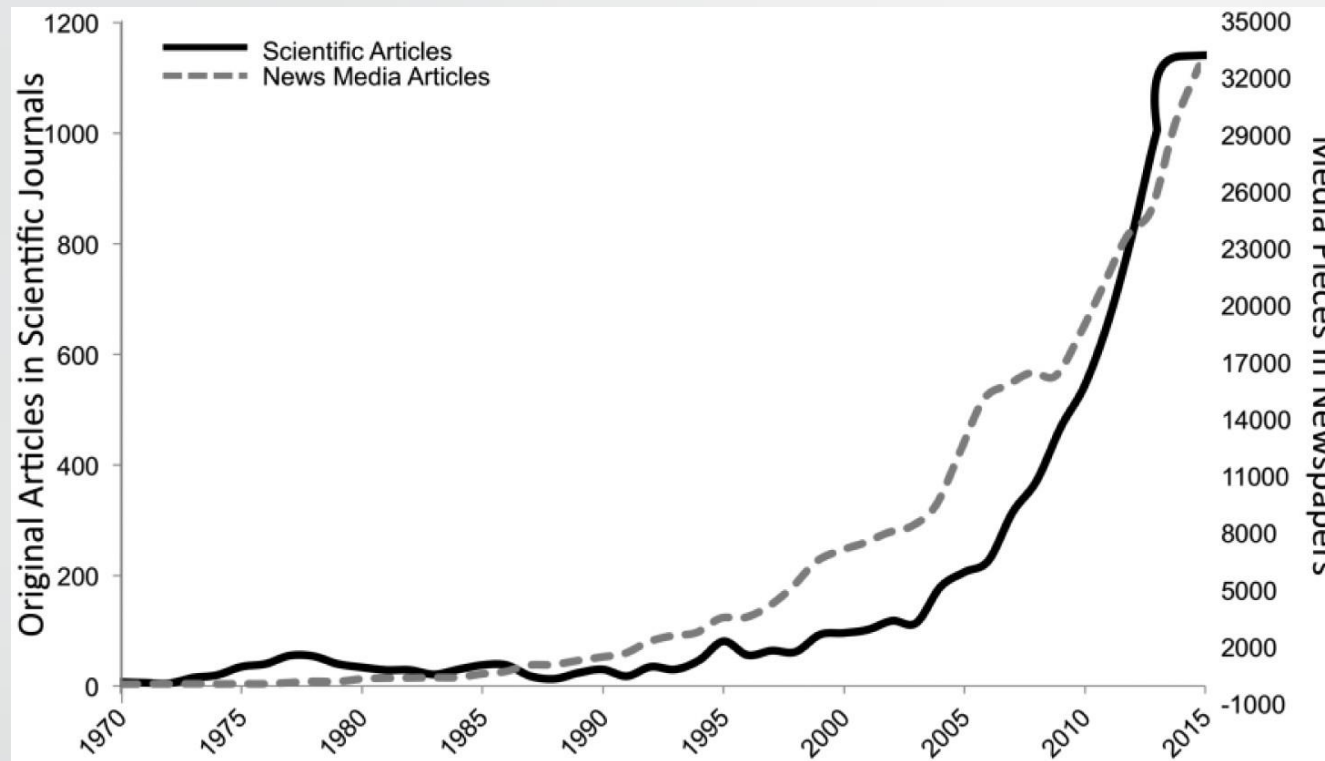


Fig. 1. Scientific and news media articles on mindfulness and/or meditation by year from 1970 to 2015. Empirical scientific articles (black line) with the term *mindfulness* or *meditation* in the abstract, title, or keywords, published between 1970 and 2015 were searched using Scopus. Media pieces (dashed gray line) with the term *mindfulness* or *meditation*, published in newspapers, using a similarity filter to minimize double-counting, published between 1970 and 2015 were searched using LexisNexis.

Above from Perspectives on Psychological Science Journal

DOI: [10.1177/1745691617709589](https://doi.org/10.1177/1745691617709589),

My Journey Towards Mindfulness

As a person, psychologist,
educator, and researcher



It is Important to Remember the Ancient Roots of Mindfulness



It is Important to Remember the Roots of Mindfulness



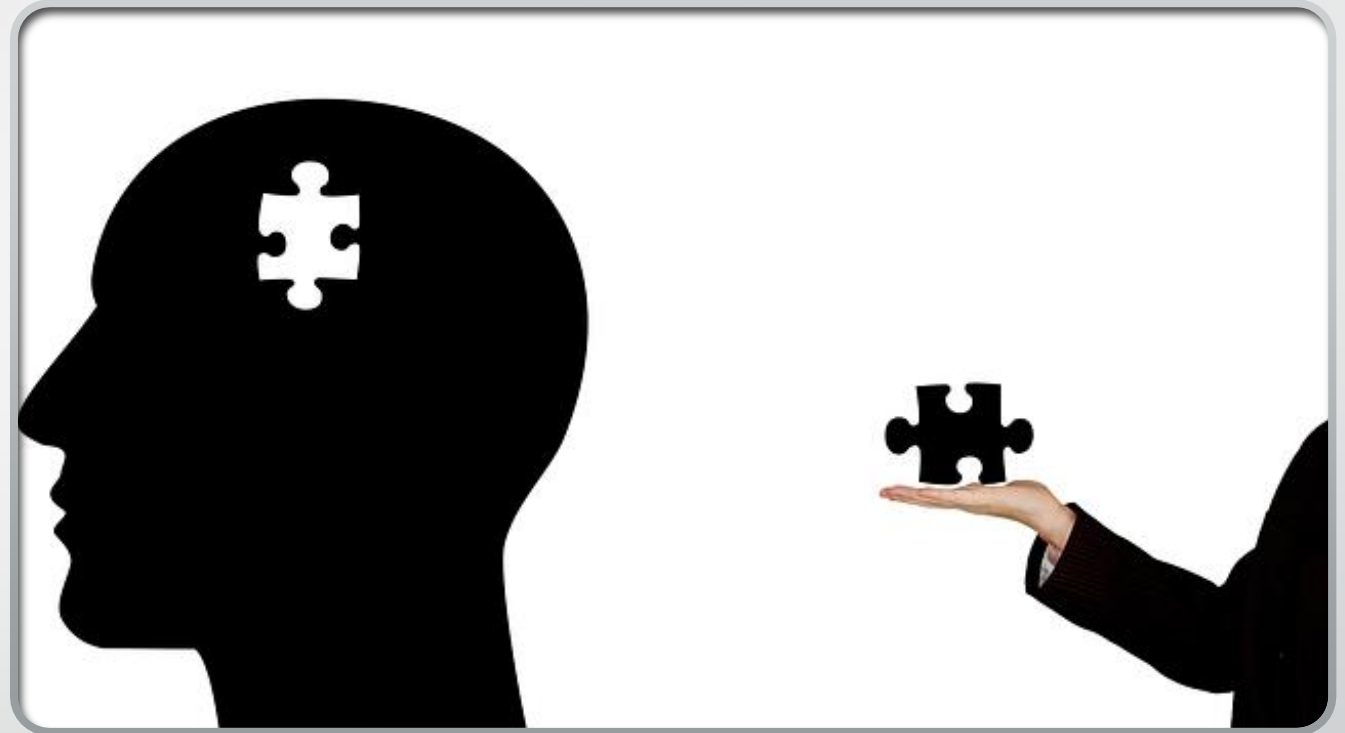
This includes remembering that Blackfoot ways of knowing are very similar to some Buddhist philosophies in acknowledging the interconnectedness of all things.

Aokaakyoosin in Blackfoot

Let's Back Up – What is the Mind?

An “emergent, self-organizing, embodied, and relational process that regulates the flow of energy and information”

Dan Siegel, 2017



Mindfulness – Key Definitions from Key Western Thinkers

A) “A way of being in a wise and purposeful relationship with one’s experience. It is cultivated by systematically exercising one’s capacity for paying attention, on purpose, in the present moment, and non-judgmentally”.

~Jon Kabat-Zinn, 1994

Mindfulness – Key Definitions from Key Western Thinkers

B) “Self-regulation of attention (sustaining attention, switching attention) and orientation to one’s experience (with attitudes of curiosity, openness, and acceptance)”.

~Bishop et al., 2006

Mindfulness – Key Definitions from Key Western Thinkers

C) “Mindfulness is the unfailing master key for knowing the mind...the perfect tool for shaping the mind, and the manifestation of freedom of the mind”

~Nyaponika Tera, 1962

How Does Meditation Fit In?

- Meditation is an umbrella term which refers to reaching ultimate consciousness and concentration through acknowledging the mind and regulating it. Whew!
- These are pretty lofty goals and they can involve a lot of ways to get there through types of meditation.



Types of Meditation

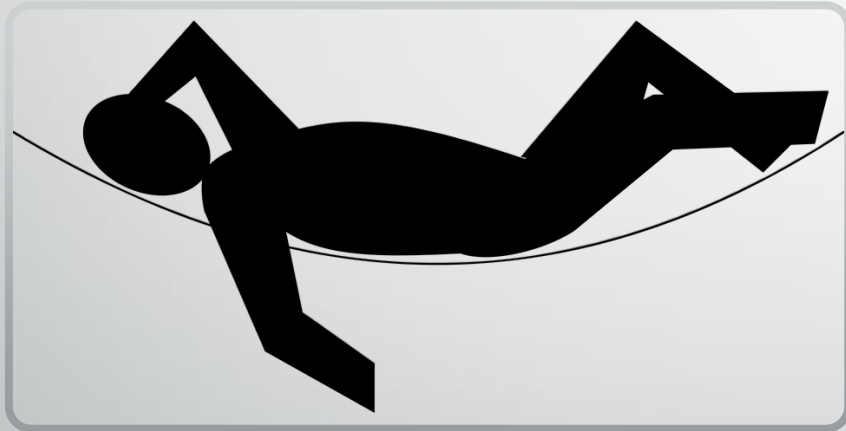
- “Clear Mind” Meditation where a person aims for a clear and focused mind.
- “Loving Kindness Meditation” where people meditate on kindness to self and others.
- “Exercise Meditation” where you intentionally set out to clear your mind through exercise.



What are Your
Experiences
with Meditation
or Mindfulness?



TOP 10 THINGS to KNOW about MINDFULNESS – Number 1



It is NOT about relaxation or the process of becoming relaxed.

While relaxation may be one of the outcomes of mindfulness, we need to remain attentive to all the states and experiences we're having.

TOP 10 THINGS to KNOW about MINDFULNESS – Number 2



It is NOT about emptying the mind or “not thinking” (which some meditations can be).

Mindfulness is tuning into our thinking and our minds and the intention is that we will think clearer if we pay attention and let thoughts come and go.

TOP 10 THINGS to KNOW about MINDFULNESS – Number 4

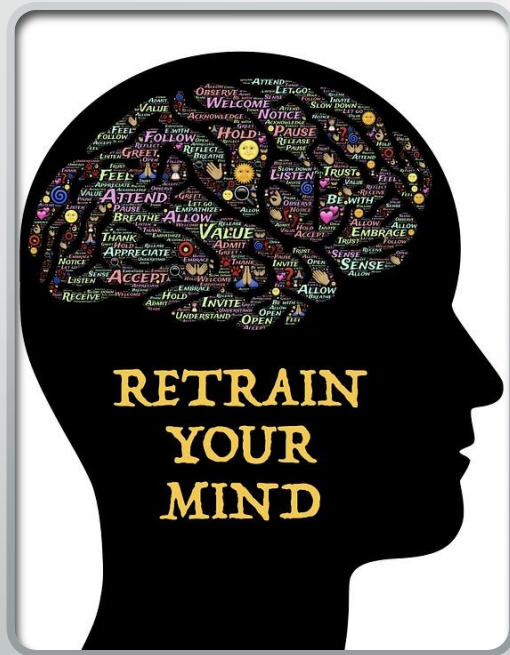
We need to start with “Simple Knowing and Awareness”

(Feldman & Kuyken, 2019).

This is about learning to tune into our experience in the present – to shine a light on it. We can become aware of our feelings, moods, and thoughts.

The thinking here is that by breaking out of unconscious, habitual responses, we can live more fully.

Let’s do an exercise here.



TOP 10 THINGS to KNOW about MINDFULNESS- Number 5



It is centred around developing four attitudes of the mind:

- 1) Befriending
- 2) Compassion
- 3) Joy
- 4) Equanimity

Let's do an exercise here

TOP 10 THINGS to KNOW about MINDFULNESS- Number 6



We need to be *trauma aware* when implementing mindfulness for ourselves and if we are helping professionals, for others!

What might be the problem with starting mindfulness training with someone who is coping with trauma?

TOP 10 THINGS to KNOW about MINDFULNESS- Number 7

One of the most popular programs for helping people cope with stress, anxiety, depression, and pain is:

Mindfulness Based Stress Reduction (MBSR)

-Developed by Jon Kabat-Zinn.

8-week program where students learn the basics of training their attention, which leads to increased awareness...which leads to....?



TOP 10 THINGS to KNOW about MINDFULNESS - Number 8



- Mindfulness-Based Relapse Prevention (MBRP)
- MBRP helps clients become fully present in their immediate experience and accept their experience without judgment
- Identify triggers and high risk situations and develop effective coping strategies
 - May be effective for gender and ethnic minority populations

TOP 10 THINGS to KNOW about MINDFULNESS- Number 9

Let's be mindful 😊 of not privatizing social injustice

And thinking social inequities can be fixed by mindfulness training.

The inspiration for this comes to me from an article in The New Statesman by Hettie O'Brien.



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TOP 10 THINGS to KNOW about MINDFULNESS- Number 10



Right now, the research I'm most excited about is how being mindful might allow counsellors and other health professionals to tap into their intuition, as well as develop compassion and empathy for themselves.

Questions?

- Thank you!
- Time to practice...a mindfulness meditation called the Wheel of Awareness by Dan Siegel

