

Embracing the Now! Promoting Resilience in Adolescents and Health Providers With Mindfulness

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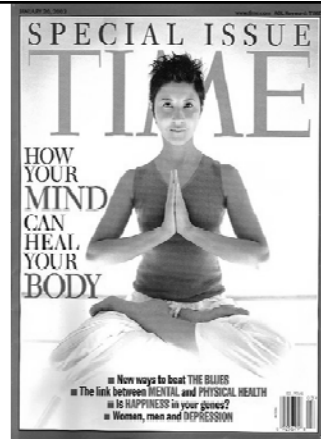


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Learning Objectives

1. Describe benefits of mindfulness practice to promote resilience in adolescents
2. Appreciate the importance of mindfulness practice for health providers
3. Experience how mindfulness practice can be used in daily life and clinical practice

Invitation to You

- Experiences of Mindfulness
- Let go of expectations
- Open Mind, Open Heart



Guided Practice: Mindfulness of Breathing



Calligraphy by Thich Nhat Hanh

What is Mindfulness?



Mindfulness



Calligraphy by Thich Nhat Hanh

What is Mindfulness?

“Paying Attention in a particular way:
On Purpose
in the **Present Moment**
and **Non-Judgmentally**”

- Jon Kabat-Zinn

Kabat-Zinn J. *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. 1994. p.4.

Mindfulness Practice is...

Autopilot

Awareness

Mindfulness Practice is...

Doing

Being

Mindfulness Practice is...

Past/Future

Here and
Now

Mindfulness Practice is...

“Reacting”

“Responding”

Mindfulness Practice is...

Ruminating

Letting Go

Mindfulness Myths

- Having a “blank” or “empty” mind
- Seeking “bliss”
- “Escaping pain”
- Relaxation exercises
- “Zoning out”
- “Navel Gazing:” Withdrawing from life

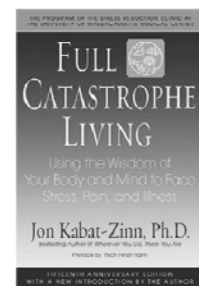
Is Mindfulness a Religion?

Present in ALL Wisdom Traditions



Mindfulness-Based Stress Reduction (MBSR)

- Centuries: Eastern meditation traditions
- 1979: Stress Reduction Clinic, University of Massachusetts Medical School
- 8-week Program
- 2009: Over 240 hospitals and clinics



Mindfulness: Clinical Interventions

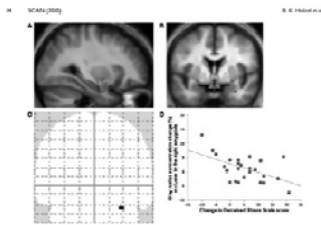
- MBSR: Mindfulness-Based Stress Reduction (Kabat-Zinn)
- MBCT: Mindfulness-Based Cognitive Therapy (Segal, Williams, & Teasdale)
- DBT: Dialectical-Behavioral Therapy (Linehan)
- MBRP: Mindfulness-Based Relapse Prevention (Bowen, Chawla, & Marlatt)
- MB-EAT: Mindfulness-Based Eating Awareness Training (Kristeller et al)
- MBPCP: Mindfulness-Based Childbirth & Parenting (Bardacke)
- MBSR-T (Teens) (Biegel)
- MARS-A: Mindful Awareness and Resilience Skills for Adolescents (Vo & Locke)

Clinical Trials: MBSR

- Large body of literature
- Improvements in Psychiatric and Medical symptoms
- Outcomes
 - Chronic Pain
 - Anxiety
 - Perceived Stress
 - Medical Sx's
 - Greater Energy
 - Improved sleep

Baer R. *Clinical Psychology: Science and Practice* 2003;10(2):125-143.
Carlson LE. *Brain Behav Immun* 2007;21(8):1038-49.

MBSR: Neuroplasticity



- N = 26 adults
- Outcome: Reduced perceived stress
- Decreased stress correlated with decreased amygdala grey matter

Holzel BK. *Soc Cogn Affect Neurosci*. 2010; 5: 11-17

Mindfulness for Youth

An Emerging Field

Video: Kelty Mental Health Resource Centre



<http://keltymentalhealth.ca/healthy-living/mindfulness>

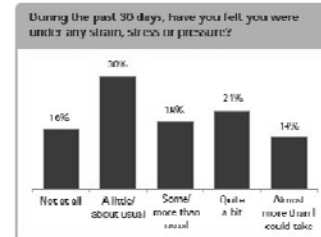
Case: 16y Female

- 16y Female
- Generalized Anxiety, Panic, Depressive symptoms
- Recurrent Abdominal Pain: "Irritable Bowel Syndrome"
- Strengths: Volleyball player, humorous

Case: 16y Female (cont'd)

- Missing school several days per week
- Anxiety: "I freak out"
- Physical symptoms: "I get sick at school and need to leave"
- Falling behind academically
- Missing volleyball practices and games

Youth Stress: BC Youth



McCreary Centre Society. A Picture of Health: Highlights from the 2008 BC Adolescent Health Survey

Adolescent Morbidity: Stress and Coping

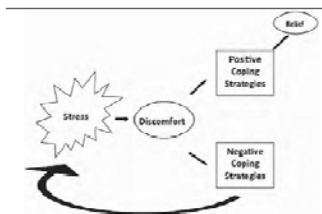
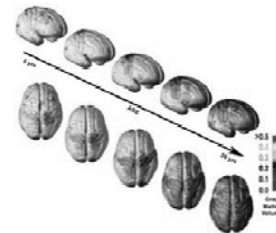


Fig 3. Coping: The response to stress with discomfort.

Ginsburg KR. Adolesc Med: State of the Art Reviews. 2011;22:458.

- Depression, Anxiety
- Pregnancy, STI's
- Substance Use
- Eating Disorders
- Self-Harm
- Youth Violence
- Chronic Pain
- Chronic Illness Management

Adolescent Brain Development



Geidd J. <http://www.dana.org/printerfriendly.aspx?id=19620>

Mindfulness and Adolescent Development

- Promote development of emotional regulation?
- Promote development of resilience pathways?
- Reduce health risk behaviors?
- Provide lifelong skills?

Mindfulness with Children & Adolescents: Clinical Trials

- Preliminary evidence for benefits:
 - Increased attention (ADHD)
 - Blood pressure, Sleep
 - Mood: Anxiety, Depression, PTSD
 - Positive Affect
 - Substance abuse
 - Family Functioning
- Research still in early stages

Harnett PH. Child and Adolesc Mental Health. (Published online 14 January 2012)
Greenberg. Child Dev Persp. 2011. ePub

Mindfulness in Education

- Cognitive
- Social skills
- Emotional regulation
- Teachers: Self-efficacy, Classroom Management
- Vancouver: MindUP (Grade 4-7)

Meiklejohn, J et al. *Mindfulness*. Integrating mindfulness training into K-12 education: Fostering the resilience of teachers and students. (Pub online 14 March 2012)
Schonert-Reichl K. *Mindfulness*. 2010; 1(3): 137.

BC Children's Hospital: MARS-A

- “Mindful Awareness and Resilience Skills for Adolescents”
- Adapted from MBSR (Kabat-Zinn), MBCT (Segal et al), MBSR-T (Biegel)
- Adolescents age 14-19y with psychological distress
- With or without chronic illness, chronic pain

Kabat-Zinn J. *Full Catastrophe Living*. New York: Bantam Dell, 2005
Segal, Williams & Teasdale. *Mindfulness-Based Cognitive Therapy for Depression* (2nd Ed). New York: Guilford Press, 2012
Biegel G et al. *J. Consulting and Clinical Psychology*. 2009; 77(5): 855.

BC Children's Hospital: MARS-A

- 8-week group mindfulness training
- Weekly sessions + half-day (weekend)
- Skills training course: not “therapy”
- Referrals: Medical, Mental Health Providers

Formal Mindfulness Practices

- Sitting Meditation
- Walking Meditation
- Body Scan
- Mindful Movements (Yoga, Tai Chi, etc)

Informal Mindfulness Practices

- Not taking specific time “just” for mindfulness
- Walking
- Eating
- Listening and speaking (Engaged Mindfulness)
- Becoming mindful in all moments of daily life (Stepping out of “Automatic Pilot”)

Back to the Case: 16y Female

- MARS-A x 8 wks
- Week 5: “I had a stomach ache and I thought I was getting sick. Instead of leaving, I did a breathing meditation. I tried not to fight the pain. I tried riding the waves of my pain.” Stayed in school for first time when “sick”
- Week 8: Had not missed school x 3w

Mindfulness for Providers

Teaching Mindfulness, Mindful Listening, Self-Care, and Secondary Trauma

Teaching Mindfulness

**“Take my advice,
I’m not using it”**

Self-Care for Providers



“Remember, the heart must first pump blood to itself”

- Michael Kearney, M.D.
Palliative Care physician

New York Times (Sep 26, 2013)



Mindful MD's:

- Better quality of care
- Increased patient satisfaction
- Less stress
- Less burnout

Beach MC. *Ann Fam Med.* 2013;421-428: 1507
Fortney L. *Ann Fam Med.* 2-13. 11(5):412

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

-- Maya Angelou

STOP Meditation

Briefly step into present moment

- **S** Stop
- **T** Take 3 Breaths (or more)
- **O** Observe (body, feelings, thoughts)
- **P** Proceed



- Whenever you “hear a bell” – i.e., door closing, phone rings, car honking etc
- Whenever you feel stress arise

Questions?



Further Resources

- Kelty Mental Health Resource Centre
 - keltymentalhealth.ca/healthy-living/mindfulness
 - Video, Guided meditation recordings, further resources
- Segal, Williams, & Teasdale. *Mindfulness-Based Cognitive Therapy for Depression*, 2nd Edition. (Guilford, 2012)
 - Textbook for MBCT
- Kabat-Zinn J.
 - *Full Catastrophe Living* (Delta, 1990)
 - Mindfulness-Based Stress Reduction
 - *Wherever You Go, There You Are* (Hyperion, 2005)
 - *Mindfulness for Beginners* (Sounds True, 2010)

Further Resources

- Stahl & Goldstein. *A Mindfulness-Based Stress Reduction Workbook* (New Harbinger, 2010)
 - MBSR Workbook with guidance for mindfulness practices; Audio CD
- Biegel G. *The Stress Reduction Workbook for Teens* (New Harbinger, 2009)
 - MBSR-T Workbook with handouts
- Greenland SK. *The Mindful Child* (Free Press, 2010)
 - For adults who work with children and youth
- Willard C. *Child's Mind* (Parallax, 2010)
 - For adults who work with children and youth