

Mindfulness with Forensic Inpatient Individuals

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OUTLINE


- Meet & Greet
- Chocolate Meditation
- Mindfulness
- Mindfulness and Psychotherapy (MBSR, MBCT, DBT, ACT, MBRP)
- Personal Practice
- Mindfulness exercise
- Benefits, Brain Changes
- Case Study (Mindfulness Group; PC1026, forensic inpatient)
- Mindfulness Practice for Psychosis (challenges, modifications, findings)
- Mindfulness exercise

Chocolate Meditation

"The little moments aren't so little... they're LIFE." (JKZ)



What is Mindfulness??



- East to West
-
- Paying Attention
- On Purpose
- Present Moment
- Non Judgmentally

(Jon Kabat-Zinn, 1994)

Attitudes to Cultivate Mindfulness:

watering the seeds through mindfulness practice

- Curiosity: what am I feeling? Thinking? Sensing?
- Acceptance: acknowledging as opposed to avoidance
- Kindness/Compassion: self and others
- Letting Go (Let it be): Non-Attachment
- Non-Striving: no goal
- Patience: more time=more benefits
- Beginner's Mind: experiencing for the first time (openness)
- Formal and Informal practice: on and off the cushion

Mindfulness and Psychotherapy Evidence Based

THIRD WAVE THERAPIES

- **MBSR**: structured 8-10 week group, guided meditation, yoga, retreat, daily practice for pain, health problems, emotional distress (Kabat-Zinn, 1990)
- **MBCT**: grew out of MBSR; 8 week program. Metacognitive process; change the relationship with our thoughts without changing them; Prevent depression relapse (Segal, Williams, Teasdale, 2002)
- **DBT**: emotional regulation, distress tolerance, mindful awareness skills (Linehan, 1993)
- **ACT**: psychological flexibility, values-congruent living, embrace experience (Hayes, Strosahl, Wilson, 1999)
- MBRP, others...

Personal Practice: *Improve therapeutic skills*



- *Presence (empathic attunement)
- *attentive
- *self/other awareness (manage countertransference)
- *lower reactivity/stress

Mindful therapist (Grepmair et al, 2007)
9 weeks (therapist trainees) report higher self awareness
Pt. report: reductions in overall symptoms, faster rates of change, scored higher in measures of well being and perceived their treatment to be more effective

Practice Mindfulness



**Benefits of Mindfulness
are strongly supported by research**
(Davis, Hayes, 2011)

- Depression
- Anxiety
- Emotional regulation
- Decreased rumination
- Increased in positive emotions
- Improved concentration/attention
- Increased immune functioning

Richard Davidson centerforhealthyminds.org

Brain Changes

1. You can train your brain to change,
2. That change is measurable, and
3. new ways of thinking can change it for the better. (Davidson)

- Brain scans (e.g. MRI, PET scans)
- Differences in brain volume in as little as 8 weeks (30 min/daily meditation); Neuronal activity
- Neuroplasticity: alters the brains physical structure (thicker brain regions associated with attention, sensory processing. Increased grey matter in insula and sensory regions, frontal cortex, neural connections, decreased amygdala size; the amygdala; the fight or flight part of the brain which is important for anxiety, fear and stress in general. That area got smaller in the group that went through the mindfulness-based stress reduction program.
- The change in the amygdala was also correlated to a reduction in stress levels

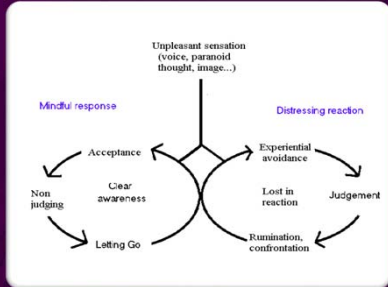
Brain Changes
continued

Increased Grey Matter/Cortical Thickening in key areas :

1. Posterior cingulate, which is involved in mind wandering, and self relevance.
2. The left hippocampus, which assists in learning, cognition, memory and emotional regulation.
3. The temporo parietal junction, or TPJ, which is associated with perspective taking, empathy and compassion.
4. An area of the brain stem called the Pons, where a lot of regulatory neurotransmitters are produced.
5. Anterior cingulate cortex, which assists in self regulation, monitor attention conflicts, cognitive flexibility
6. Prefrontal Cortex; executive functioning, planning. Problem solving

(Lazar, 2005), (Hanson, 2009 Buddha's Brain)

Rationale for applying mindfulness to distressing psychotic sensations? Chadwick et al. (2005)



Mindfulness Group Case Study

- Purpose: explore the effects of mindfulness training on factors such as impulse control, rumination, mood disturbances and frustration tolerance in qualitative study
- Where: Forensic unit in a locked psychiatric facility (SHRC), 24 individuals in group, 12 consented and had responses recorded for pilot case study
- Who: 7 male and 5 female participants: CONREP, PC 1026 NGRI (schizophrenia, schizoaffective, bipolar, personality disorder, substance abuse *institutional remission*, 4w/active symptoms). Age range 42-64
- How: Two 45 minute groups per week (8 weeks) 1 discussion/educational group and 1 group of formal meditation/reflective discussion weekly
- What: Guided meditation (e.g. body scan); Mindfulness exercises (e.g. mindfulness of routine activities); Psychoeducation; Videos, Homework (journal/practice), Modified MBSR/MBCT
- Evaluate: pre/post self report questionnaires (see appendix); Journal review

Mindfulness Group Case Study *continued*

- Week 1**
Discussion group: overview of mindfulness, research
Meditation Group: mindful eating (raisin);
Homework: eat meal mindfully
- Week 2**
Discussion group: MBSR video
Meditation group: body scan;
Homework: body scan, mindful eating
- Week 3**
Discussion group: Autopilot, doing/being modes
Meditation group: 3 minute breathing space, mindfulness of breath
Homework: body scan or 3 min. breathing space, mindfulness of routine activities
- Week 4**
Discussion Group: Staying in the present moment
Meditation Group: Mindful movement, sitting meditation;
Homework: Journal pleasant/unpleasant experiences, mindful meditation of choice

Mindfulness Group Case Study

continued

Week 5
Discussion group: Thoughts as thoughts (not facts)
Meditation group: Mountain meditation, sensory meditation; Homework: Journal, practice of choice, informal

Week 6
Discussion group: recognize aversion, reject, cling, letting go, acceptance, law of impermanence
Meditation group: Mindful walking, Working with difficulty (e.g. eyes open , focus on extremities)
Homework: Journal unpleasant experiences calendar (i.e. event, body sensations, mood/feelings, thoughts, then, thoughts now) mindfulness meditation

Week 7
Discussion group: kindness, taking care of self, R.A.I.N.;
Meditation: Loving kindness (Metta meditation)

Week 8
My teacher, wrap up, review, bring into daily life, (post questionnaire) every day informal mindfulness (off the cushion)

Challenges & Modifications

Challenges:

- active symptoms
- noise/interruptions
- space
- different levels of functioning admissions/discharge

Modifications:

- Brief guidance or comments frequently – an important grounding method
- Shorter duration: 3-10 minutes rather than the traditional 20-45 minutes
- People encouraged to close eyes to reduce sensory stimulation if happy to do so
- Reflective discussion key to learning after the practice
- Usually two practices per session


Results /Participant Quotes

- **RESULTS:**
- 108 factors measured: (e.g. mood, impulse ctrl., stress, depression, anxiety, ability to manage symptoms, ability to stay in present moment, feelings about self, rumination)
- 56 factors improved (e.g. feeling less anxious)
- 30 factors no change
- 22 factors worsened (e.g. more rumination)
- **PATIENT QUOTES:**
- "Mindfulness is the awareness of being grateful for life and knowing when I'm being caught up in past or future thinking"
- "The 45 min body scan was too slow and put me to sleep"
- "It helped me get past a very painful experience"
- "I was able to reduce my PRN pain meds by not fighting with my pain"
- "A way to become centered on the present in the now"
- "It helps me at night when I go to sleep. I focus on my breathing and I relax and if my mind wanders, come back and repeat until I go to sleep"
- "It's difficult for me to focus with the people in my head"
- "I get a chance to be in that moment at that time (group) and not think about yesterday or tomorrow"
- "Helps to make my feelings less intimidating to me"
- "It helps to have a greater knowledge of God or a higher power"
- "Hard to be mindful in the dining hall"
- "I like to listen to the sounds nearby and pay attention to my breathing and heartbeats."
- "I do not try as hard to change my thoughts and emotions. They are only thoughts not facts"

Summary and Conclusions


Emerging evidence that mindfulness can be useful for people with psychosis	Acceptance of psychotic sensations and self supported by 'metacognitive insight' – developed through <i>direct practice and reflection</i>
Relationship with experience is key	Mindfulness is not a cure for psychosis – psychotic sensations remain but with support, people can learn to respond differently to them
Key problem for people with psychosis is a distressing and tyrannical relationship with psychosis	Personal practice is the starting point!
People are attempting to manage and resolve this tyrannical relationship	

Thank You.
Any Questions?



Appendix

- Mindfulness project rating scale
- Mindfulness questionnaire
- Mindfulness Journal writing suggestions
- Reading and references



Mindfulness Project:
Rate the following from 1 to 10 : Answer truthfully; there are no right or wrong answers

*MOOD (0 is extremely bad and 10 is the greatest mood) _____

*IMPULSE CONTROL/FRUSTRATION TOLERANCE (0 is no control-10 is total control of impulses) _____

*STRESS LEVEL (0 is no stress- 10 is totally stressed out) _____

*DEPRESSION LEVEL (0 no depression-10 extremely depressed) _____

*ANXIETY LEVEL (0 no anxiety- 10 extremely anxious) _____

*ABILITY TO MANAGE SYMPTOMS (e.g. mood fluctuations, delusions, hallucinations) _____

*ABILITY TO STAY IN PRESENT MOMENT (0 always thinking of past/future-10 fully present) _____

*HOW DO YOU FEEL ABOUT YOURSELF (0 strong negative feelings- 10 very positive self regard) _____

*RUMINATION FREQUENCY (0 never ruminates –10 always ruminating) _____

MINDFULNESS QUESTIONNAIRE

Please answer questions to the best of your ability. Use extra paper or the back of this sheet for answers if needed.

You can write an essay, a few sentences, a few paragraphs or use the questions below to get you started. Treats for all who participate and I'm looking for the problems you encounter, as well as, the benefits.

1. What is mindfulness meditation from your point of view?
2. How is meditation and mindfulness helpful to you? Please use specific examples
3. What problems have you encountered with mindfulness meditation?
4. What do you like or dislike about the Mindfulness group and the way materials are presented; would you like more or less of something?

ANYTHING ELSE YOU CAN COME UP WITH THAT IS RELATED TO MINDFULNESS MEDITATION?

Mindfulness Journal writing suggestions:

Notes/reflections on class/discussions

Record/log meditations (e.g. 3 minute breathing space, body scan, 10 min sitting meditation)

Benefits noticed (e.g. calm mind, reduced pain, in touch with body, better decision making, sooth emotions, etc.)

Daily: write what you're grateful for

Record pleasant (and unpleasant) experiences: note body sensations, feelings, thoughts

Mindful eating, movement

Mindful of routine activities (e.g. brushing teeth, showering, walking to work etc.)

Obstacles to meditation

Awareness of autopilot, doing and being modes

Awareness of thoughts (as thoughts not facts)

Awareness of ruminating

Awareness of attitude

Awareness of stress

Awareness of space between event and response

Awareness of dealing with difficult situations and/or people

Awareness of beginner's mind (seeing things anew- without pre-judging)

Reading and Reference List:

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