



Mindfulness-Based Meditation: Applying Ancient Techniques for a Modern World

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Mindfulness

- Mindfulness means paying attention, in a particular way; on purpose, in the present moment and non-judgmentally.
Kabat-Zinn, 1990
- Nonevaluative awareness to one's inner and outer environment



Mindfulness Applications

<ul style="list-style-type: none">• Stress reduction• Chronic pain• Psoriasis• Eating• Fibromyalgia• Cancer• Parenting/Childbirth	<ul style="list-style-type: none">• Anxiety• Depression• Borderline personality disorder• Addiction• Bipolar disorder
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MBCT INTERVENTION:
Segal et al Protocol 2002

- Format:
 - 8 X 2 hour weekly sessions
 - Monthly maintenance
 - daily meditation
 - groups of 6-14
- Formal Practice
 - Body Scan
 - Mindful stretching/Yoga
 - Mindfulness of breath/body/sound/thoughts
- Informal Practice
 - Mindfulness of everyday activities
 - 3-minute breathing spaces

**How Does Mindfulness Work
in Depression?**

- Focus on here and now
- Selective attention
- Decreased rumination
- Increased decentering
- Enhanced self compassion

MBCT

- Sees thoughts and feelings as mental events and not facts
- Our minds are thought generators
- Our minds are not always our best friends

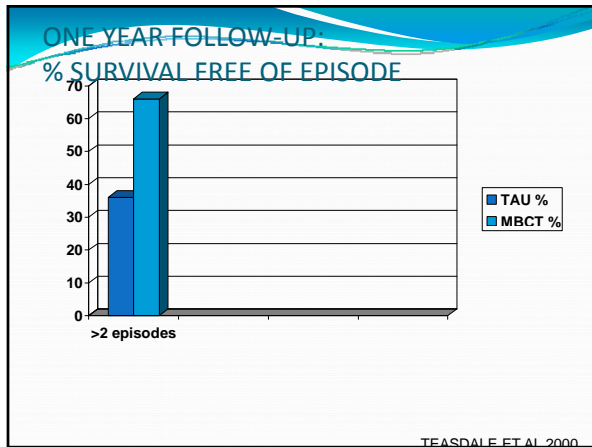
Walking down the street

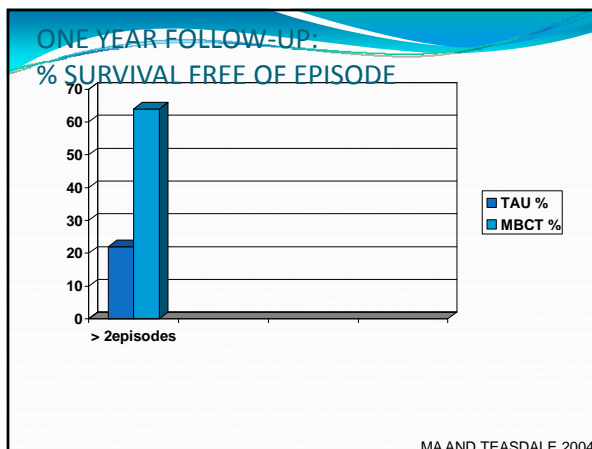
MBCT	vs.	CBT
<ul style="list-style-type: none">• I'm having the thought.....• Little emphasis on positive vs. negative thoughts• Promotes new way of being with painful affect and challenging circumstances• Noticing thoughts• Thought process focused•		<ul style="list-style-type: none">• I am.....• Rigorous attention to identifying negative thoughts and beliefs• Promotes new way of looking at painful affect and challenging circumstances• Answering back• Thought content focused

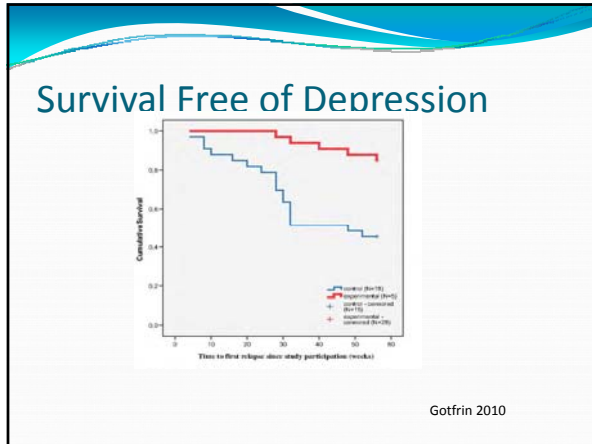
MBCT	vs.	CBT
<ul style="list-style-type: none">• Identifying thoughts as thoughts versus statements of fact.• Noticing and allowing thoughts and feelings without fixing, changing, or avoiding• Way of being in the world		<ul style="list-style-type: none">• Distinguishing dysfunctional and negative thoughts from healthy thoughts• Testing and challenging dysfunctional beliefs and inventing new interpretations• Way of looking at negative events

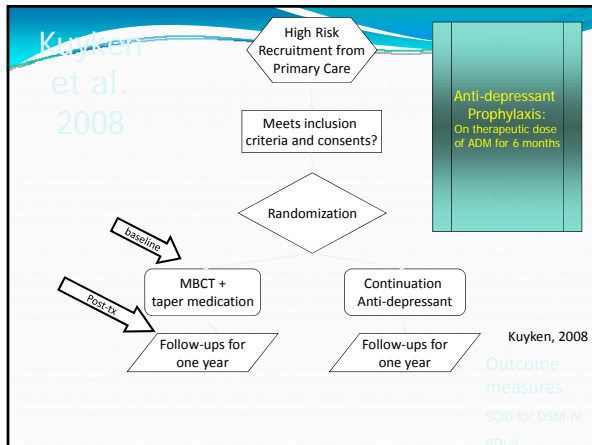
Psychotherapeutic Applications

- I hate myself: opportunity to decenter
 - Observing self / mind vs. socratic questioning
- Feeling terrible anxiety:
 - present moment awareness vs. socratic questioning
- I am an idiot: opportunity to view thought stream
 - Observing self/mind vs. a more balanced thought









- ### Kuyken et al. 2008
- MBCT versus Antidepressant Maintenance
 - Outcome: Relapse (47% with MBCT v 60% with ADM over one year) equivalent
 - 75% completely discontinued ADM
 - residual depression levels and quality of life improved with MBCT significantly

TRD: How Big a Problem?

- STAR*D found remission rates of 30%, 20%, 14%, and 13% with four steps
- Nelson noted cumulative sustained recovery rate of 43% after four steps due to relapse or intolerance

Rush 2006
Nelson 2006

PATH-D POPULATION

newcondition=A

Variable	Label	N	Mean	Std Dev	Minimum	Maximum
Episode_length	Length (in months of current episode)	36	91.3	149.7	1.0	696.0
totdur	Yrs Total Illness Duration	35	29.8	16.2	2.0	60.0

newcondition=B

Variable	Label	N	Mean	Std Dev	Minimum	Maximum
Episode_length	Length (in months of current episode)	41	87.0	109.1	1.0	480.0
totdur	Yrs Total Illness Duration	36	21.3	13.9	2.0	51.0

Adaptations for TRD

- Chinese finger trap
- Churchill's black dog
- Donkey stand-off
- Frankenstein's monster
- Self-Esteem
- Suffering

SELF ESTEEM = $\frac{\text{ACHIEVEMENT}}{\text{EXPECTATIONS}}$

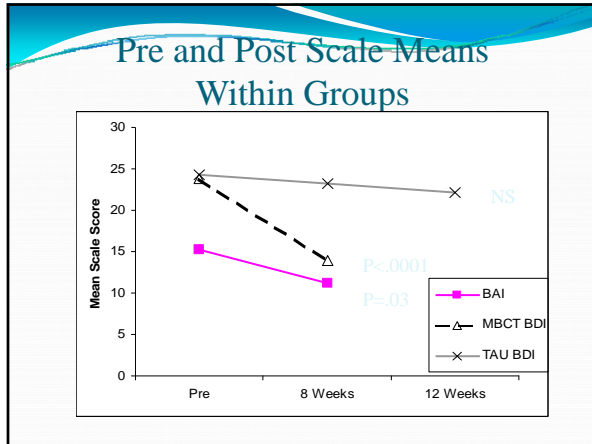
Acceptance of the way things are

SUFFERING = RESISTANCE X PAIN

DEPRESSION GROUPS

Mean BDI-II Score	24	24	
Mean AGE	46	40	NS
MALES (n)	7	10	P=04
FEMALES (n)	20	20	NS
EPISODES	3.4	1.7	NS
TREATMENT WEEKS	8	12	P<001

NS



	MBCT+T AU	TAU	p- value
INITIAL BDI	23.8	24.3	NS
POST BDI	12.9	22.1	.001
TREATMENT DURATION	8 WEEKS	12 WEEKS	
PERCENT REMITTING	30.2	10.3	.045
PERCENT REMITTING OR RESPON	46.5	16.2	.001

MBCT Depression Studies

Author	Pre-MBCT	Post-MBCT
Funicane et al. (n=11)	35.7	17.8
Kenny et al. (n=50)	24.3	13.9
Kingston et al. (n=19)	30.3	12.3
Manicavasgar et a. (n=45) (vs. CBT)	32 (36)	21 (23)

Mindfulness Mechanisms

- Decentering: Viewing thoughts as mental events and not facts: May be key component of traditional CBT
- Decreased rumination
- Enhanced self-compassion
- Enhanced mindfulness
- Decreased avoidance

Body Scan

What Does Self-Compassion Do?

- Self Compassion: Acceptance of thoughts without judgment and softening of self-criticism
 - Buffers negative self feelings
 - Prevents being overwhelmed with negative emotions
 - Attenuates negative reactions in ways that are distinct from self esteem

Leary et al. 2007

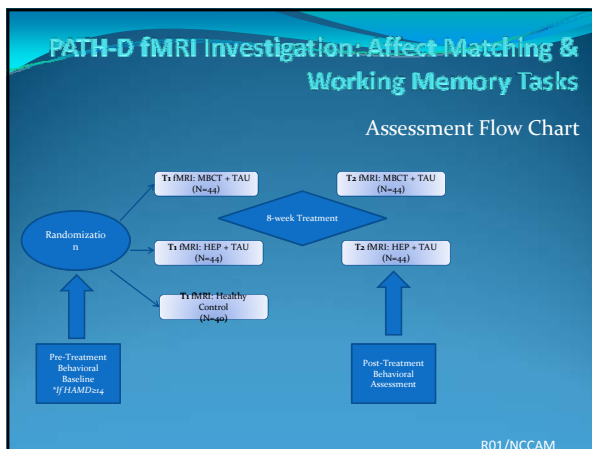
REPRESENTATIVE COMMENTS:

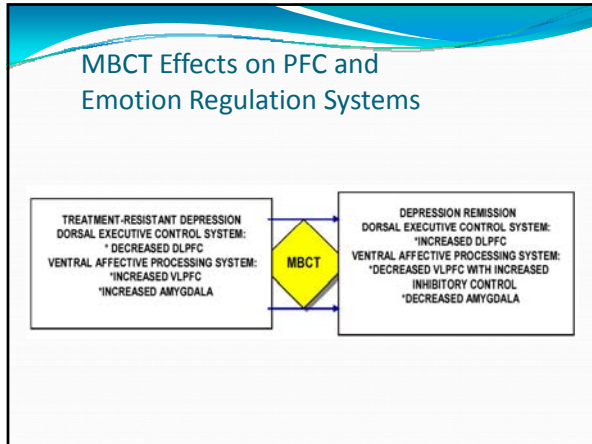
- I'm gentler on myself
- I'm less critical
- I can talk back to myself more
- I notice people are more interesting
- I'm more mindful in my everyday life
- I handle stressful events better

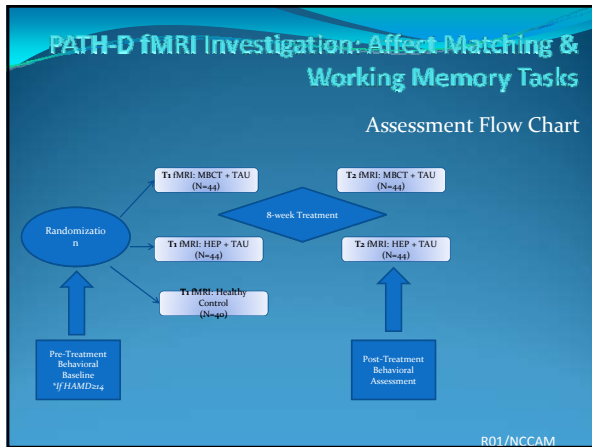
BIOLOGICAL CHANGES WITH MBSR

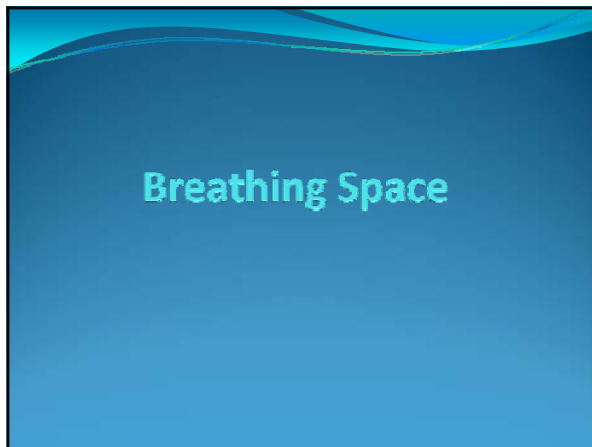
- Intervention vs. Waitlist
- Left anterior frontal activation on EEG
- Increased antibody response to influenza vaccine that correlated with degree of EEG activation

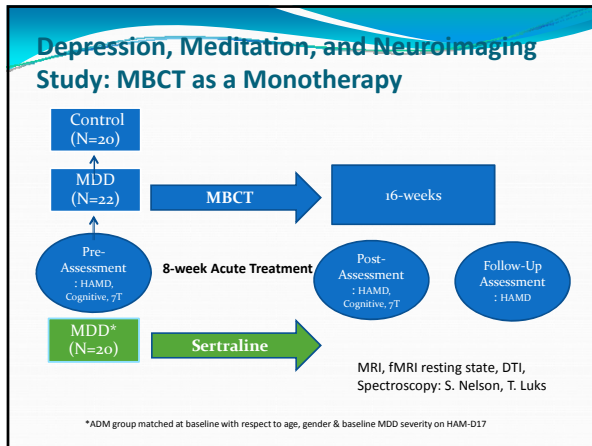
Davidson et al 2004

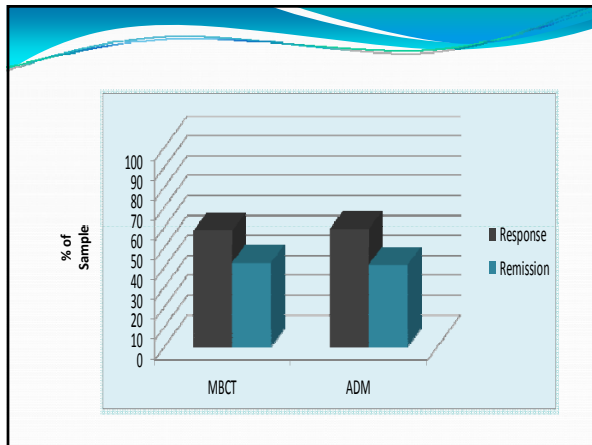


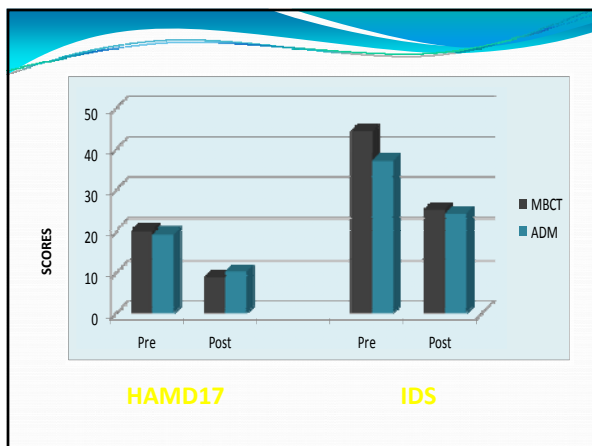












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Resources

PATH-D STUDY:
415-476-7435
<http://psych.ucsf.edu/clinical-trials.aspx?id=5392>

- The Mindful Way through Depression
by M. Williams et al.
- Mindfulness –Based Cognitive Therapy
by Z. Segal et al.

Resources

Adapting Mindfulness-Based Cognitive
Therapy for Treatment-Resistant Depression
Eisendrath S, Chartier M, McLane M:
Cognitive and Behavioral Practice
18 (2011) 362-270
