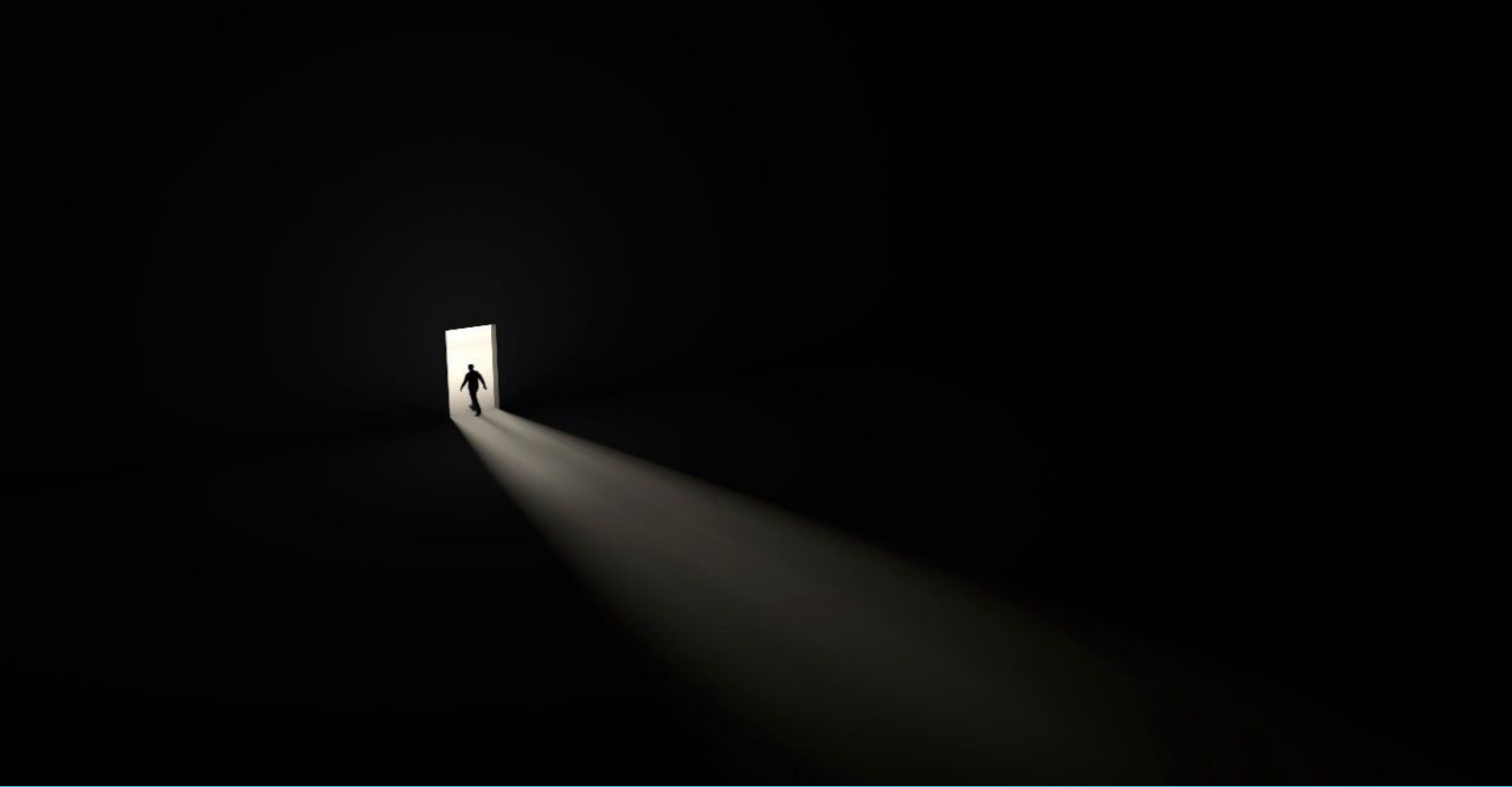


Mindfulness for Mental Health:

Its place for those who are
medically unwell

Dr Rob Waller

Director, The Mind and Soul Foundation





Mindfulness for Mental Health

Its place for those who are medically unwell

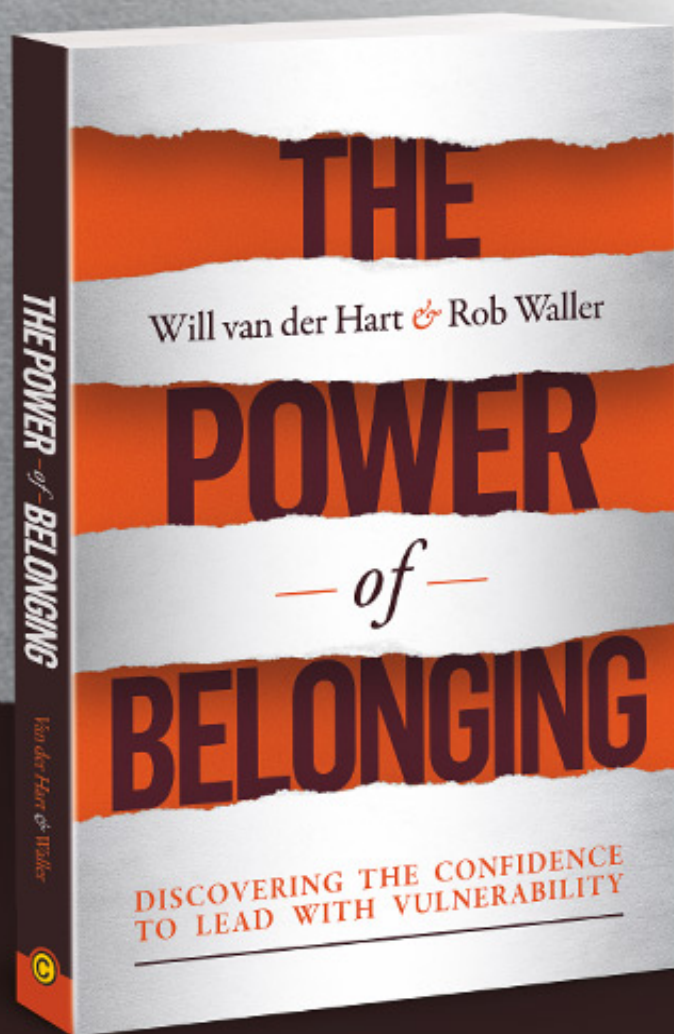
The background of the image shows several people swimming in the ocean. The scene is captured in a monochromatic blue tone, with a semi-transparent blue overlay covering the entire image. The text is white and positioned in the upper half of the frame.

mindandsoulfoundation.org

The Mind and Soul Foundation
exploring christianity and mental health



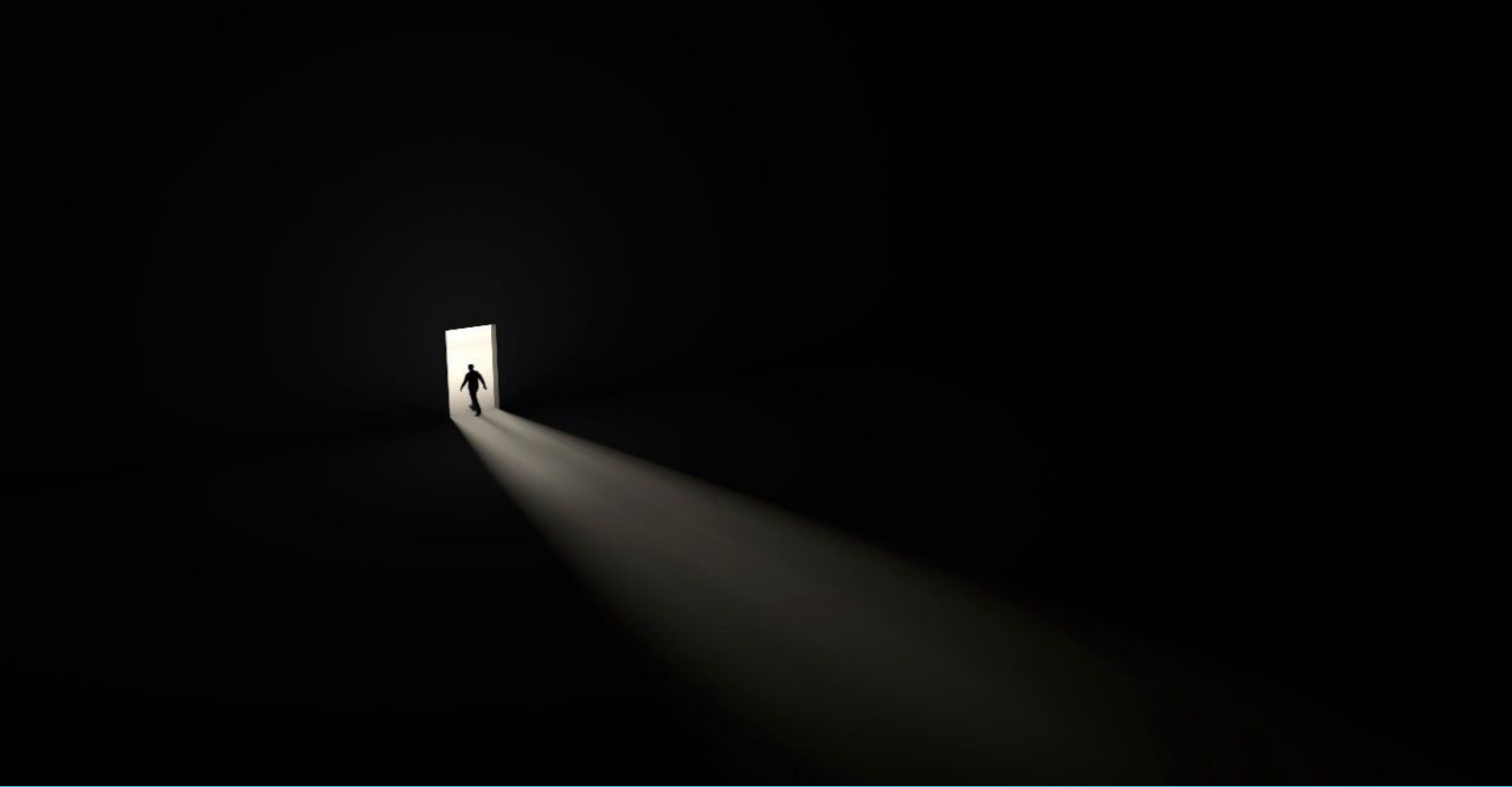
Your Online Resource
articles, videos, podcasts, books



Ultimately, we need to
allow our false selves to die
if we are going to start
living, let alone leading.

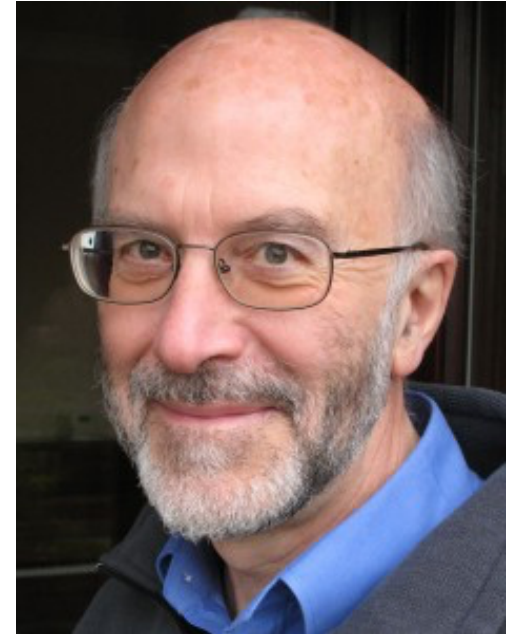
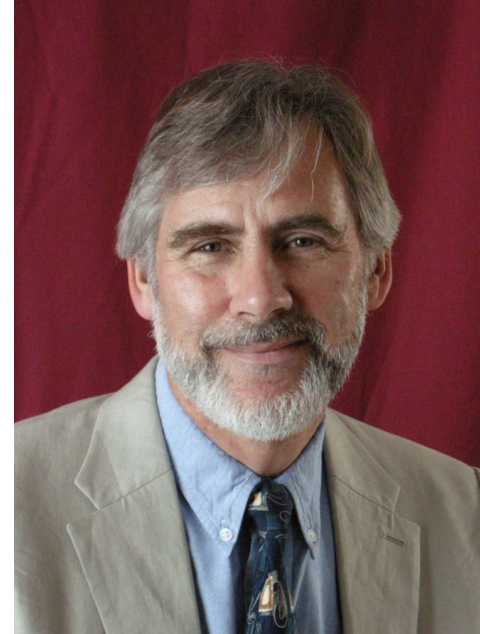
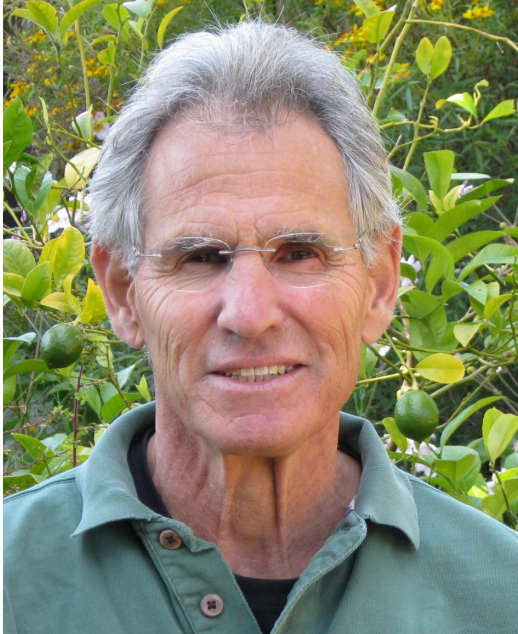
THE POWER OF BELONGING

Will van der Hart & Rob Waller





The pioneers



1985 Jon Kabat Zinn – MBSR. 2002 Zindel Segal, Mark Williams, John Teasdale - MBCT

Mindfulness in Mental Health

General Definition:

*Learning to pay attention
moment by moment,
intentionally, and with curiosity
and compassion*

[Jon Kabat Zinn]

MH Application:

*Attending to internal
experiences [including those
that are distressing]*

*Noticing and observing [rather
than suppressing then
repeating]*

Doing so non-judgmentally.

*'How' this is done is more
important than 'What' the
content is*

MBIs: Interventions

Three Core Components [in this order]

A – developing **Awareness**

B – **Being with** the experience

C – making **wise Choices**



Mindfulness works for...

Moderate effect sizes in:

- Depression – recurrent/chronic [MBCT]
- Long term physical health conditions [MBSR]

Treatment components for:

- Borderline Personality Disorder [DBT]
- *Many other conditions...*

<https://goamra.org/publications/mindfulness-research-monthly/>



Mindfulness **MIGHT** work for...

A variety of other conditions:

- Mental Health: Subjective memory loss, substance misuse, chronic pain
- Other: Physical health conditions like hypertension, diabetes, smoking cessation

New ways of delivering services:

- Its **seems** cost-effective
- Its **fairly** acceptable

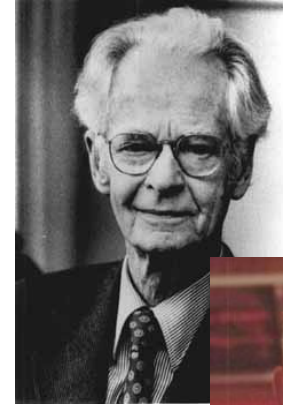
<https://goamra.org/publications/mindfulness-research-monthly/>



The three waves of therapy

1. Behavioural Therapy

- **BF Skinner** – it doesn't matter what you think! [operant conditioning]



2. Cognitive Behavioural Therapy

- **Aaron Beck** – learn how to change negative automatic thoughts



3. Third Wave Therapies

- **Steven C Hayes** – accept what you have and commit to change [one day]



Developing Compassion

Paul R Gilbert

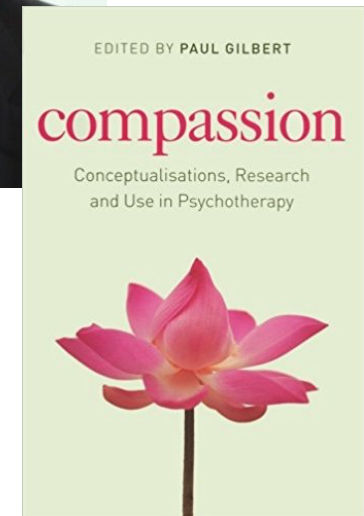
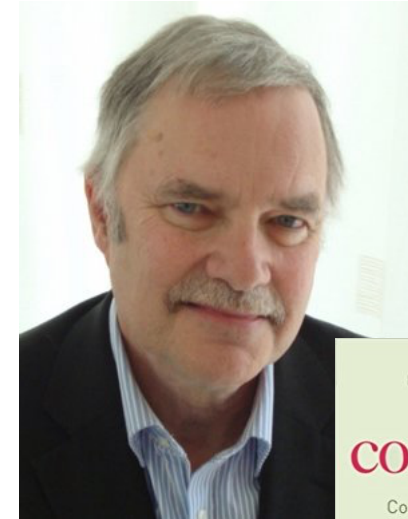
- "Compassion is the courage to descend into the reality of human experience"

Self-Compassion

- So hard to even consider
- So important for recovery

Compassion Focused Therapy

- A position of understanding rather than self-criticism



Mindfulness in psychiatry – where are we now?

Paramabandhu Groves¹

BJPsych Bulletin (2016), **40**, 289–292, doi: 10.1192/pb.bp.115.052993

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medium, provided the original work
is properly cited.

Summary Mindfulness is an increasingly popular therapeutic approach. Mindfulness-based interventions have been tried out in a wide range of mental disorders, with the strongest evidence for use in depression and anxiety. Mindfulness operates by changing the person's relationship with unhelpful thoughts and emotions. The need for home practice is both a strength and a weakness. Some find home practice too demanding and a barrier to effective utilisation of mindfulness. Others discover a set of practical tools that, once learnt, can be applied to ongoing life difficulties; in this way mindfulness may have a place in promoting recovery beyond the acute treatment of a disorder. Additionally, mindfulness may be beneficial for clinicians to promote well-being and enhance the therapeutic relationship.

Declaration of interest None.

BJPsych Bulletin [open access] - <https://doi.org/10.1192/pb.bp.115.052993>
<https://doi.org/10.1192/pb.bp.116.053686> <https://doi.org/10.1192/pb.bp.116.054122>

Why isn't it used more?

Too good to be true...

Exaggerated Claims

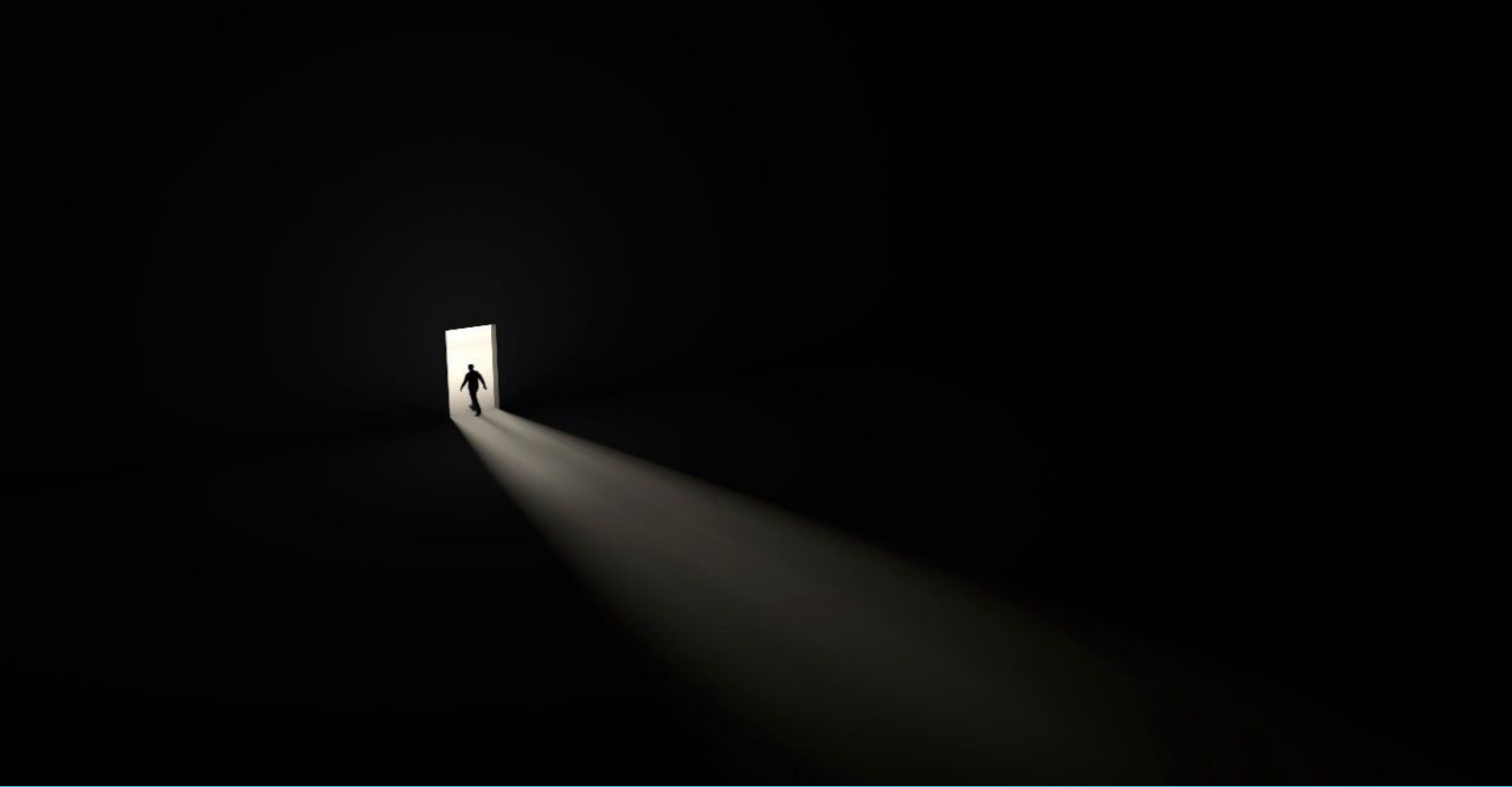
Its hard work

Negative Consequences

Un-Mindful Therapists

Variable Patients





and therefore I have hope:

22 Because of the LORD's great love we
are not consumed,
for his compassions never fail.
23 They are new every morning;
great is your faithfulness.

pter is an acrostic poem; the verses of each stanza
habet, and the verses within each stanza...

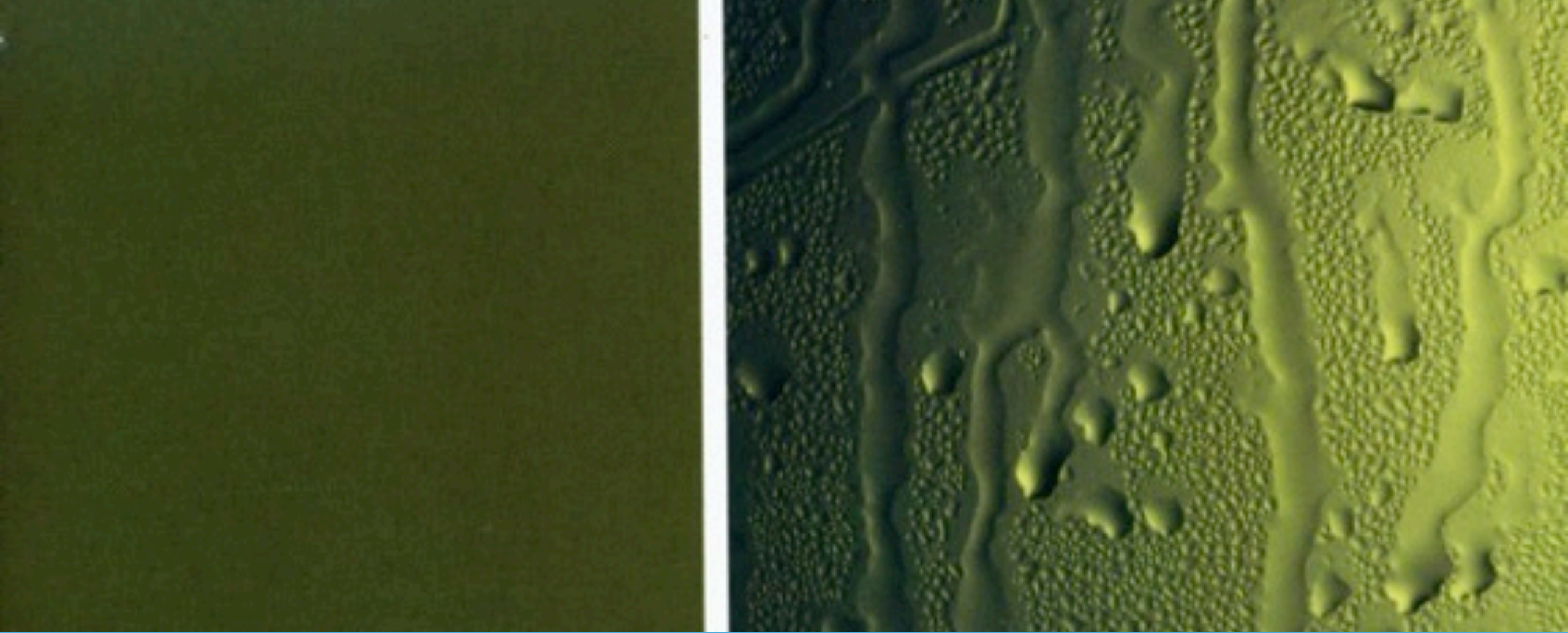
Lamentations

You must pass through pain to find hope...



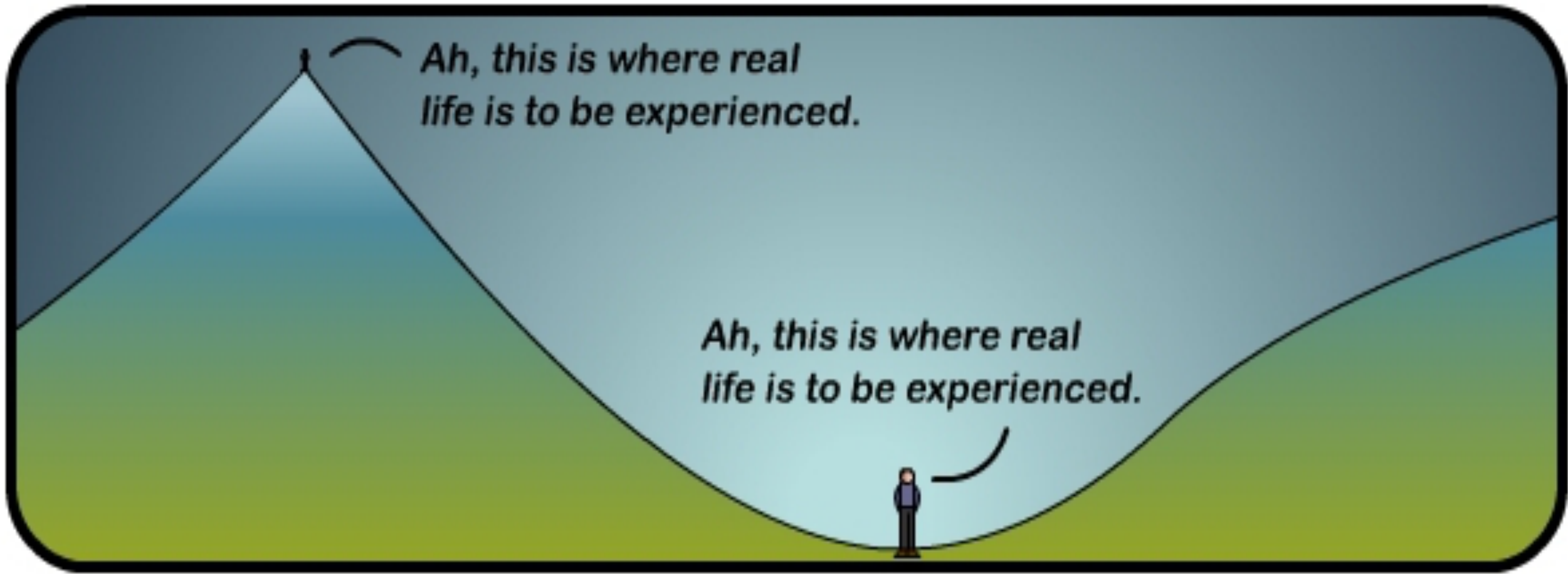
The Stations of The Cross

You must pass through pain to find hope...



The Power of Music

Michael Card
The Hidden Face of God

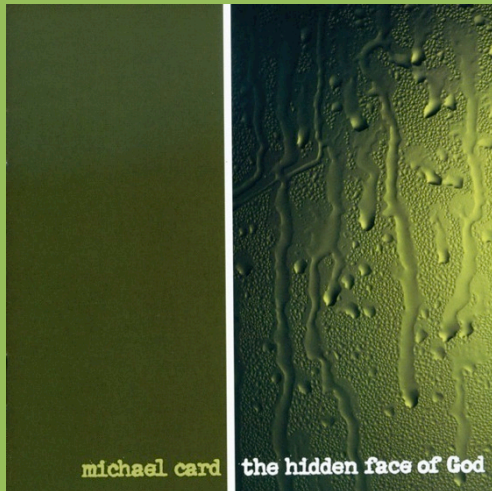


Real Life

Where we hope you will end up – being able to see the full picture
...with thanks to ASBO Jesus

The Silence of God

Michael Card
The Hidden Face of God



It'll drive a man crazy
It'll break a man's faith
It's enough to make him wonder
If he's ever been saved

When he's bleating for comfort
From Thy staff and Thy rod
And the heavens only answer
Is the silence of God

It'll shake a man's timbers
When he loses his heart
When he has to remember
What broke him apart

This yoke may be easy
But this burden is not
When the crying fields are frozen
By the silence of God

But when you have to listen
To the voices of the mob
Who are reeling in the throes
Of all the happiness they've got

When they tell you all their troubles
Have been nailed up to that cross
What about the times
When even followers get lost

...Cos we all get lost some times

There's a statue of Jesus
On a monastery knoll
In the hills of Kentucky
All quiet and cold

He's kneeling in the garden
As silent as a stone
And all His friends are sleeping
And He's weeping all alone

And the Man of All Sorrows
He never forgot
What sorrow is carried
By the hearts that He bought

So when the questions dissolve
Into the silence of God
The aching may remain
But the breaking does not

The aching may remain
But the breaking does not
The holy lonely lonesome echo
Of the Silence of God



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