

Mindfulness & Compassion in Psychotherapy

Tailoring the Practice to the Person

Ronald D. Siegel
Center for Mindfulness & Compassion
Harvard Medical School

What is Mindfulness?

- *Sati* in Pali
 - Connotes *awareness, attention, & remembering*
- In therapeutic arena, also includes
 - Non-judgment
 - Acceptance
 - Adds kindness & friendliness

Therapeutic Mindfulness

1. Awareness
2. Of present experience
3. With acceptance

Mind/lessness

- Operating on “autopilot”
- Being lost in fantasies of the past and future
- Breaking or spilling things because we’re not paying attention
- Rushing through activities without attending to them

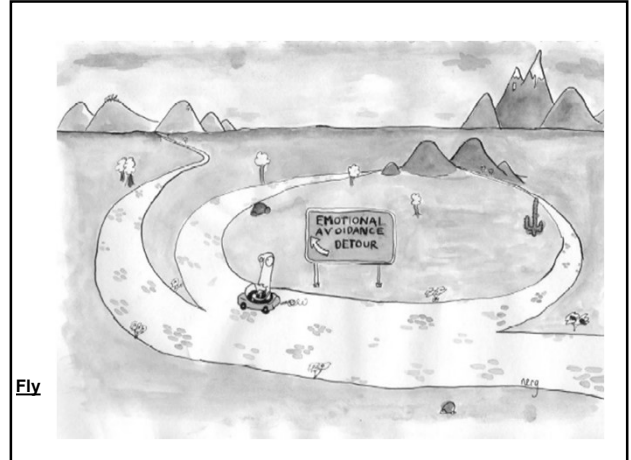
Mindfulness *Practice* is Not:

- Having a “blank” mind
- Becoming emotionless
- Withdrawing from life
- Seeking bliss

Breath Awareness



How it Works

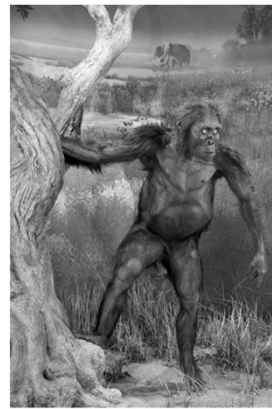


Overwhelmed?



Intensity of
experience

Capacity to
bear experience



The Thinking Disease

- Analyze past pleasure and pain
- Maximize future pleasure and avoid future pain



Fitting the Practice to the Person

Core Practice Skills

1. Concentration (focused attention)
2. Mindfulness *per se* (open monitoring)
3. Acceptance and Compassion

Focused Attention vs. Open Monitoring

- Concentration (FA)
 - Choose an object and follow it closely
- Mindfulness (OM)
 - Attend to whatever object rises to forefront of consciousness

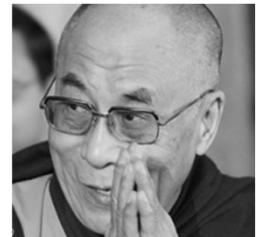


Acceptance & Compassion



Loving-kindness

- “Metta” practices
 - May I be happy, peaceful, free from suffering
 - May my loved ones be happy. . .
 - May all beings be happy. . .



Continuum of Practice

Informal Mindfulness Practice



Formal Meditation Practice



Intensive Retreat Practice

Telephone Meditation



Taillight Meditation



Shower Meditation



Formal Practice (Results May Vary)

- Data supports effects of formal meditation
- Structural and functional brain changes.



Intensive Retreat Practice



To Receive Free Materials

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Timing is Everything

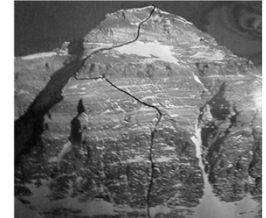
Turning toward Safety I

- Outer or distal focus
 - Walking Meditation
 - Listening Meditation
 - Nature Meditation
 - Eating Meditation
 - Open eye practices



Turning toward Safety II

- Inner focus
 - Mountain Meditation
 - Guided Imagery
 - *Metta* Practice
 - DBT techniques



Turning Toward the Sharp Points

- Moving toward anything unwanted or avoided
- How is it experienced in the body?
 - Pain, fear, sadness, anger
 - Unwanted images or memories
 - Urges toward compulsive behaviors



Different Strokes

- Need for frequent adjustment of exercises
- Elicit feedback about the experience
 - Both during and after practice
- Titrate between Safety and Sharp Points

When Mindfulness of Inner Experience Can Be Harmful

- When overwhelmed by traumatic memories
- When terrified of disintegration, loss of sense of self
- When suffering from psychosis



Alternate Techniques when Overwhelmed

- Eyes open, external sensory focus
 - Ground, trees, sky, wind, sounds
- Yoga practices to stretch and relax muscles



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For tailored meditation practices, visit:

www.DrRonSiegel.com

email:

rsiegel@hms.harvard.edu