

# OVERVIEW OF MINDFULNESS BASED COGNITIVE BEHAVIORAL THERAPIES

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# Traditional CBT

- Focus on dysfunctional cognitions
- Challenge thoughts
- Very change oriented
- Problem solving focus
- Focus on setting agenda and structuring treatment
- Homework between sessions to encourage learning and using skills in environment

# Mindfulness

Mindfulness originates from Eastern Buddhist tradition

- the ability to be present in the current moment and accept it without judgment.
- the ability to make choices with awareness.
- the ability to notice our experience without attaching to it.
- the ability to participate in life fully.

# Mindfulness Based Therapies

- Mindfulness Based Stress Reduction (MBSR) by Jon Kabat-Zinn
- Mindfulness Based Cognitive Therapy (MBCT) by Zindel Siegel and others
- Dialectical Behavior Therapy (DBT) by Marsha Linehan
- Acceptance and Commitment Therapy (ACT) by Stephen Hayes
- Mindfulness Based Self Compassion by Kristen Neff and Chris Germer

# MBCT

- Depression is episodic and recurrent
- Proven to be as effective as using long term medication
- Looked at what effect sadness has on mood and memory and work with that to reduce chances of relapse
- Help people develop a different relationship to sadness

# Depression Loop

- Circular process rather than linear set of events
- Four entry points: thoughts, feelings, sensations, and behaviors
- The brain anxiously defaults to the past
- Also jumps to the future, planning, rehearsing, and anticipating a catastrophe
- May see a way out but overwhelmed by thoughts, feelings, sensations, and behaviors

# Natural Antidepressants

Recommended by Elisha Goldstein in Mindful magazine

- Mindfulness
- Self-compassion- nonjudgmental stance
- Purpose – live in accordance w/ your values
- Play- flexible state of mind; pleasure
- Mastery- sense of personal control and confidence; engaged in learning

# Five Mind Traps

- Five major mind traps
- These voices keep us stuck in a depression loop sometimes
- One of the keys to cultivating an antidepressant brain is realizing that you are not these thoughts or the stories they tell.



# Five Mind Traps

## 1. Doubt

- Whenever you hear advice about how to work with challenges you have, you might notice the voice of doubt: “This might work for some people, but it’s probably not going to work for me.” The motive of this voice is to keep us safe from failure or disappointment, but ultimately it keeps us away from new experiences that can be supportive.

# Five Mind Traps

## 2- Emptiness

- Longing to be elsewhere, our minds settle on the belief that the current moment is never enough, we're not enough, or we can't do enough, it's all so empty. The problem with this kind of thinking: when the awaited event does occur, happiness may not come with it. This motive of trying to fix the current moment leaves you in a perpetual cycle of dissatisfaction.
- By focusing on the idea that you're not where you "should be", your brain is constantly reinforcing the message that something is wrong with you, which then highlights a gap of deficiency that only grows wider as it tries harder. The root problem is not what you don't have, but the fact that you really don't feel whole or complete

# Five Mind Traps

## 3. Irritation

- Someone might be walking down the hallway at work humming his favorite tune, and thoughts come up: “Does he think everyone wants to hear him? Uh, what is he so happy about anyway?”
- Meanwhile, who’s suffering? We’re the ones in pain, but our brains think if we project our irritation onto another person, we’ll find relief from the pain. If these voices continue to come up in our relationships and aren’t discussed, the feelings turn into resentment that inevitably eats away at the relationship like a cancer. But voices of irritation can alert us that something isn’t right and, with awareness, we can use this information to be constructive.

# Five Mind Traps

## 4. Sluggishness

- Have you ever had the idea to do something that's good for you- hang out with friends, exercise, meditate- but you hear this voice: "I want to do it, but I'm too tired. I'll do it tomorrow."
- If we're actually tired- maybe we haven't slept enough or had an exceptionally taxing day- we need to listen to our bodies and rest. At other times, these sluggish voices are just another sign we're avoiding being with ourselves because we fear that it will be uncomfortable. If we can recognize it, we can face it and when we can face it, we can work it and break free.

# Five Mind Traps

## 5. Restlessness

- These days our brains are being trained to be noisier, busier, and more distracted. You're sitting alone waiting for a drink. Your eye catches your phone: "I wonder if I received any new messages. Nope, not one since a minute ago. What about Facebook, anything there? Some new updates, not that interesting. Twitter? Ah, that's an interesting tweet. I wonder when the drink going to come?"
- When there's a space empty of *doing*, restless voices rise up. We feel compelled to fill the spaces, but we don't realize that in these empty spaces, we have a choice between doing and being; it's where possibility and opportunity emerge, and where there is a chance to make changes for the better.

# Mindfulness is simply

- Being aware of what is happening right now without wishing it were different
- Enjoying the pleasant without holding on when it changes (which it will)
- Being with the unpleasant without fearing it will always be this way. (which it won't)
  
- James Baraz

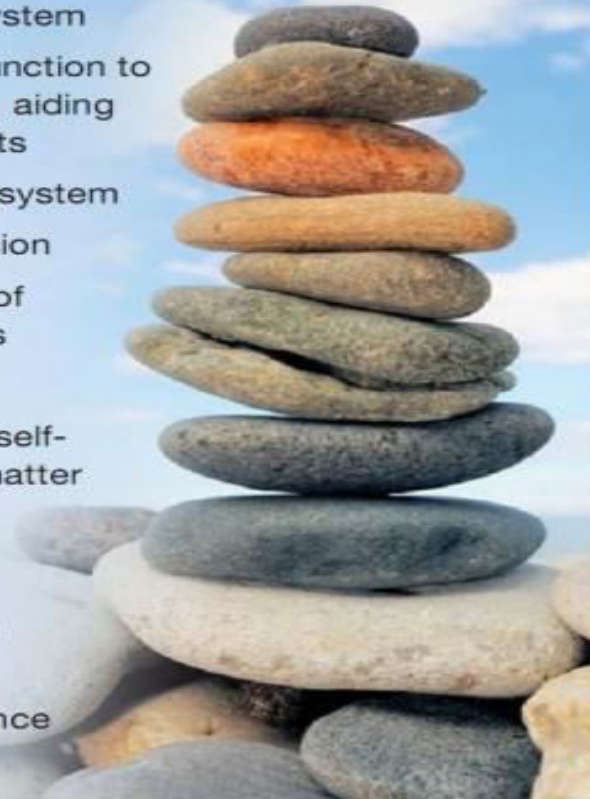
# Mindfulness Wheel



# Benefits of Meditation

## Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.





# Zen Things

- Do one thing at a time
- Do it slowly and deliberately
- Do it completely
- Do less
- Put space between things
- Develop rituals
- Designate time for certain things
- Devote time to sitting
- Smile and serve others
- Make cleaning and cooking become meditation
- Live simply

# The Breath

- Always with you and powerful tool for calming the nervous system down
- Can be a focus of meditation
- Helps ground us in the present
- 3 part breath
- Can count as you inhale and exhale
- “I am inhaling” “I am exhaling” can be repeated
- Square breathing: inhale for 4, hold for 4 and exhale for 4
- Can lengthen the exhale
- Alternate nostril breathing

# 7 Things Mindful People Do Differently

# 1

Approach everyday things with curiosity  
—and savor them

Forgive their  
mistakes—  
big or small

# 2

# 3

Show gratitude for  
good moments—and  
grace for bad ones

Practice  
compassion and  
nurture connections

# 4

# 5

Make peace with  
imperfection—  
inside and out

Embrace vulnerability  
by trusting others—  
and themselves

# 6

# 7

Accept—and  
appreciate—that  
things come and go