

Mindfulness in Practice

“The Science of Wellbeing” Conference

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www.mindfulnessauckland.co.nz

Mindfulness :

- Means paying attention in a particular way:
- On purpose
- In the present moment
- And non-judgmentally

-Jon Kabat-Zinn

Mindfulness Auckland

- Mindfulness-based stress reduction
- 8 weeks and 1 day retreat
- 9 years in Auckland
- Over 500 people have participated
- Jon Kabat-Zinn , Saki Santorelli 30 years ago
- Centre for Mindfulness in Medicine, Health Care and Society www.umassmed.edu/cfm

- James Carmody 2000 taught in Auckland
- Self-referral via word-of-mouth, Health Professionals or web-site
- Graduates' programme, 5 sessions over 10 weeks
- Drop-in sessions
- Graduates retreat days
- Weekend retreat November 2011, see website

MBSR outcomes

- Psychological symptoms
- Anxiety
- Depression
- Burn-out
- Decreased stress and rumination
- Decreased negative affect/increased positive affect
- Relaxation
- Cancer patients' psychological well-being
- Health professionals' and trainees' measures of well-being

MBSR Outcomes

- Physical Health
- Chronic pain syndromes
- Cancer- psychological and biological outcomes
- Psoriasis
- Cardiovascular disorders
- Arthritis
- Type 2 diabetes
- Organ transplants

Development of:

- Compassion, for self and others
- Empathy
- Awareness
- Equanimity
- Insight
- Spirituality
- Optimal states of well-being and consciousness
- Maslow's "farther reaches of human nature"

Brain structure and function

- Changes in left frontal activity and immune function Kabat-Zinn et al, 2003
- Increased capacity to aim and sustain attention, U Penn, 2007
- Measurable growth in hippocampus ,
- and shrinkage in amygdala, correlated with reported levels of stress reduction, Lazar , 2010

References

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- Salzberg, Sharon, Real Happiness, The Power of Meditation, Workman Publishing, New York, 2011