



MINDFULNESS: FROM THEORY TO REALITY IN REHABILITATION

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OVERVIEW

- Background
- Personal Reflections on MBSR
- Discovering another way
- Integration into therapy
- Integration into rehabilitation
- Case study
- Reflections



BACKGROUND

- BSc Hons OT 2001
- Rotational OT experience
- Pg dip Service development 2003-06
- Cardiac rehab project started in 2005, bringing psychological support to the physical field
- Adv Dip CBT 2010-11
- First taster of mindfulness- 2010
- Started MSc CBP at Salford Uni, Sept 2013
- MBSR- 2013
- Mindfulness module (MRE workshop 1&2)
- Practice days
- MRE workshop 3 April 2016



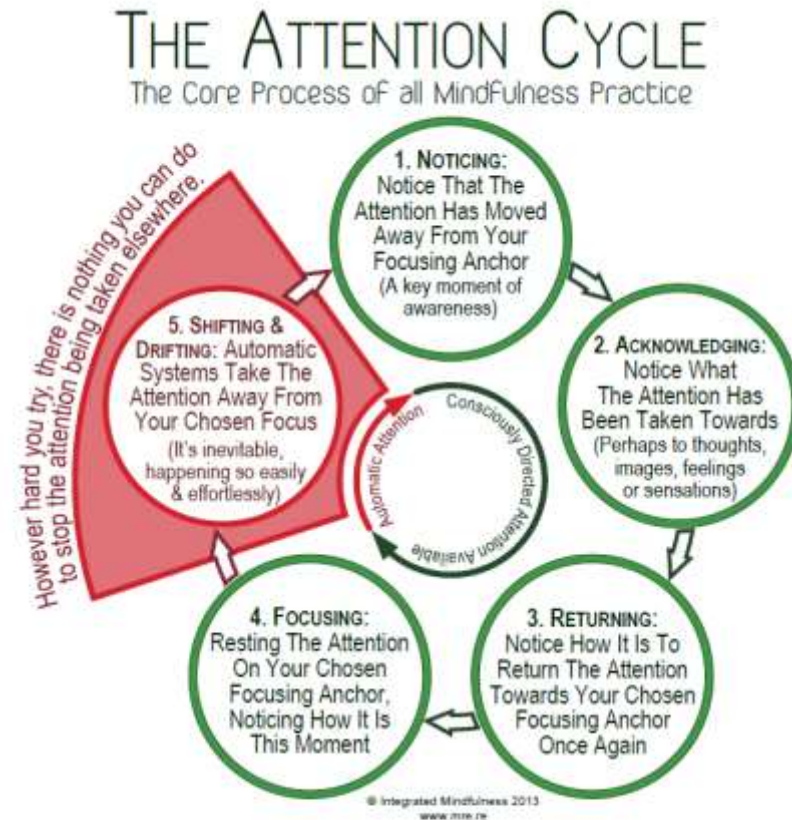
PERSONAL REFLECTIONS ON MBSR

- Week 1- But why
- Week 2- I don't understand
- Week 3- pain/discomfort physically
- Week 4- pain/discomfort mentally
- Week 5- Ok I think I can understand this now
- Week 6- I'm getting better
- Week 7- I shouldn't be aiming for getting better..
That isn't mindfulness
- Week 8- I feel more peaceful... but should I???



DISCOVERING ANOTHER WAY

- Mindfulness doesn't have to be formal
- Mindfulness doesn't have to follow a set pattern
- It is okay to offer explanations
- It is okay to talk about possible benefits
- It is okay to be client-centred rather than curriculum centred



INTEGRATION INTO INDIVIDUAL THERAPY

Stage 1

- Being a mindful therapist
- Introducing ideas

Stage 2

- Be client led, know their aversions and difficulties
- Test the water together
- Start small, familiar and adapt if needed

Stage 3

- Introduce home practices, recordings or activities
- Discuss in session, build and grow as tolerated/wanted by the client
- Integration into life



INTEGRATION INTO GROUP THERAPY

- We run an 8 week Healthy minds group
- Educational based stress management and relaxation group
- Topics include; psychoeducation, motivation, assertiveness, sleep, Tai Chi, relaxation, procrastination and more
- Incorporating mindfulness... tests of change
- Evaluation and feedback
- “Loved the relaxation and mindfulness sessions and the diaphragmatic breathing too and the positive thinking as well.”
- “Great work, I am a changed man!”
- “Thankyou, This course has been really worth while, it has helped me immensely refocus on life and move on following last years events.”



CASE STUDY

- Patient A
- 23yrs old
- Student
- ICD
- PTSD- undiagnosed
- Epilpesy
- CBT, graded desensitisation, compassion work and mindfulness
- How it all came together

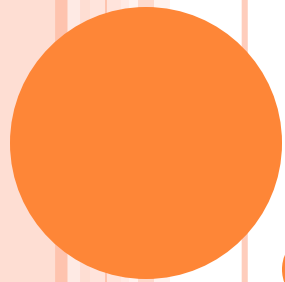




MINDFULNESS ISN'T DIFFICULT,
WE JUST NEED TO REMEMBER
TO DO IT. - SHARON SALZBERG

REFLECTIONS





THANKYOU FOR LISTENING

Any Questions?