Person-Centered Mindfulness: Modifications

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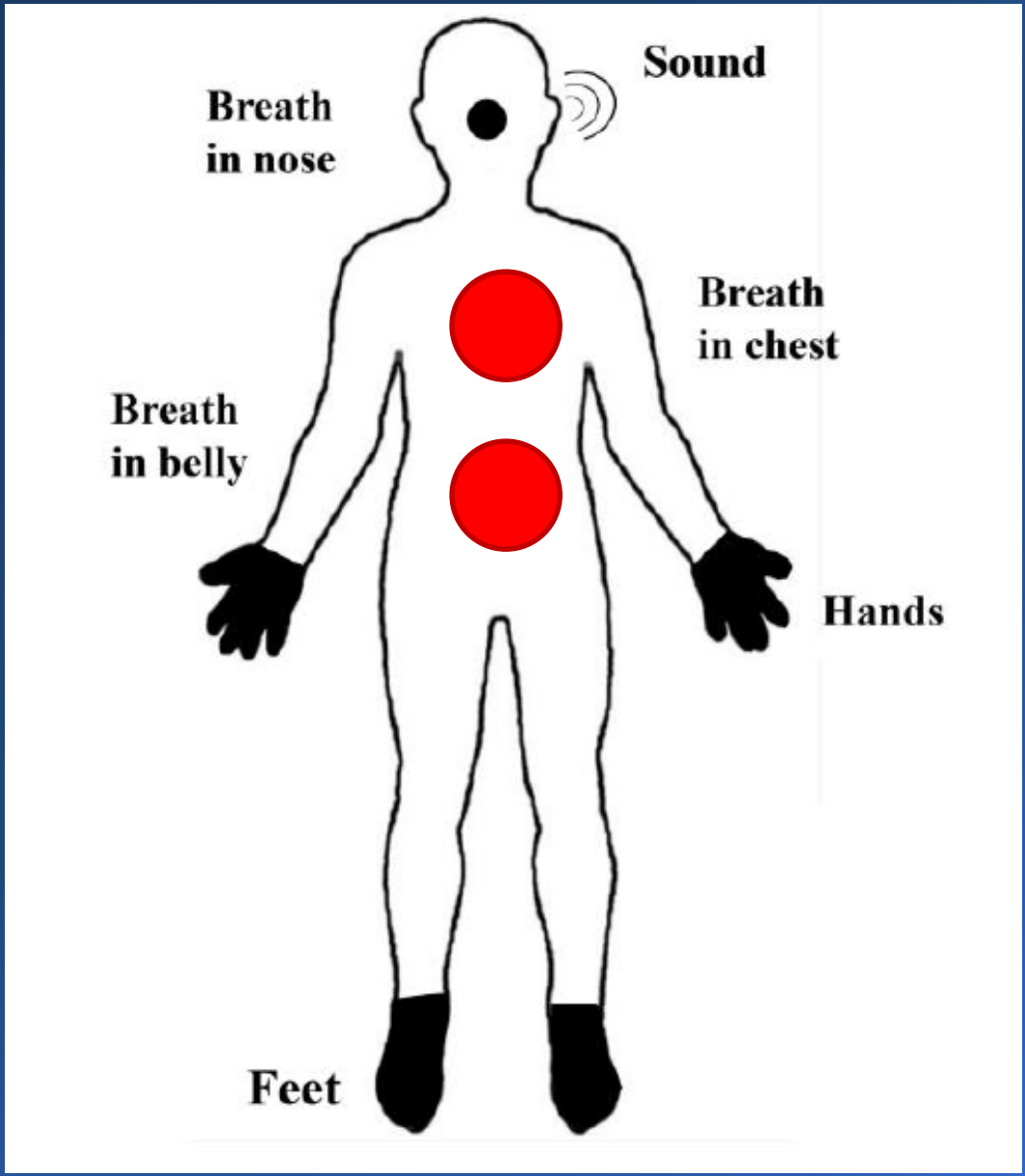
Person Centered Modifcations

Choice of Anchor	• Beyond the breath
Movement vs immobility	• Body • Attention
Shame + Blame	• Victim blaming
Additional Resources	• Trainings • Toolbox • Cheetah House

Choice of Anchors

- client's choice
- neutral/positive
- Majority chose:
- Non-breath anchors



frontiers in Psychology

ORIGINAL RESEARCH
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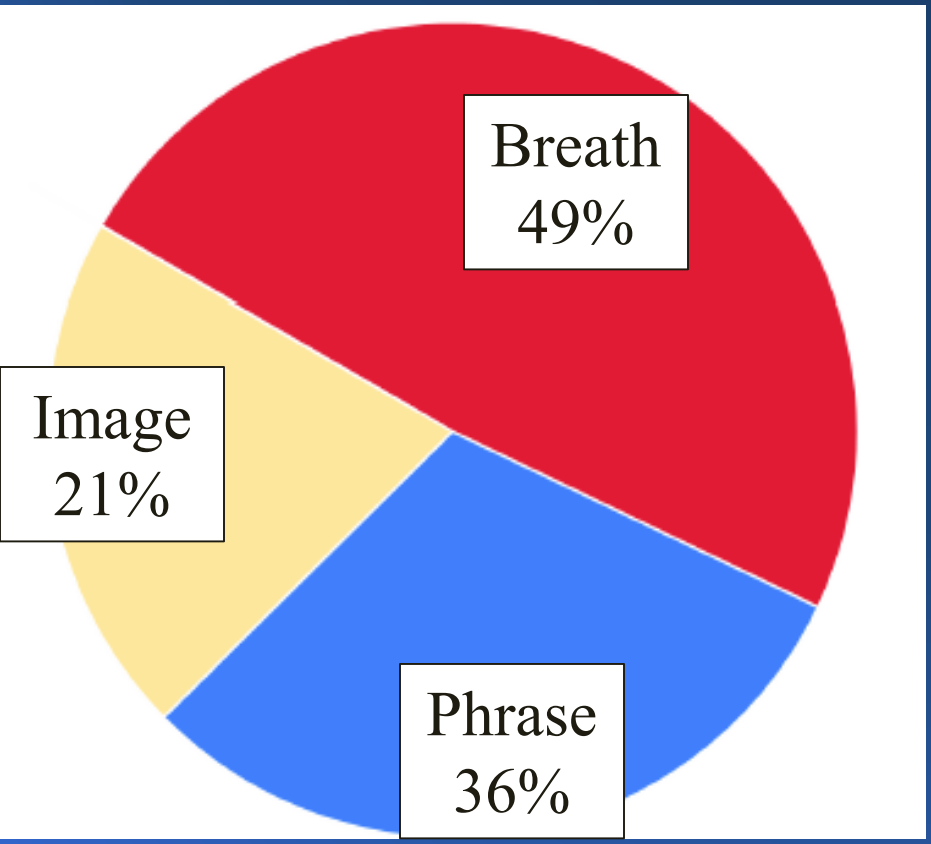
Personalising Practice Using Preferences for Meditation Anchor Modality

Thomas Anderson and Norman A. S. Farb*

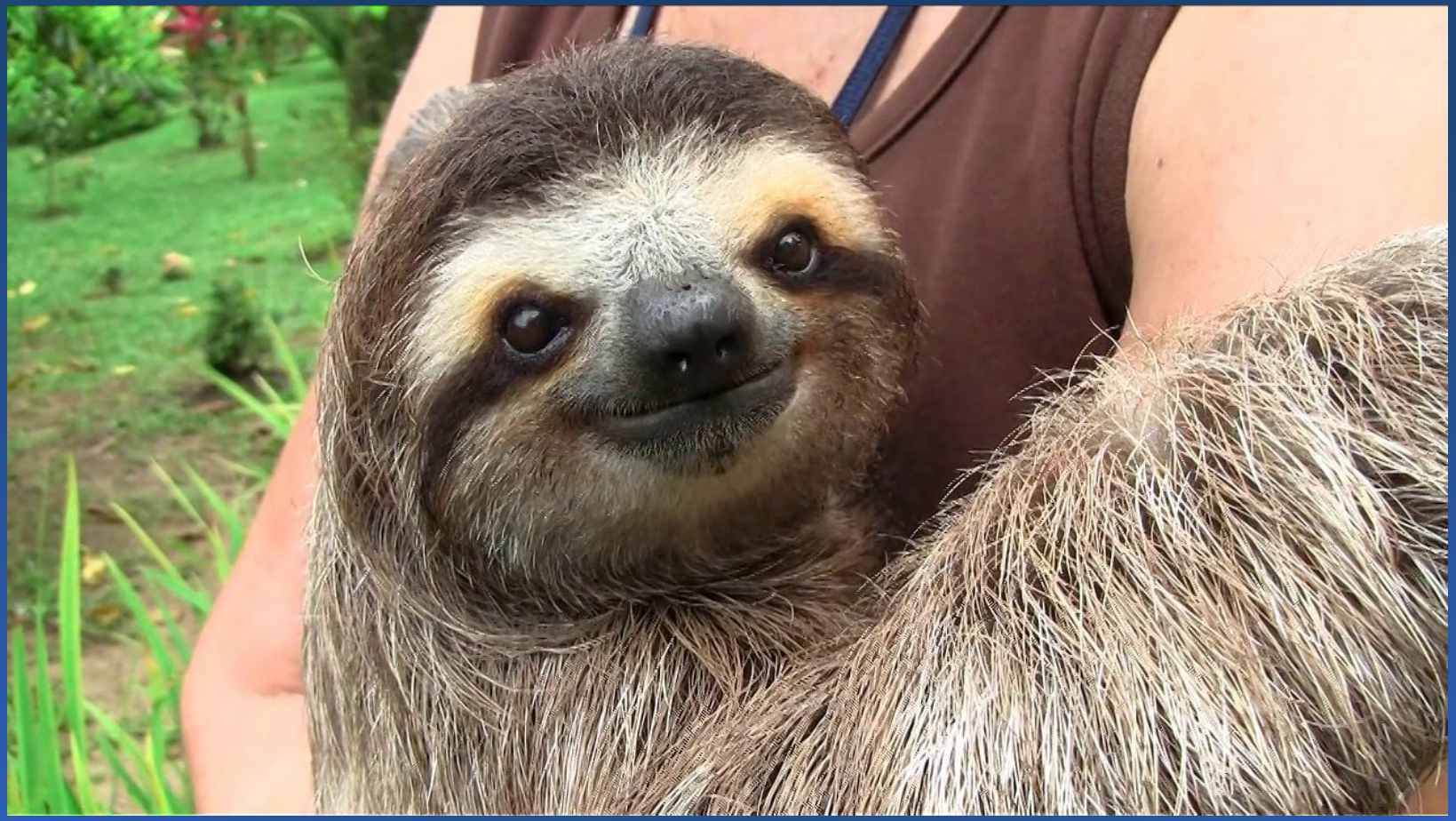
Department of Psychology, University of Toronto, Toronto, ON, Canada



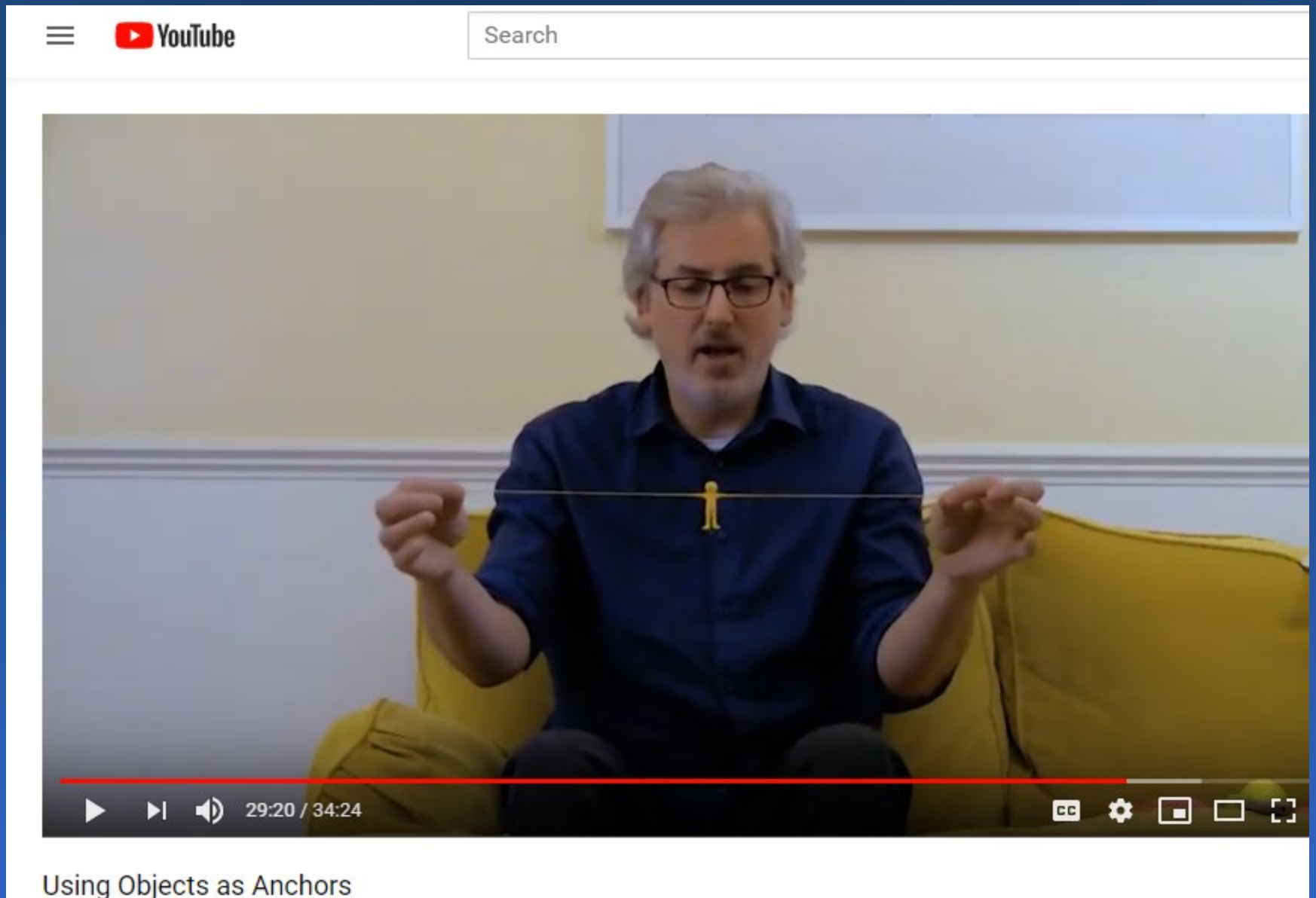
Physiological response depended on person x anchor interaction, not anchor

Favored anchor =↓ HR
Unfavored anchor = ↑ HR

Choice of Anchors



Choice of anchors

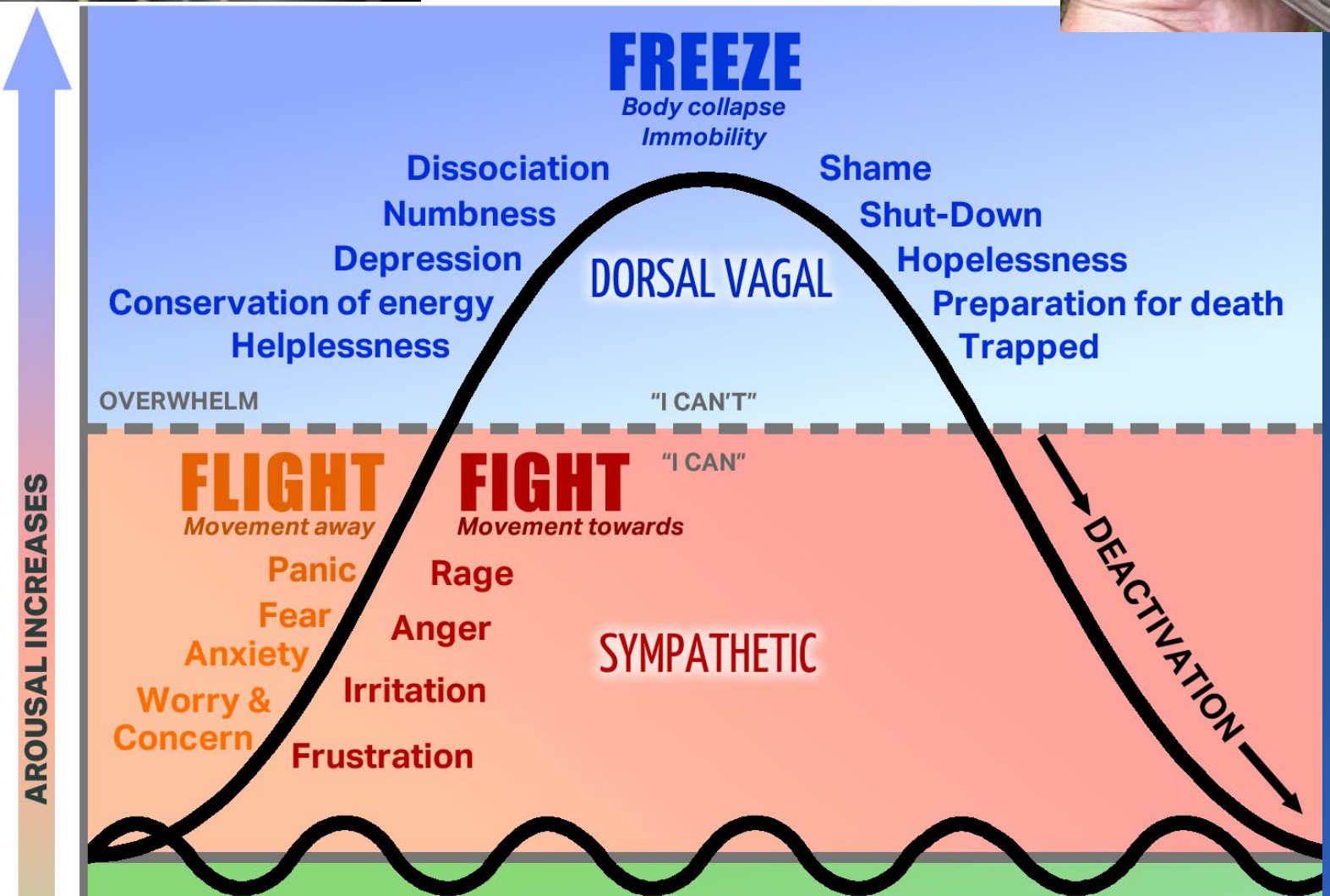


Movement

vs

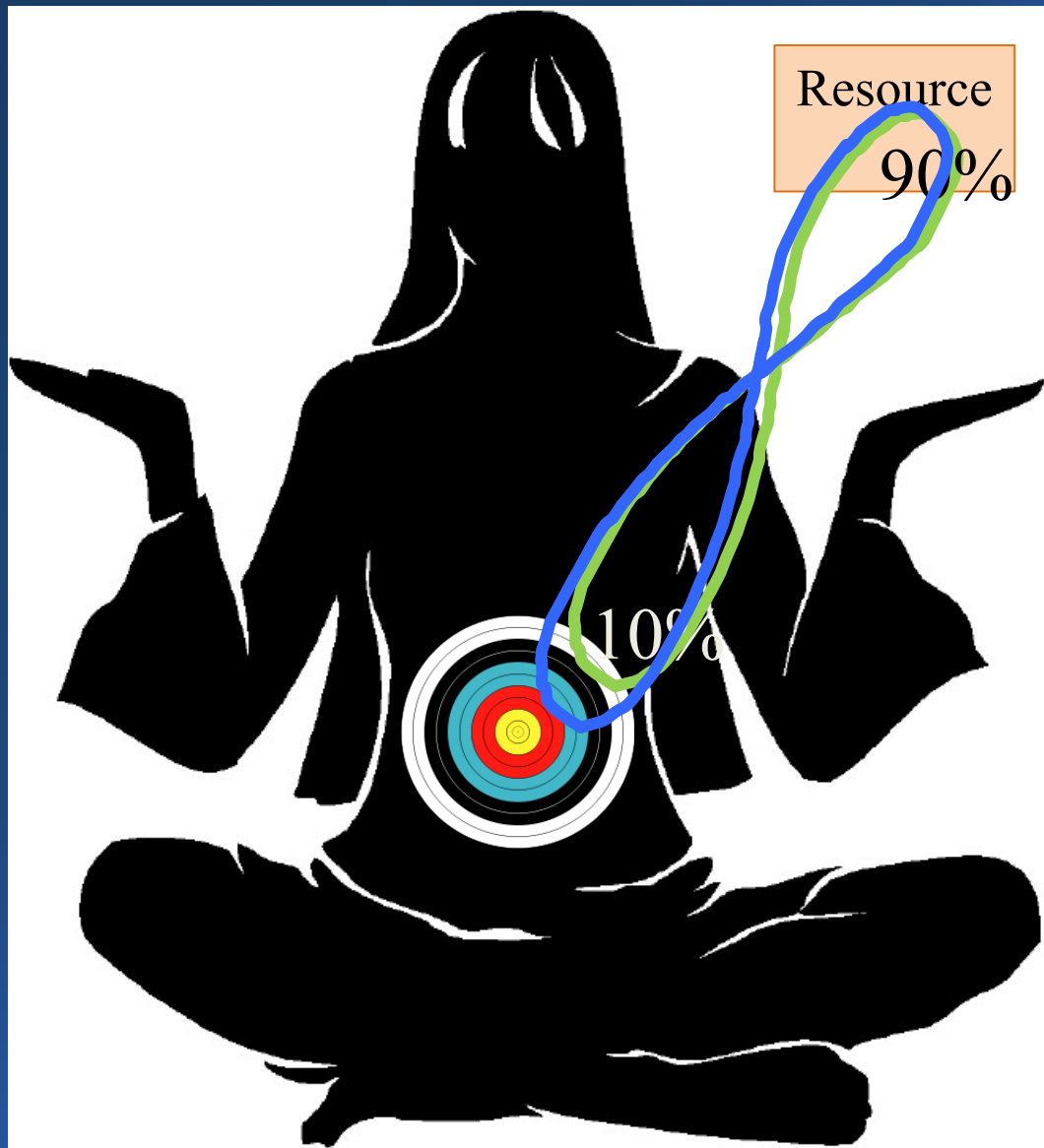
Immobility

Immobility


FREEZE
Body collapse
Immobility
Dissociation
Numbness
Depression
Conservation of energy
Helplessness
Shame
Shut-Down
Hopelessness
Preparation for death
Trapped
DORSAL VAGAL
OVERWHELM
"I CAN'T"
"I CAN"
FLIGHT
Movement away
Panic
Fear
Anxiety
Worry & Concern
FIGHT
Movement towards
Rage
Anger
Irritation
Frustration
SYMPATHETIC
DEACTIVATION
AROUSAL INCREASES

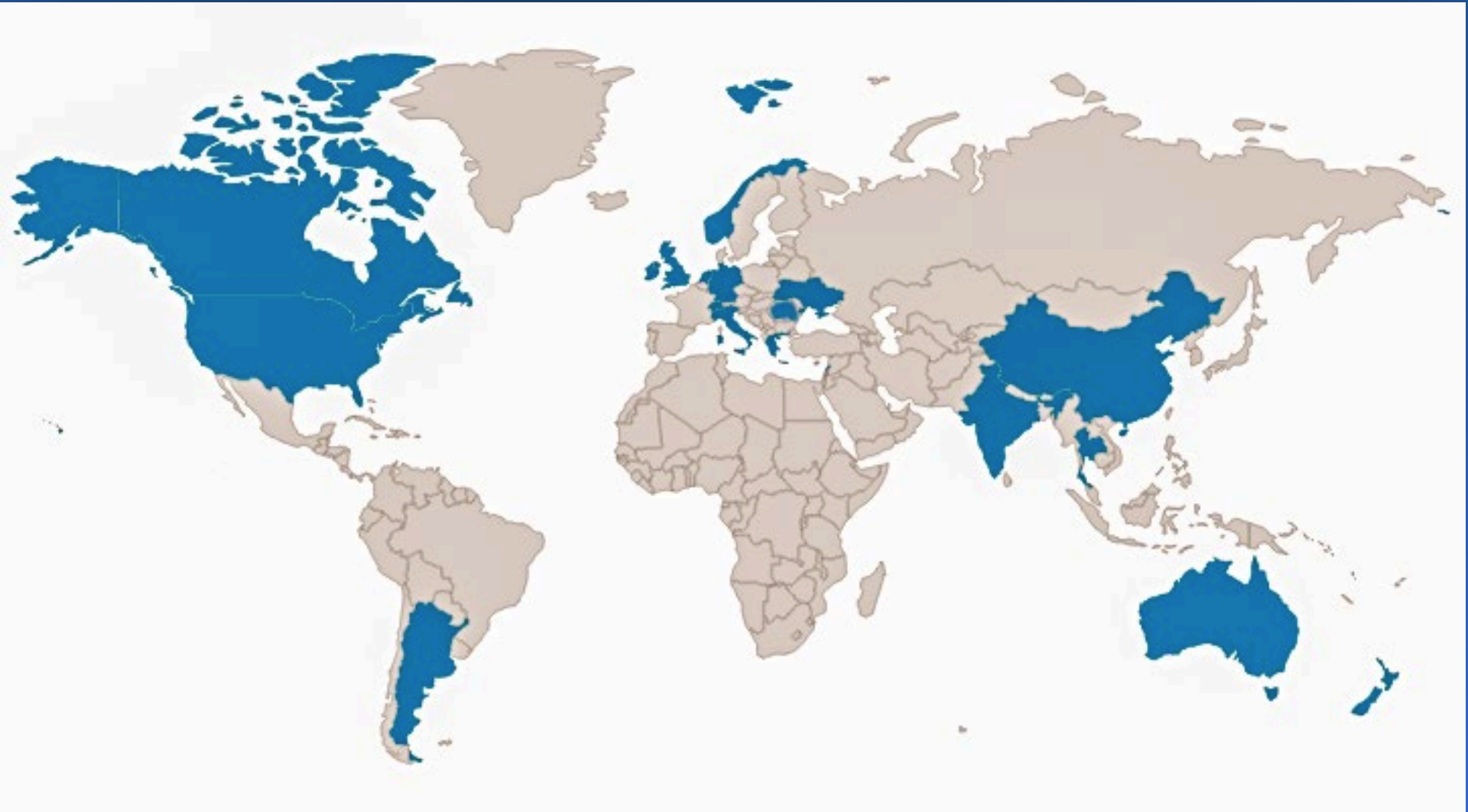
Titration and Pendulation

- Gradual, bite-size, manageable
- Alternating difficult with resourced
- Slowly build capacity



Shame and Blame

Online Support Group for meditators-in-distress



Forms of shame and blame

- “rare”
- Pre-existing vulnerability (psych, trauma)
- Meditated too much/incorrectly
- Improper supervision
- Non-acceptance/resistance
- Improper preparation/informed consumer

Forms of shame and blame

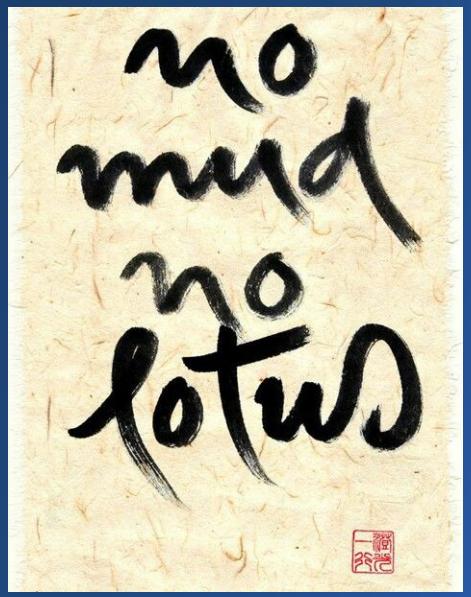
"I think that many of the people who are having difficulty and who are reporting that their problems are exacerbated by meditation are not meditating correctly, to put it simply and coarsely.

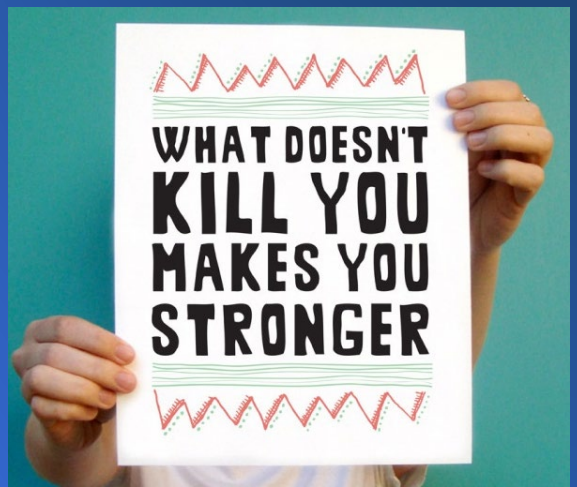
Some might even say that they're not meditating. That they think they're meditating, but they're not really meditating."

-Richard Davidson, PhD
Vice, December 2018

Potentially unhelpful messages

- Suffering = pain x resistance
- “no pain no gain”
- “what we resist, persists”
- “the only way forward is through”
- “leaning into your sharp points”
- “going to the places that scare you”





Subtle messages

BAD	GOOD
Saying no	Saying yes
Avoiding	Confronting/facing
Resisting	Accepting
Aversion	Lovingkindness
Turning away	Turning towards
Distraction	Attention to
“	Feel “Fully” (100%)
Reactive/judgmental	Non-reactive/nonjudgmental

Additional Resources

FIRST DO NO HARM:
Working Skillfully with Meditation-Related Challenges

Willoughby Britton, PhD

Jared Lindahl, PhD

David Treleaven, PhD

UCSD Center for Mindfulness

Center for Mindfulness in Medicine, Health Care, and Society

Mindful SCHOOLS

PRIFYSGOL BANGOR UNIVERSITY

CENTRE FOR MINDFULNESS RESEARCH AND PRACTICE
CANOLFAN YMWYBYDDIAETH OFALGAR YMCHWIL AC YMARFER

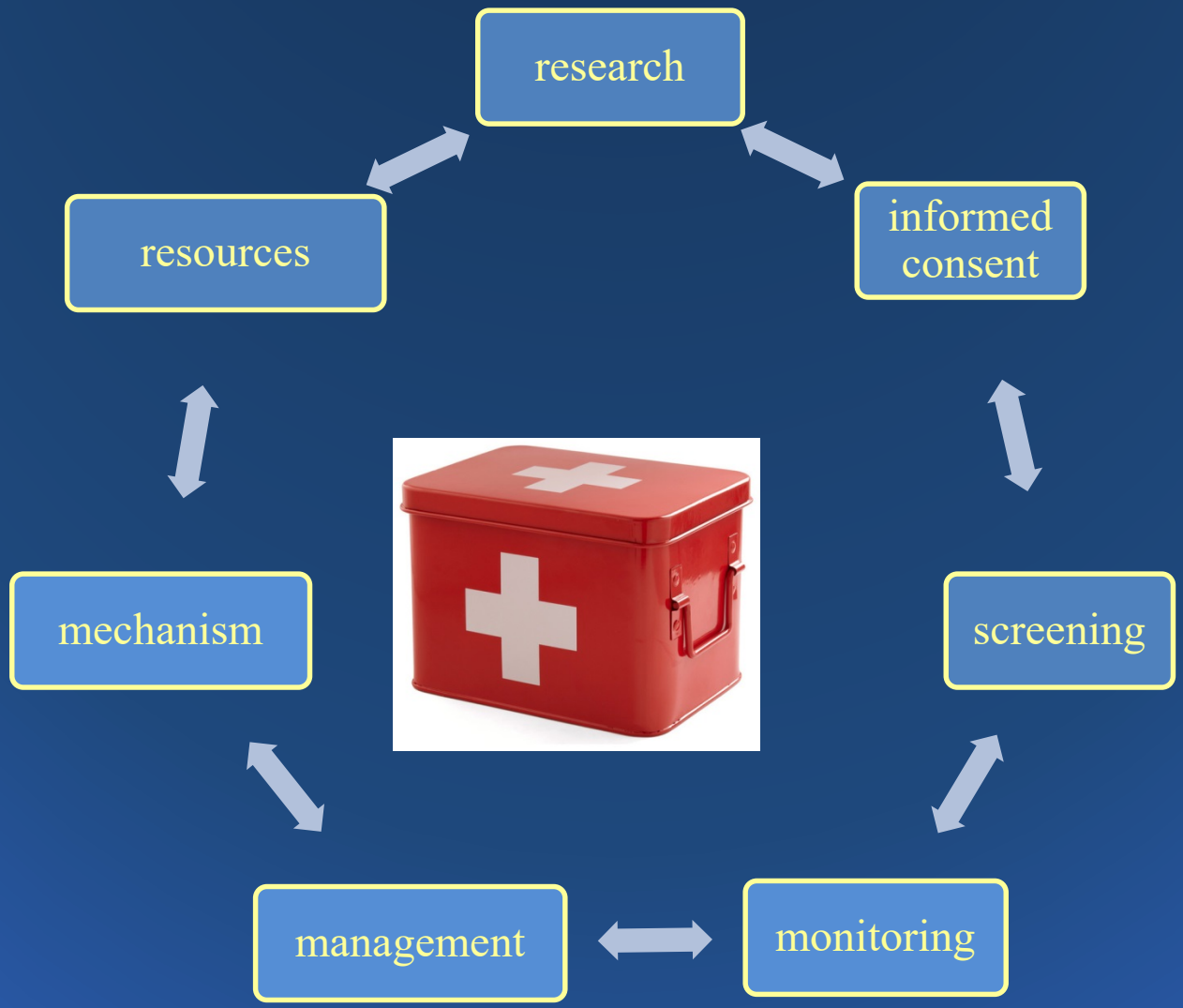
NHS

THE HARVARD MEDICAL SCHOOL

BROWN Mindfulness Center

marc·UCLA Mindful Awareness Research Center

Meditation Safety Toolbox



www.brown.edu/research/labs/britton/resources/meditation-safety-toolbox

Cheetah House

- Cheetahouse.org@gmail.com
- Facebook Page
- YouTube Channel
- Individual consultations
- Referrals
- Online support groups
- Website

www.cheetahhouse.org (forthcoming)

Meditating in Safety

- http://meditatinginsafety.org.uk/
- info@meditatinginsafety.org.uk

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Coming to Manchester in July