

AN IDIOSYNCRATIC APPROACH TO PERSON CENTRED MINDFUL PRACTICE

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Mindfulness

- ▣ Non reactivity to inner experiences
- ▣ Observing/noticing/attending to sensations thoughts feelings perceptions
- ▣ Acting with awareness –non automatic pilot
- ▣ Describing ,labelling with words
- ▣ Non judging experience

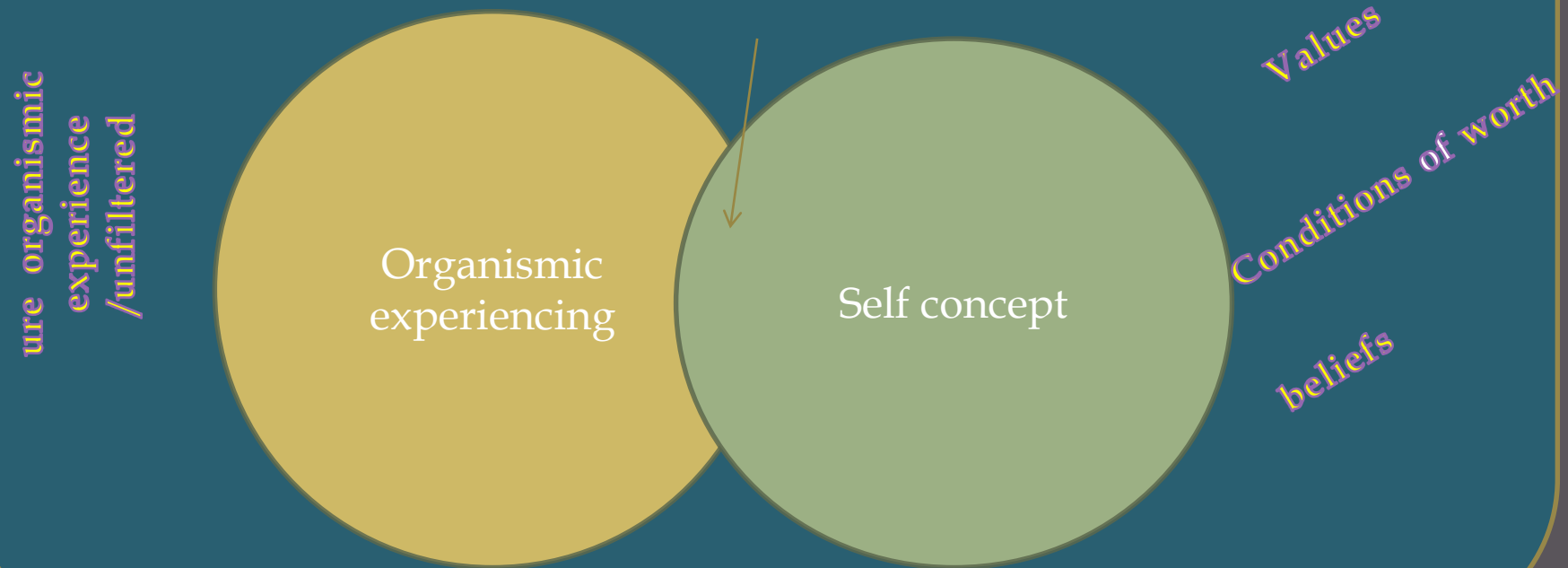
Siegel, 2007, pg 9



Bus : my mindfulness laboratory



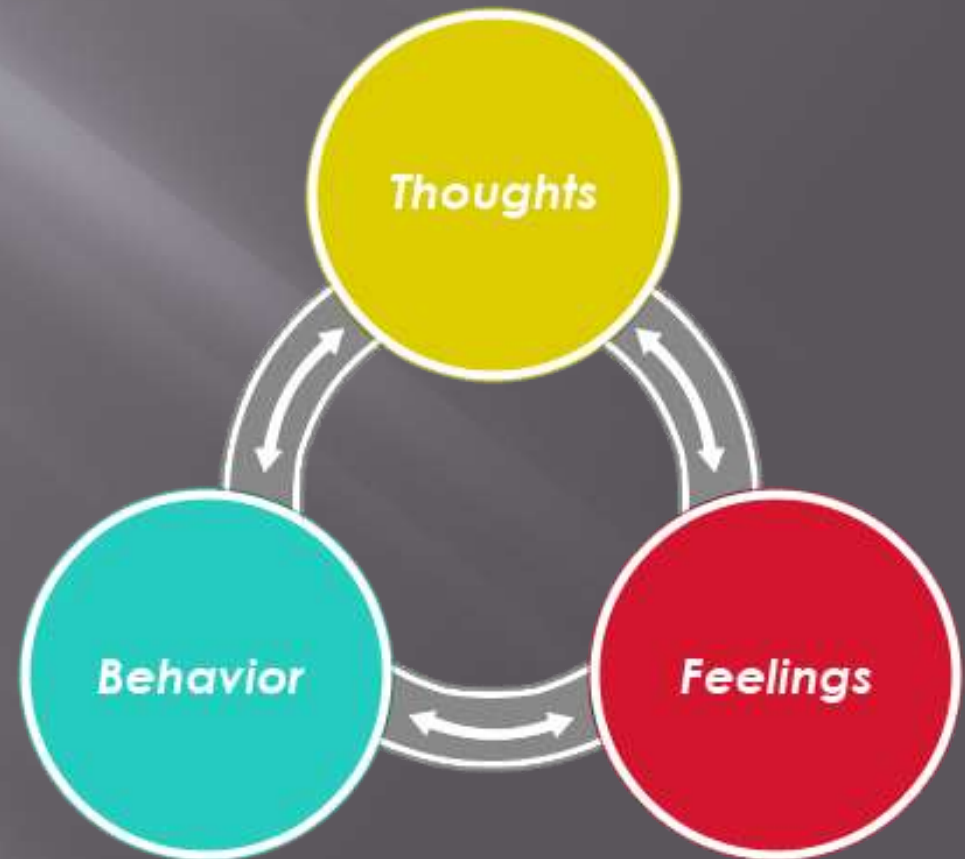
We do not 'store' experience as data, like a computer: we 'story' it. (Winter 1988, p. 235)





**HUMAN BRAIN PRODUCES AS MANY AS
12,000 TO 50,000 THOUGHTS PER DAY**

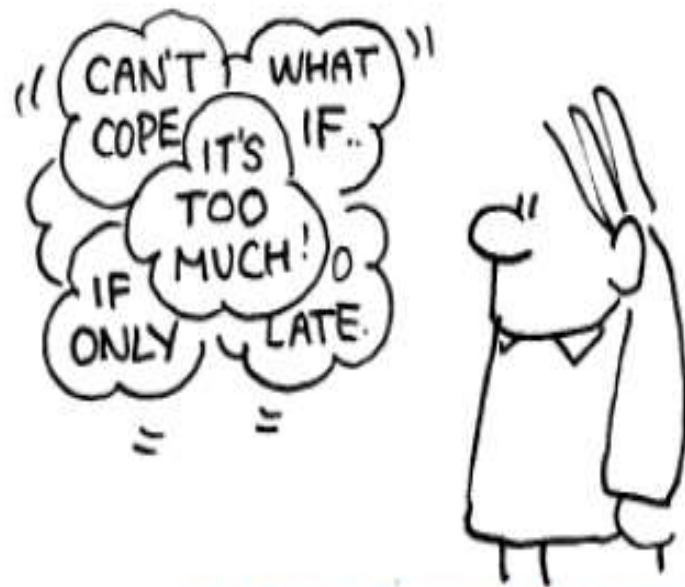
The observing self



...



Totally caught up in thoughts



OBSERVER MODE

Minding the Gap..compassionately

- ▣ The mindful observation of inner process, in effect, separates a person from the ceaseless chatter that the mind employs. A practitioner of mindfulness typically grows in self-awareness as the activity of mind is consciously captured and watched.
- ▣ The 'being' part of self becomes aware of the 'doing' part of self

Minding the gap compassionately and critically



**Sometimes the chains that prevent us from
being free are more mental than physical**

Does this resonate?



Mountain Meditation or the Meditation Mountain?



Mountain Meditation

My starting principles

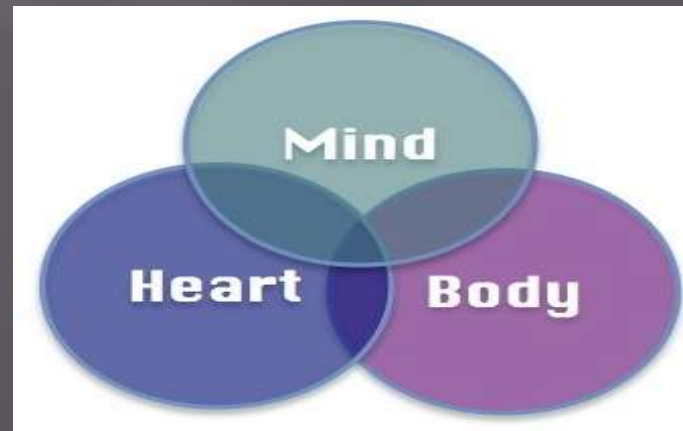
- ▣ mindfulness is NOT one size fits all.
- ▣ W,H, W: When , How, What...
- ▣ What is my client's intention for starting mindfulness? *-spiritual bypassing*
- ▣ I have an ethical responsibility that my clients feel safe when I integrate mindfulness
- ▣ **Integrating mindfulness should relieve not add suffering!**
- ▣ **Minding the body and embodying the mind**

Anchors in practice & somatic markers, Treleaven, 2018

- ▣ Finding “stabilising anchors of attention”
- ▣ Anchors may vary- *Get to know your clients*
- ▣ The more tangible the anchor the easier to return to
- ▣ Safety measures. Internal, external, or even the space in the room
- ▣ “Mindful gauges” encourage self-regulation: grounding at the feet

Trauma informed practice

- ▣ 4R's
- ▣ Realise –the impact of trauma
- ▣ Recognise the symptoms of trauma
- ▣ Respond by fully integrating knowledge on trauma in our practice
- ▣ Resist retraumatisation of the client (Trelevan David , 2017)



Holotropic breathwork; Focusing Oriented Psychotherapy , Compassion focused therapy...

- ▣ Breath can activate and trigger intensify feelings



Stanislov Groff

Trauma informed practice

- ▣ Client readiness
- ▣ Suggest resources if a client mentions ,expresses an interes
- ▣ *Choice and control by the client is crucial*
- ▣ *The “medousa problem”*
- ▣ *Teach them about how trauma works, knowledge is power!*
- ▣ *Trust your own intuition & “felt sense”*



Other considerations

- ▣ Keep meditating and becoming aware of your own self and nuances of your own experiencing
- ▣ Read Read Read!
- ▣ Peer support
- ▣ Not forgetting client's actualising tendency and minding the “fear cycle”.
- ▣ Look after yourself in the process!

Go gently on your meditation journeys!



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THANK YOU !

www.mariakcounselling.com

Credits to some of the pictures

- ▣ <https://www.mindful.org/three-ways-acceptance-helps-work-difficult-emotions/>
- ▣ <https://www.mindful.org/why-its-difficult-to-meditate-why-anxiety/>
- ▣ <https://www.elephantjournal.com/2015/12/the-downside-of-mindfulness-for-the-anxious-mind-what-to-do-about-it/>
- ▣ Rogers, C. R. (1980). A way of being. Boston: Houghton Mifflin.
- ▣ Treleaven, D. (2018): *Trauma ~ Sensitive Mindfulness*,