

# Meditation Practices for Self-care and Clinical Effectiveness

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School of Social Work

February 28, 2022



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Participant microphones will be muted at entry



If you have questions during the event, please use the chat



This session is being recorded and it will be available by the next business day.



If you have questions after this session, please e-mail: [newengland@mhttcnetwork.org](mailto:newengland@mhttcnetwork.org).

## Acknowledgment

Presented in 2022 by the Mental Health Technology Transfer Center (MHTTC) Network.

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of TTC Network and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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Presented February 28,2022

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Meditation Practices for Self-care and Clinical Effectiveness

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# Workshop Objectives:

- Review research findings relevant to meditation, self-care and clinical effectiveness.
- Demonstrate and practice specific meditation techniques used for self-care and clinical effectiveness.
- Provide meditation resources for healthcare providers.

# Meditation:

All types of meditation share the common goal of training an individual's attention and awareness so that consciousness becomes more finely attuned to events and experiences in the present.

Shapiro, Brown and Astin, 2008

# Mindfulness

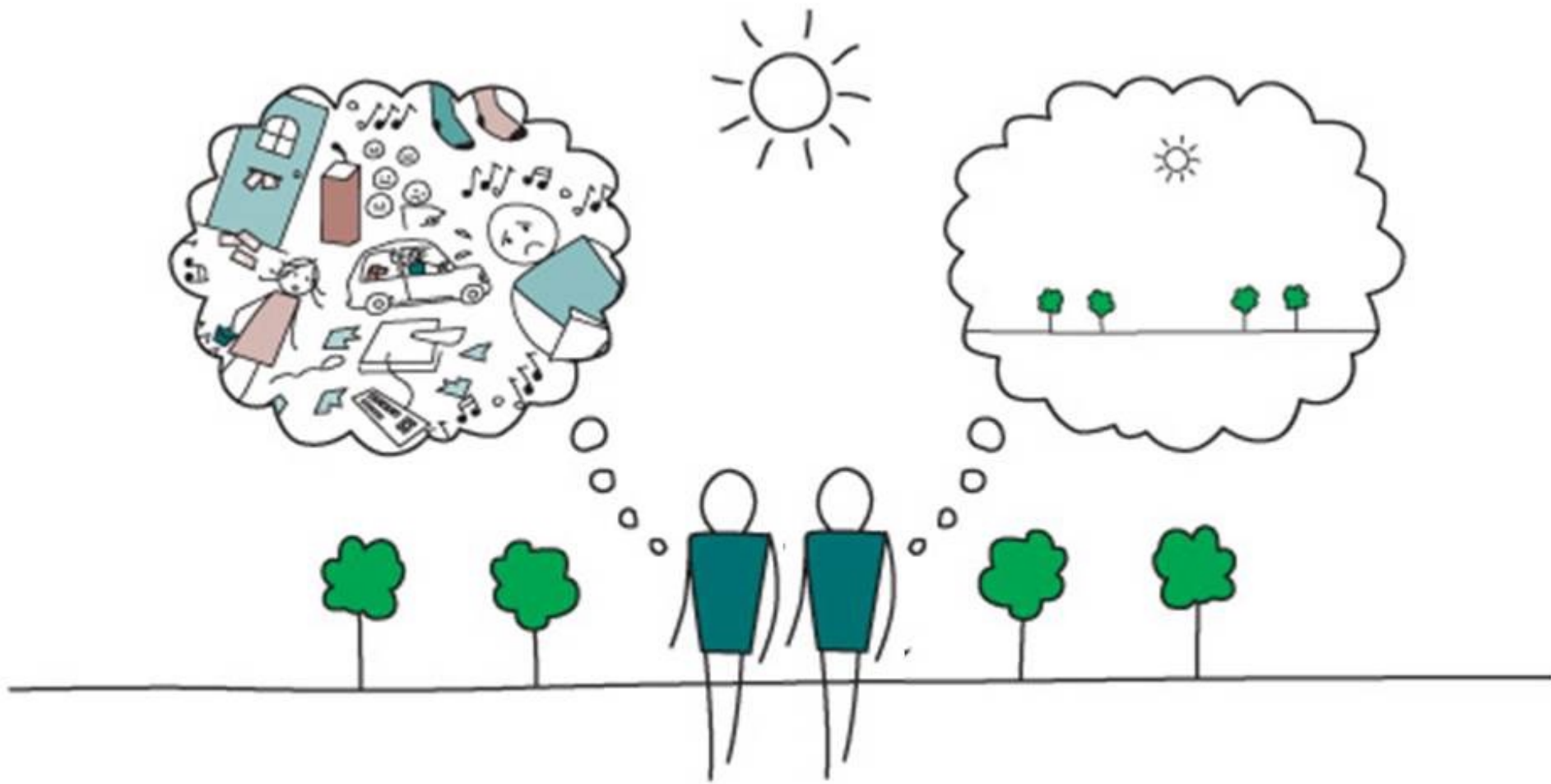
Awareness

of the present moment

with acceptance.

Germer, 2005





Mind Full, or Mindful?

# Working components of mindfulness

Hozel et.al. 2011

- Attention regulation
- Body awareness
- Emotional regulation –
  - Reappraisal (with acceptance)
  - Exposure, extinction, reconsolidation
- Change in perspective of the self



# Physical effects of meditation

- Lower blood pressure/stress response
- Improve immune function
- Structural changes in the brain:
  - introspection
  - attention
  - emotional processing



# Psychological effects of meditation

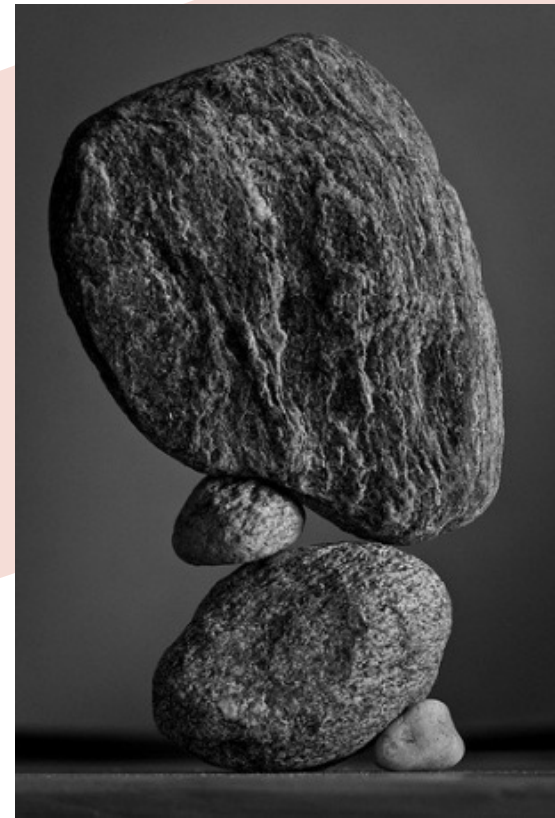
- Reduces:
  - Anxiety
  - Depression
  - Pain
- Increases creativity
- Improves sleep
- Enhancing overall health and well-being



# Mental qualities enhanced through the use of meditation.

(Fulton, 2005)

- Acceptance
- Equanimity
- Affect tolerance
- Compassion
- Not knowing



# Skills need for clinical practice

- Skills of engagement
- Therapeutic presence
- Empathy & compassion
- Comfort with “not knowing”
- Self reflection
- Use of self
- Ability to draw on theory without being “trapped” by it



# Promoting mindfulness in psychotherapist in training influences the treatment results in patients, Grepmaier et al. (2007)

- 18 therapists in training were randomized to two groups
  - Meditating (60 minutes per day lead by Japanese Zen master)
  - Non-meditating
- 124 patients seen for 9 weeks
- Zen master, patients and therapists blinded to the aim of the study
- Assessments of the patients seen by meditating therapists showed:
  - ↑ assessment of the therapy
  - ↑ symptom reduction
  - ↑ progress in treatment

# Guided meditation practices

- Following the Breath
- Hand Trace Meditation
- Three-Minute Breathing Space
- Loving-kindness Meditation

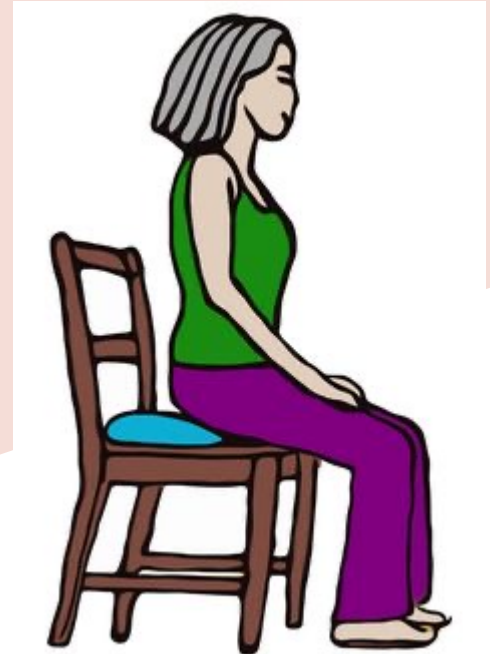
Voluntary Participation



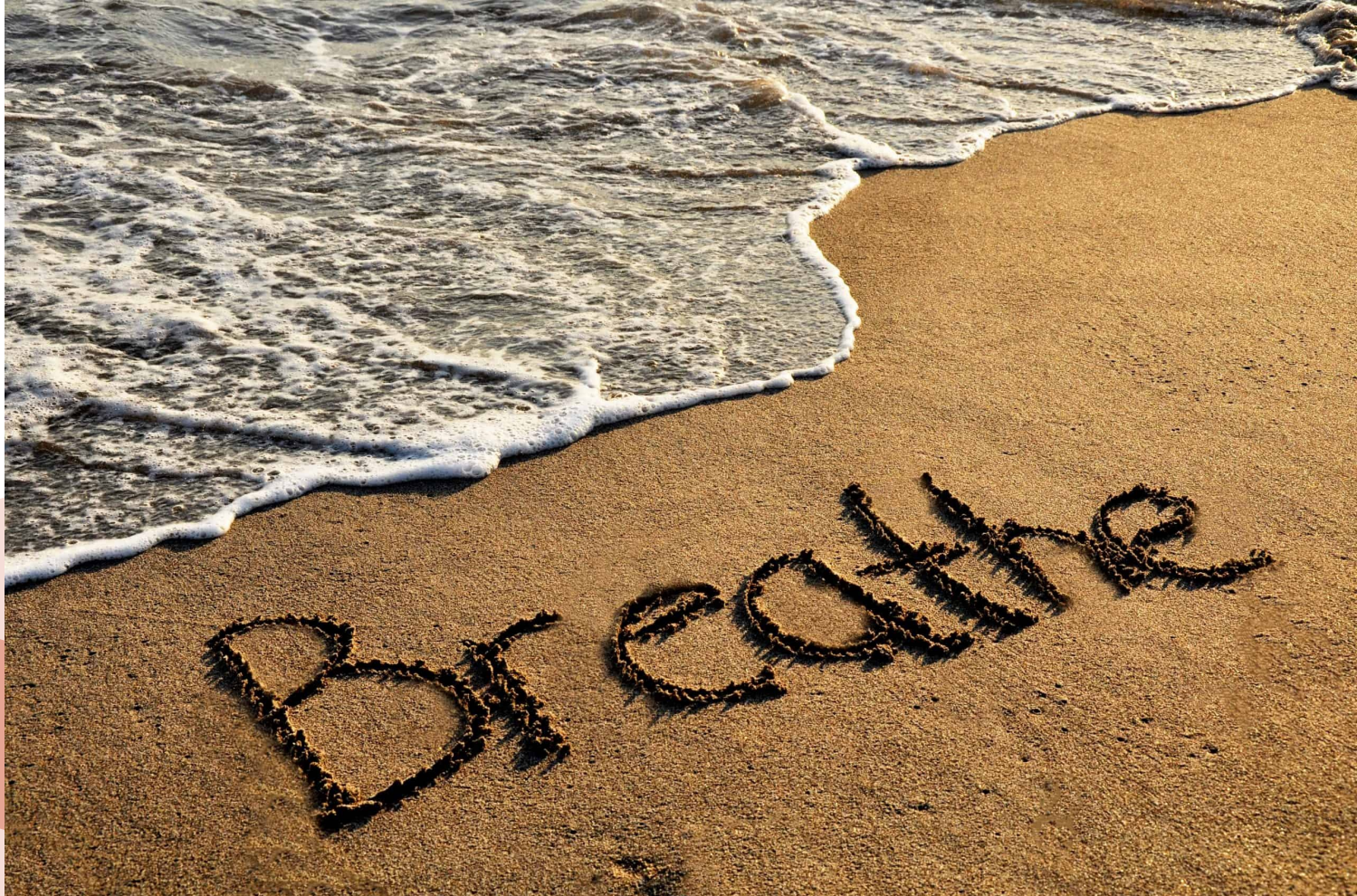


# Seated meditation basics

- Body
- Breath
- Mind



# Following the Breath Meditation



# Hand Trace Meditation

- Focused breath meditation



# Three-minute Breathing Space

- *Awareness*
- *Gathering*
- *Expanding*



# Loving-kindness Meditation

## Development of innate compassion

- For a mentor, benefactor or elder
- For self
- For neutral person
- For difficult person
- For all beings

- ❖ *May you be happy*
- ❖ *May you be healthy*
- ❖ *May you be safe*
- ❖ *May you live in ease*



# Additional Meditation Practices

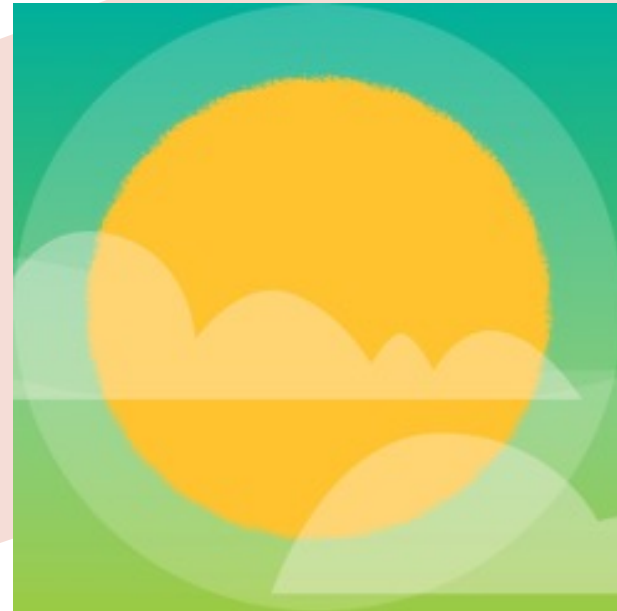
- Walking meditation
- Yoga Nidra (Guided meditation for sleep)
- Mindful eating
- Moving meditation – Yoga/Tai Chi/ Qigong

# Meditation Apps

Insight Timer



COVID Coach



# Online resources

**UCLA Mindful  
Awareness Research  
Center (MARC)**

**The Schwartz Center  
for Compassionate  
Healthcare**

**marc.ucla**  
mindful awareness research center

Mindful Awareness:  
A Simple Solution to Complex Problems



**Resources for Healthcare  
Professionals Coping with  
the COVID-19 Pandemic**





# Questions/ Discussion





# MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

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