
Mindfulness

SKILLS GUIDE

Fundamental Assumptions

- The technique seeks to help clients feel more effective in their regulation of their emotions, management of crises and engaging in relationships.
- Judging and placing blame is less effective than finding out how to change ineffective actions.

Mindfulness “How” Skills

- These skills give clients direction for the desired approach to the what skills
- The “how” skills are connected to the “what” skills while also requiring their own practice

Three States of Mind Cont.

- Wise Mind** – the values driven state of mind
 - Wise Mind takes into account Emotion Mind and reasonable mind
 - Present oriented and directs behavior in the present according to values

Pitfalls

- Clinicians have difficulty maintaining the dialectical framework
- Clinicians judge behavior rather than focusing on its effectiveness or lack of effectiveness
- Clinicians do not consistently reinforce effective skill use
- Clinicians recognize negative judgment but not positive ones

Mindfulness “What” Skills

- Mindfulness skills allow clients to step back from judgment so they can meet the present moment as it is
- Stepping back from judgments can decrease emotion dysregulation
- Stepping back from judgments can allow clients to more easily access skills

Three States of Mind

- Emotion Mind** – part of our mind responsible for emotional reactions
 - ◦ Out of control emotions can also disrupt connections and meaning
- Reasonable Mind** – part of our mind responsible for logical decisions
 - When we make decisions only from this place, we lack empathy, connection and consideration for ourselves and others

“Advanced” Mindfulness Skills

- Compassion
- Middle Path
 - Balancing between two seemingly opposite possibilities/realities and finding the resolution
- Balancing “being” vs “doing”
 - Acting vs not acting
- Radical Acceptance
 - Often accepting those truths we resist the most

Pitfalls Cont.

- Clients do not practice the skills or use them inconsistently.
 - Clients practice the skills but not in relevant situations.
 - Clients feel invalidated in session and pushed too hard to change.
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