

**When Einstein Met Buddha**  
***Mindfulness Based Cognitive Therapy***

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# Mindfulness-Based Cognitive Therapy (MBCT)

MBCT brings together

- The skills of Cognitive Behavioural Therapy (*thoughts, feelings, actions and physiology*)
- The skills of Mindfulness (*focused awareness*)

# Mindfulness-Based Cognitive Therapy

## Mindfulness Definition

*"Mindfulness has been described as an intentional focused awareness. A way of paying non-judgmental attention on purpose, and in the present moment."*

**Jon Kabat-Zinn**

# Mindfulness Cognitive Based Therapy

## The Downside of 21<sup>st</sup> Century Living

- Live mostly in a state of Automatic Pilot
- Experience high (internal and external) stress levels
- Less able to tune into our Emotional Intelligence

# Mindfulness Based Cognitive Therapy

## The Downside of 21<sup>st</sup> Century Living

- Become disillusioned
- Diminish our creativity
- Loose our sense of purpose and vision

# Mindfulness Based Cognitive Therapy

## Biological Evidence

- Stress increases Cortisol
- Excessive Cortisol is toxic and can kill off 30,000 brain cells
- Meditation changes brainwaves and increases ability to withstand stress

# Mindfulness Based Cognitive Therapy Benefits

- Greater ability to manage stress
- Clearer and more effective communication
- Increased stability during periods of change

# Mindfulness Based Cognitive Therapy Benefits

- Overall improvements in functioning
- Improved abilities to address conflict
- Improved relationships
- Enhanced creativity

# Mindfulness Based Cognitive Therapy Research

- Motorola, Barrios-Choplin *et al.* (1997) Job satisfaction and communication increased as well as providing individual psychological benefits
- Watkins, A.D. (2002). *Corporate training in heart rate variability: Six weeks and six-months follow-up studies.*

# Mindfulness Based Cognitive Therapy Research

- Rosenzweig, S., Reibel, D.K., Greeson, J.M. & Brainard, G.C. (2003). Mindfulness-based stress reduction lowers psychological distress in medical students. *Teaching and Learning in Medicine, 15*(2), 88–92.
- McCraty, R.M. (2003). Impact of a workplace stress reduction programme on blood pressure and emotional health in hypertensive employees.

# Mindfulness Based Cognitive Therapy Research

- Davidson, R.J. *et al.* (2003). Alterations in brain and immune function produced by mindfulness meditation.
- Teasdale, Segal & Williams (2003) Mindfulness Training and Problem Formulation. *Clinical Psychology: Science and Practice*, V10, N2, Summer 2003
- Collard, P & Walsh, J, (2008) Sensory Awareness Mindfulness Training in Coaching: Accepting Life's Challenges [Journal of Rational-Emotive & Cognitive-Behavior Therapy](#), Springer Netherlands 0894-9085 (Print) 1573-6563 (Online)

# Mindfulness Based Cognitive Therapy

## Client Comments

*“I feel as if I am now able to stand back from situations rather than just react to them. I get more done and feel far less stressed.”*

# Mindfulness Based Cognitive Therapy

## Client Comment

*“MBCT has enabled me to communicate more effectively with those around me. It seems as if I have more options and a greater sense of purpose and enthusiasm for my life than I have had for many years.”*

# Mindfulness Based Cognitive Therapy

## Simple Exercises

- How does your body feel right now?
- Ask daily: *What am I grateful for? What am I satisfied with? What did I enjoy?*
- Walking, driving, sitting and feeling your body, eating, tooth-brushing!

# Mindfulness Based Cognitive Therapy

## Simple Exercises

- Take 5 minutes in the morning to be quiet and meditate, listen to the sounds of nature, gaze out of the window, take a quiet walk, really be present when having a shower!
- When you sit down in your car, become aware of the quality of your breathing and how your body feels.
- While you are driving, notice any tension in your body. Are your hands gripping the wheel? Is your stomach tight? Do you feel you have to be tense to drive effectively?

# Mindfulness Based Cognitive Therapy

## Simple Exercises

- When you stop at a red light, or are stuck in traffic, bring awareness to your breathing or the sky, or the sights around you.
- Once you park your car, think of moving through your day grounded and slowly.
- While sitting at your desk, bring attention on a regular basis to your bodily sensations and your breath. Some people use the full hour as a time to check on their breathing and make sure it is slow and comfortable. **‘Just be’** for a few minutes every hour.

# Mindfulness Based Cognitive Therapy

## Simple Exercises

- Take something beautiful and meaningful with you to your workplace: it could be a photo of somebody you feel close to, a plant you like, a photo of a special nature scene. Place it where you can see it easily.
- Take some time at lunch or during breaks to connect with others in the workplace whose company you enjoy. Invite them to talk about things that are not work related.
- At the end of the workday, review your activities and congratulate yourself for all that you have accomplished. Put anything left over on a list for tomorrow. You have done enough work for today.

# Mindfulness Based Cognitive Therapy

## Simple Exercises

- While driving home, be aware of your body. Are you tense? Are you rushing?
- When you park your car at home, take a minute to orient yourself to the next phase of your day, your personal or family time.
- Try to change out of your work clothes when you get home. This might help the transition into your next "role" of the day. If you live with others, say hello to each of them. If you live alone, enjoy the feeling of quiet and peace in your own environment.

# Mindfulness Based Cognitive Therapy Resources

- *Coming to our Senses, Jon Kabat-Zinn (Hyperion, 2005)*
- *Mindfulness and Mental Health, Chris Mace, (Wisdom Books, 2007)*
- *Mindfulness-Based Cognitive Therapy for Depression, Zindel Segal, Mark Evans, John Teasdale (Guilford Press, 2002)*
- *Mindfulness Based Cognitive Therapy, Distinctive Features, Rebecca Crane (Routledge, 2008)*

# Mindfulness Based Cognitive Therapy Resources

- The official UK website of Mindfulness Based Cognitive Therapy.  
<http://mbct.co.uk/>
- The Mind and Life Institute, research partnership between modern science and Buddhism <http://www.mindandlife.org/>

# Mindfulness Based Cognitive Therapy

*Thank you for listening*

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