



# IMPROVING WELLNESS WITH **MINDFULNESS**

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## Mindfulness-Based Cognitive Therapy (MBCT): What Is It?



MBCT is a relatively new form of help that combines Eastern philosophy and practice (mindfulness) with Western philosophy and practice (Cognitive Therapy). That's why it's called MBCT! It is designed to help people deal with multiple issues such as depression and anxiety. It can be used for two separate things: 1. To treat your symptoms, and 2. To prevent problems from returning.

Don't worry if you don't immediately understand the concepts of MBCT. This informational booklet will tell you more and of course your healthcare provider will serve as a guide to help you better understand MBCT.



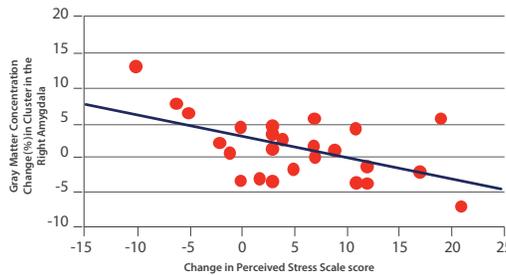
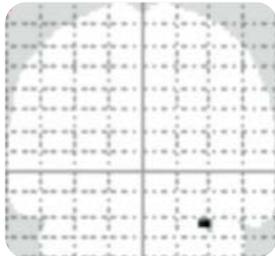
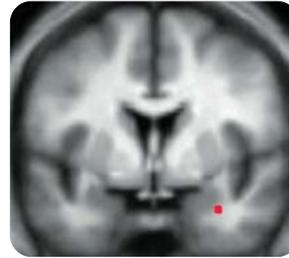
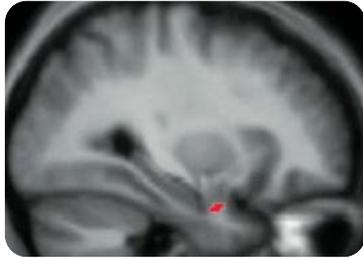
Saundra Jain, MA, PsyD, LPC & Rakesh Jain, MD, MPH

## People That Meditate Regularly Have A Bigger Hippocampus:



This is very exciting news! By developing and maintaining a regular mindfulness-based practice, we can both reverse brain changes that are a result of depression and we can reduce the chances of depression returning.

### Volumetric Changes over 8-weeks of Mindfulness-Based Therapy: Focus on Amygdala



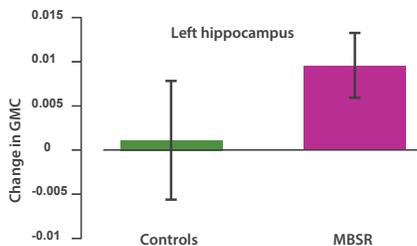
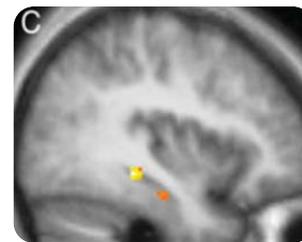
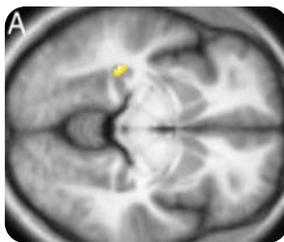
Stressed but otherwise healthy individuals (N = 26) participated in an 8-weeks MBSR intervention.

MBSR = mindfulness-based stress reduction.  
Hölzel BK, et al. *Soc Cogn Affect Neurosci.* 2010;5(1):11-17.

### Mindfulness Can Positively Affect Even Those Who Are Facing Regular Stress in Their Lives:

In the study of stressed individuals above, those who practiced mindfulness for just 8 weeks experienced a decrease in the size of their amygdala, the brain structure that is responsible for fear response and regulation. This is a good thing, as excessive stress makes us fearful and worried and the amygdala responds by becoming 'hot' and excessively active. Meditation appears to 'cool' down this important structure and its size returns to normal.

### Volumetric Changes in the Hippocampus with 8 Weeks of Mindfulness-Based Therapy



Anatomical MRI images from 16 healthy, meditation-naïve participants were obtained before and after they underwent the 8-week program. Changes in gray matter concentration were investigated using voxel-based morphometry, and compared with a waiting list control group of 17 individuals.

GMC = gray matter concentration.  
Hölzel BK, et al. *Psychiatry Res.* 2011;191(1):36-43.

#### What We Have Learned So Far

Mindfulness appears to be as much a brain based intervention as it is mind based. How amazing, to see with our own eyes how in a relatively short amount of time, we can change our brains for the better!

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## Let's Learn Some More About MBCT And Mindfulness



As it turns out, MBCT has been studied extensively in individuals that suffer from major depression and the results are very promising! Please take a look at the three images below as they are foundational to an understanding of MBCT. Please note that MBCT is more than just mindfulness – it's a combination of both mindfulness and cognitive behavioral therapy.

This is the most well-known definition of mindfulness from a leader in the field, Dr. Jon Kabat-Zinn.

### Mindfulness: What Is It?

“Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

**Dr. Jon Kabat-Zinn**  
University of Massachusetts Medical Center



Kabat-Zinn J. *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. New York, NY: Hyperion; 2005.

### Meditation + CBT = MBCT “A Marriage Made in Heaven”



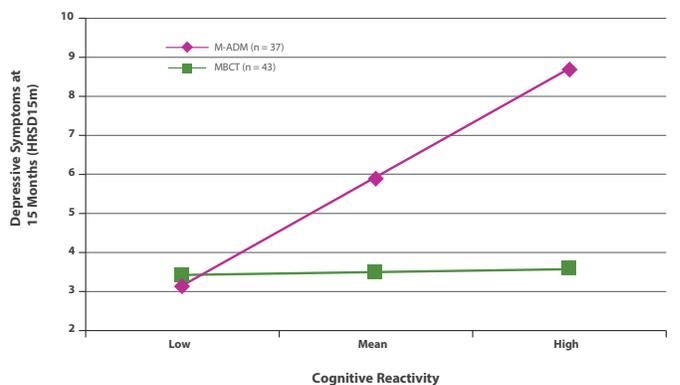
This is a great visual definition of MBCT.

Cognitive Behavioral Therapy  
+  
Mindfulness-Based Meditation  
=  
MBCT

CBT = cognitive behavioral therapy; MBCT = mindfulness based cognitive therapy.

### How Does MBCT Work?

Answer: By Reducing Cognitive Reactivity



It is believed that MBCT works by reducing our emotional reaction to stressful events.

HRSD15m = Hamilton Rating Scale for Depression scores at 15-month follow-up; MBCT: Mindfulness-Based Cognitive Therapy; M-ADM = maintenance antidepressant medication.

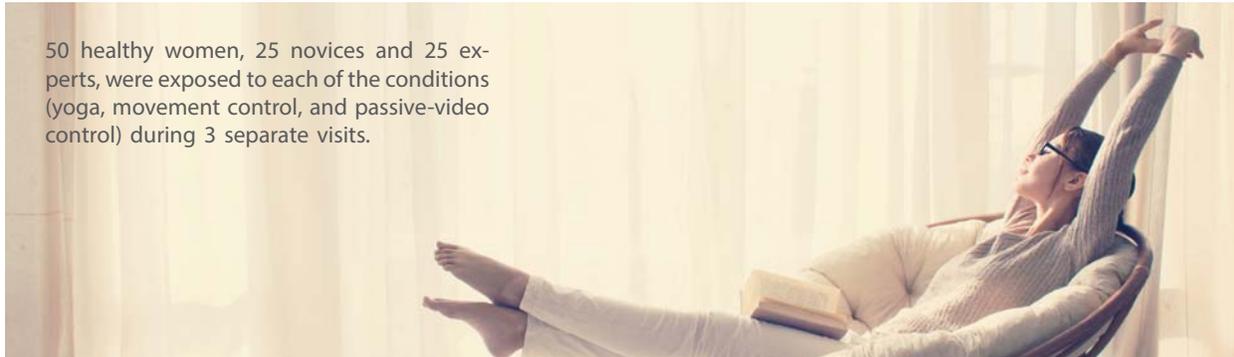
Kuyken W, et al. *Behav Res Ther*. 2010;48(11):1105-1112.

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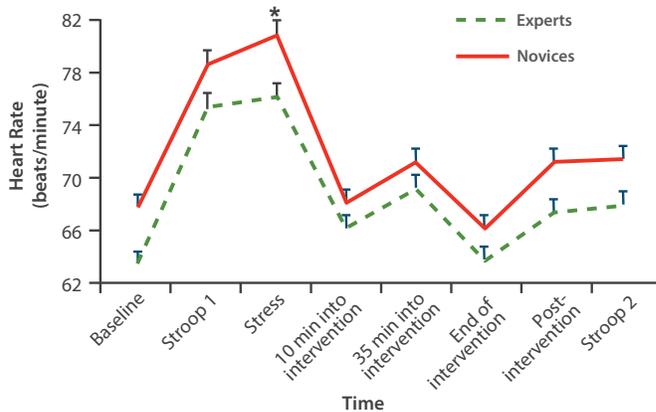
## Here We See That Mindfulness Is Truly A Mind-Body Intervention



50 healthy women, 25 novices and 25 experts, were exposed to each of the conditions (yoga, movement control, and passive-video control) during 3 separate visits.



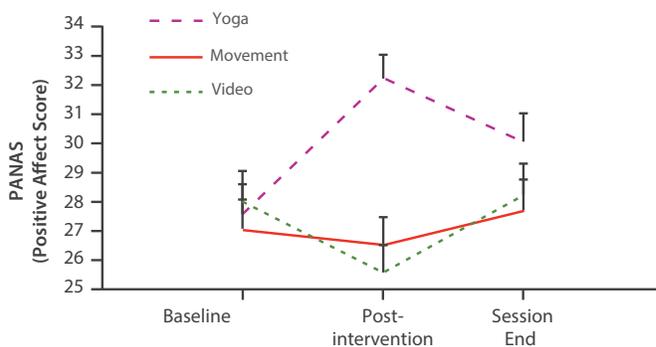
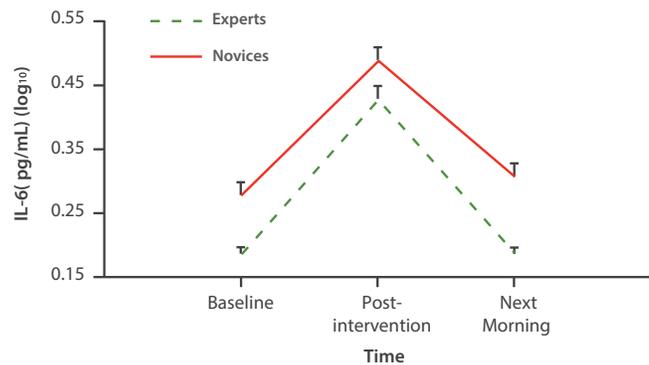
Kiecolt-Glaser JK, et al. *Psychosom Med.* 2010;72(2):113-121.



**This wonderful study shows that meditators respond to stress differently.**

In the image to the left, you see when the meditators are exposed to stress, their heart rate does not increase as much as the novice meditators. In the long run this is good for the heart and the body.

Meditators show less inflammation when they are exposed to stress. Here you see (image to the right) that IL-6, an inflammatory cytokine, goes up less in meditators when they are exposed to stress and it also falls back to normal faster. There's a lot of evidence that mindfulness-based practices positively affect our bodies.



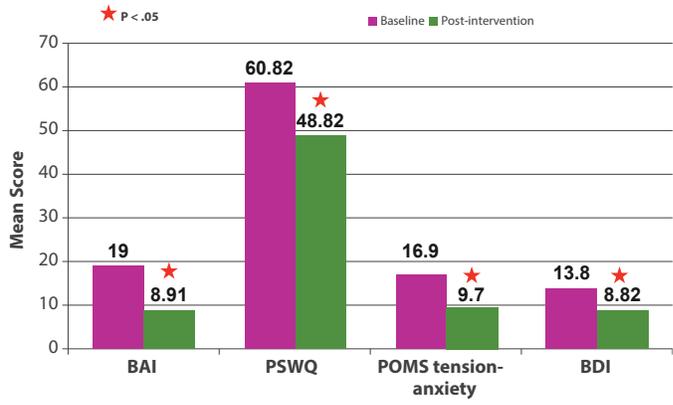
The image to the left makes an exceptionally important point – people that meditate are happier. Compared to those that don't meditate or just go through yoga poses, meditators report more 'positive affect', which means they are happier, more joyous, calmer and generally in a positive frame of mind.

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# Mindfulness Is An Effective Intervention For Other Disorders



## MBCT and GAD: Does it Make a Difference?



MBCT appears to have a positive impact on those of us who worry too much, experience sleep difficulties due to worry, and are irritable and fatigued. This grouping of symptoms is called Generalized Anxiety Disorder (GAD) and as you can see from the image to the left, MBCT is very helpful in dealing with these symptoms.

N = 11.

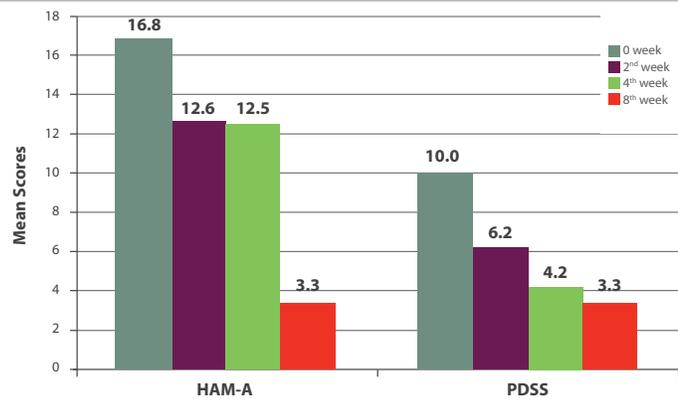
↑ scores = ↑ psychological distress.

GAD = generalized anxiety disorder; BAI = Beck Anxiety Inventory; BDI = Beck Depression Inventory; PSWQ = Penn State Worry Questionnaire; POMS = Profile of Mood States.

Evans S, et al. *J Anxiety Disord.* 2008;22(4):716-722.

Panic attacks are the body's warning system that our brain and body are on hyper alert and overreacting to stimuli. MBCT appears to reduce our emotional reaction so it's quite helpful in dealing with recurrent panic attacks (Panic Disorder).

## MBCT and Panic Disorder Does it Make a Difference?

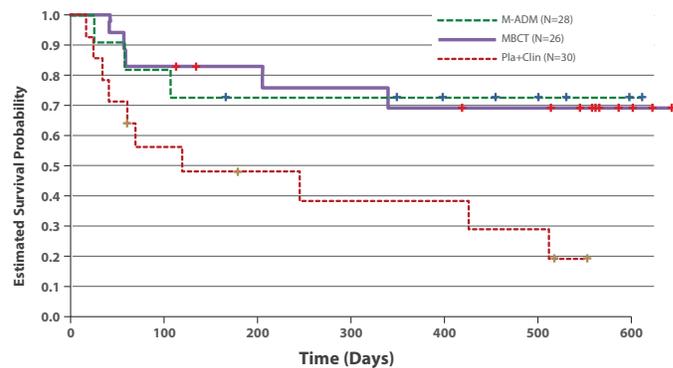


N = 23; P < .01, The decreases of both HAM-A (P < .01) and PDSS (P < .01) became significant beginning the second week of the MBCT program according to the pairwise comparisons.

HAM-A = Hamilton Anxiety Rating Scale; PDSS = Panic Disorder Specific Scale.

Kim B, et al. *J Anxiety Disord.* 595-590;(6)24;2010.

## MBCT: A Promising New Intervention



We've already established that MBCT is effective in reducing depressive symptoms and recurrent episodes of depression. You can see from the image to the left that MBCT works well in combination with anti-depressants to keep us well and depression free for longer periods of time.

N = 84.

M-ADM = Medication (antidepressant continuation); Pla+Clin = placebo plus clinical management (discussion of functionality, support, and limited advice).

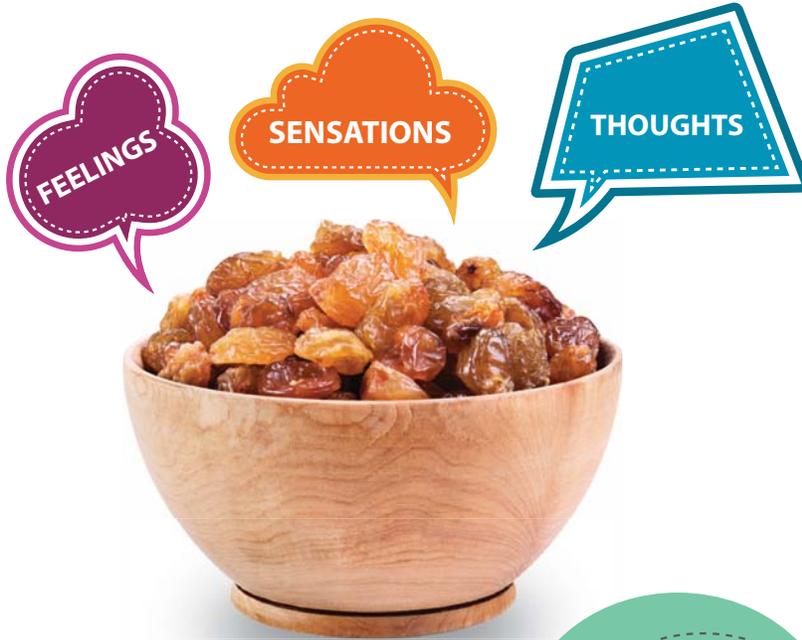
Segal ZV, et al. *Arch Gen Psychiatry.* 2010;67(12):1256-1264.

## MBCT Is A Combination Of Both Mindfulness And Cognitive Therapy

Please take a moment and give the two exercises below a try!



### Raisin Exercise (Mindful Piece)



We recommend that you discuss and practice these two exercises with your healthcare provider if possible.

The *Raisin Exercise* is available as a guided meditation on the CD in The Mindful Workbook on page 11. Doing this exercise you'll identify the thoughts, feelings and bodily sensations you experienced while engaged in this mindful eating practice.

The *Raisin Exercise* reminds us that **eating a single raisin can be a truly mindful experience** and offers us a glimpse into how often we go through life in a mindless haze. Congratulations on completing a mindfulness exercise!

### Walking Down the Street Exercise

- You're walking down the street.
- On the other side of the street you see somebody you know.
- You smile and wave.
- The person does not wave back and keeps walking.

### Walking Down the Street (Cognitive Piece)

Again, we recommend that you discuss and practice the *Walking Down the Street exercise* with your healthcare provider if possible. Your healthcare provider will read the scenario while you close your eyes and imagine yourself as a participant in this event. By experiencing this cognitive exercise, you will learn how we filter most events we encounter. In other words, our perceptions play

a big role in how we interpret events, which often provokes negative or intense emotions.

Doing this exercise you'll identify the thoughts, feelings and bodily sensations you experienced. By understanding how you react to and interpret this scenario, you will have experienced a cognitive exercise. Congratulations!



Sandra Jain, MA, PsyD, LPC & Rakesh Jain, MD, MPH

## Check Out The Three-Minute Breathing Space / The Mini-Meditation



We recommend that you discuss and practice this exercise with your healthcare provider if possible. The Three-Minute Breathing Space is also known as The Mini Meditation. We recommend you download this guided meditation and listen to it using your smartphone or your computer. This meditation is available on the CD's that come with the second and third books listed on page 11. As you become more seasoned in your mindfulness-based practice, you won't need to listen to the meditation but will be able to practice it no matter where you are.

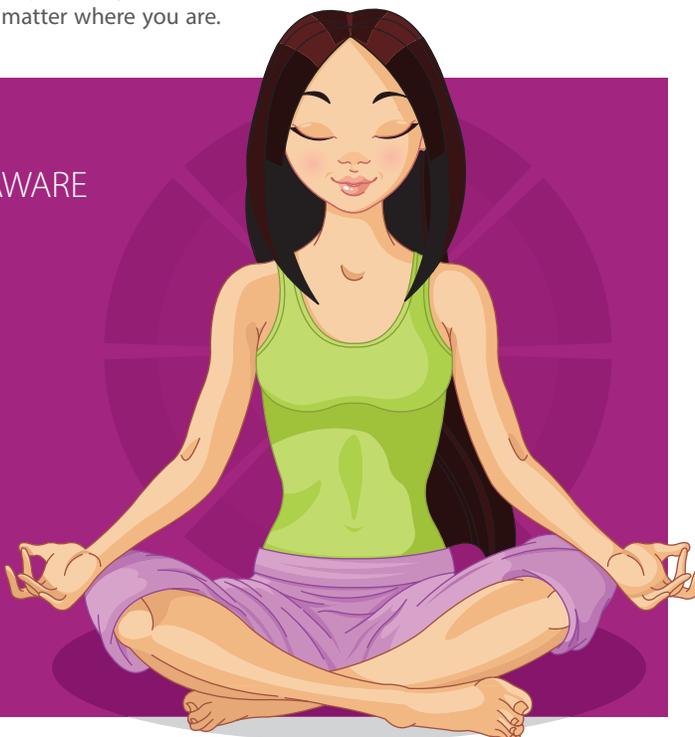


- A** BECOMING AWARE
- G** GATHERING
- E** EXPANDING

The basic structure of the Three-Minute Breathing Space looks like the illustration above. Remember the acronym – AGE – as this is the flow:

- A = Awareness
- G = Gathering
- E = Expanding

This probably doesn't make a lot of sense but with practice it will become second nature.



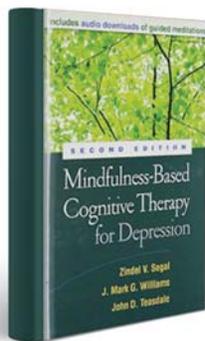
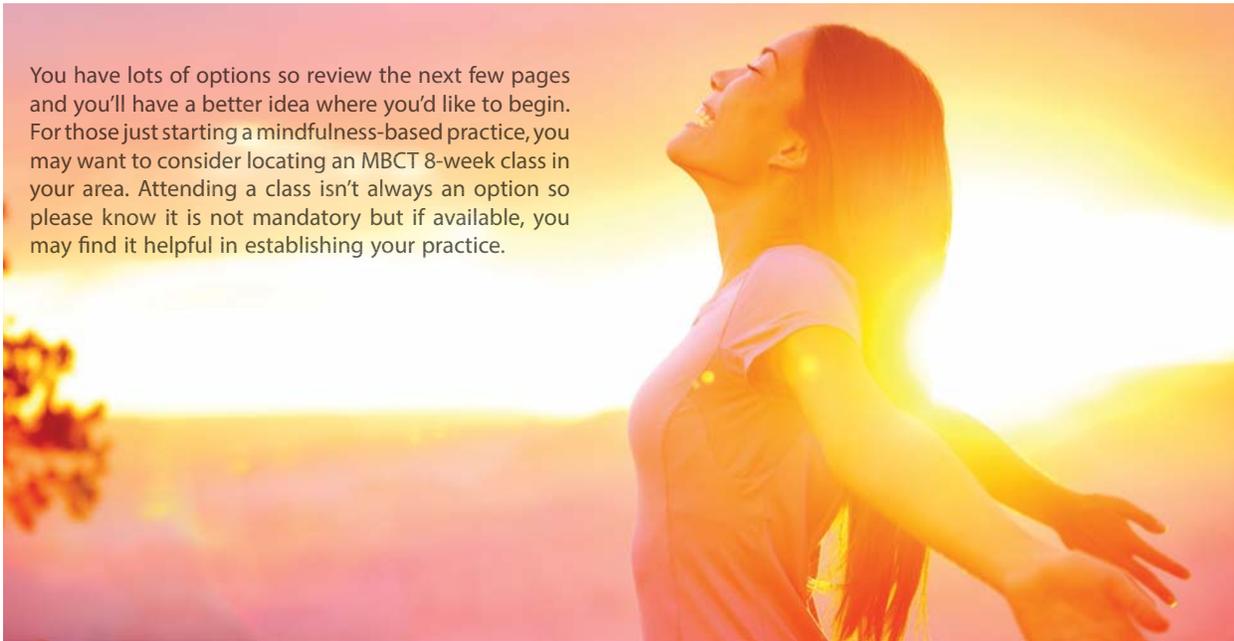
### MIND FULL, OR MINDFUL?

Take a moment and consider the illustration to the left. We have two choices in life – having a mind that is mind FULL or one that is MINDFUL. The choice is ours so we encourage you to review the resources in the next few pages of this booklet and make a commitment to start your own mindfulness-based practice!

## More Mindfulness-Based Resources



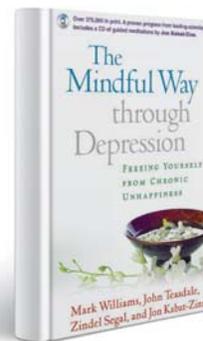
You have lots of options so review the next few pages and you'll have a better idea where you'd like to begin. For those just starting a mindfulness-based practice, you may want to consider locating an MBCT 8-week class in your area. Attending a class isn't always an option so please know it is not mandatory but if available, you may find it helpful in establishing your practice.



### Mindfulness-Based Cognitive Therapy for Depression

This book is for healthcare practitioners. We've listed it here in case you want to share it with your healthcare provider.

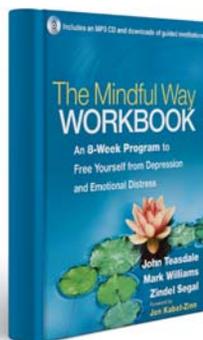
Available at [www.amazon.com](http://www.amazon.com)



### The Mindful Way Through Depression

'Patient Guide', is a great resource if you're just starting a mindfulness-based practice. It contains a CD with several guided meditations

Available at [www.amazon.com](http://www.amazon.com)

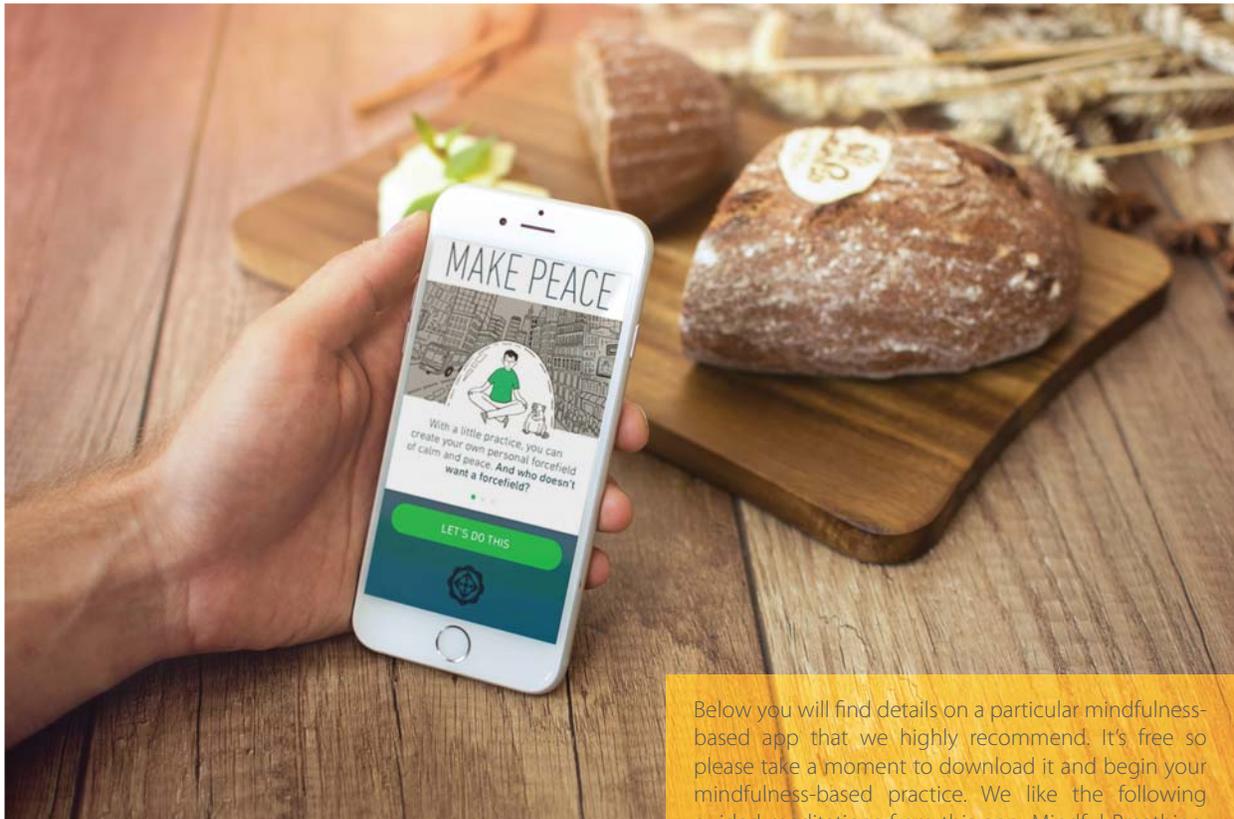


### The Mindful Way WORKBOOK

The workbook to the left is simply a must have. It's the most recently published workbook and whether you're in a class, working with your healthcare provider or doing this on your own, the workbook is designed for all three options. It also contains a CD with guided meditations.

Available at [www.amazon.com](http://www.amazon.com)

## Mindfulness-Based Smartphone Apps



Below you will find details on a particular mindfulness-based app that we highly recommend. It's free so please take a moment to download it and begin your mindfulness-based practice. We like the following guided meditations from this app: Mindful Breathing, The Body Scan, and Gratitude. Try these first but certainly explore the other guided meditations.

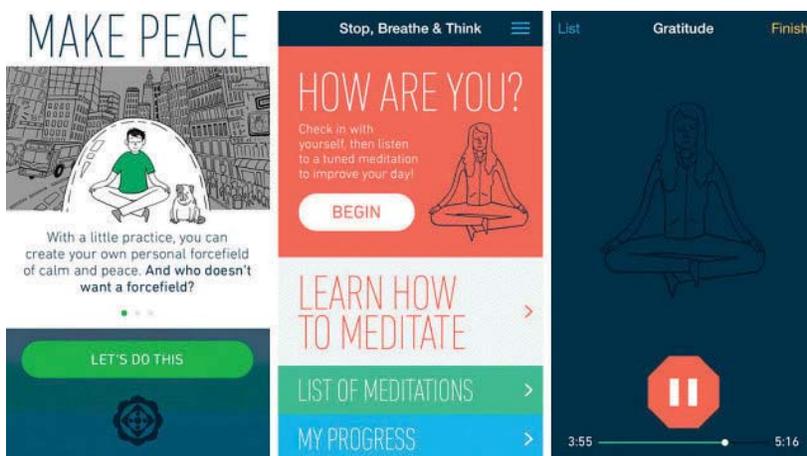
### ■ Stop, Breathe & Think App



**Stop, Breathe & Think App:**

A friendly, simple tool to guide people of all ages and backgrounds through a variety of free meditations for mindfulness and compassion.  
[app.stopbreathethink.org](http://app.stopbreathethink.org)

iOS, android & web; cost: free



Saundra Jain, MA, PsyD, LPC & Rakesh Jain, MD, MPH

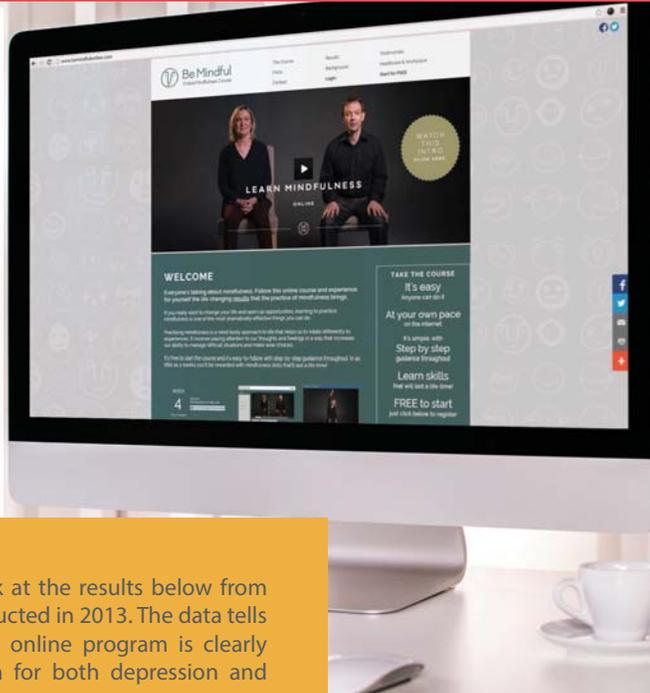
# Mindfulness Programs Are Also Available Online



Mindfulness-based classes are a great way to start a practice. However, finding a class sometimes isn't all that easy so we want to tell you about another option - mindfulness-based online classes. We've included one example above. You can research this program at [www.bemindfulonline.com](http://www.bemindfulonline.com). This is a self-paced online course led by Ed Halliwell and Tessa Watt – two UK leaders in mindfulness. The course involves 4 weeks of training including ten sessions with videos and interactive exercises. Most participants take about two months to complete the course. **The cost for the course is \$95.00.**



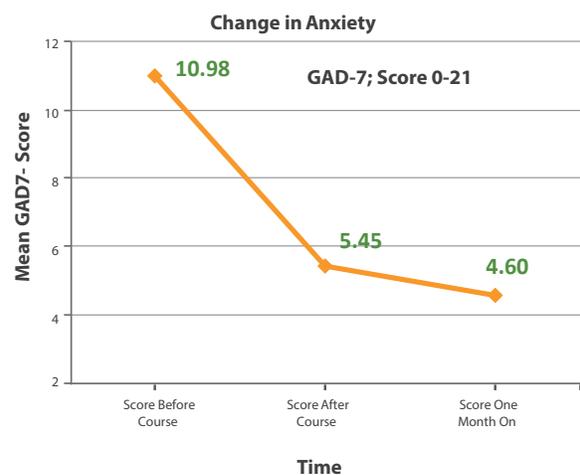
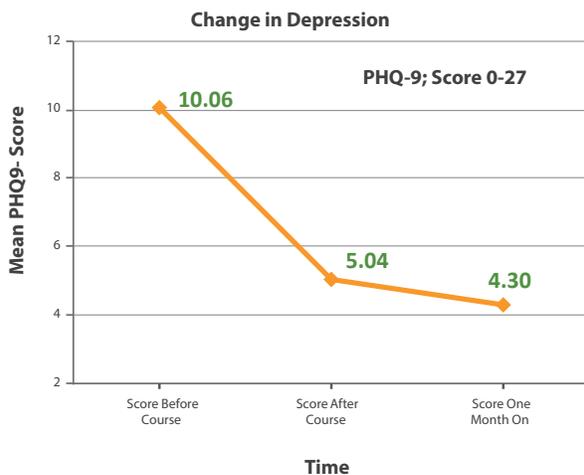
## ONLINE MINDFULNESS PROGRAM: IS IT EFFECTIVE?



Take a moment and look at the results below from one of their studies conducted in 2013. The data tells us that this mindfulness online program is clearly an effective intervention for both depression and anxiety.

### Online Mindfulness Training: Looks Promising!

Change from pre- to post-course and follow-up (1 month after course completion)



A follow-up investigation of an online mindfulness course (N = 273). Self-referrals; 10 sessions, guided meditation videos, and automated emails, with elements of MBSR and MBCT, completed at a pace to suit the individual (minimum length 4 weeks).

PHQ-9 = Patient Health Questionnaire; GAD-7 = Generalized Anxiety Disorder 7-item scale.  
Krusche A, et al. *BMJ Open*. 2013;3(11):e003498.

# Mindfulness-Based Websites



Below you will find a number of different mindfulness-based websites. This certainly is not a comprehensive list but it provides a nice sampling of different web-based resources. We hope you find this information helpful.

UC San Diego Health

MEDICAL SERVICES PATIENT GUIDE FIND A DOCTOR LOCATIONS HEALTH INFO 858-697-7000 | MyUCSDChart Login

Home • Medical Services • Center for Mindfulness

## Center for Mindfulness

**Center for Mindfulness**

The UC San Diego Center for Mindfulness is a multi-faceted program of clinical care, professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society.

We offer a broad range of *mindfulness-based programs* and initiatives. Whether your interest in mindfulness is personal or professional, on behalf of a young family member or your workplace, or if you are just curious about what it is, you are invited to explore our online home. The Center is a program of the UC San Diego Center for Integrative Medicine and Department of Psychiatry.

Center for Mindfulness Director, Dr. Steve Hickman, joins William Moseley, MD, PhD for a discussion of how to be present in the moment and leverage the practice of mindfulness to stay engaged, focused, and fulfilled.

<http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>

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in Medicine, Health Care, and Society

Department of Medicine, Division of Prevention and Behavioral Medicine

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Stress Reduction MBCT Professional Education Research Fall Teaching Institute Conferences Resources About Us Community

Center for Mindfulness > Stress Reduction

## Mobilize your own inner resources for learning, growing, and healing

Register Now

Since 1979 more than 22,000 people have completed our eight week Mindfulness-Based Stress Reduction (MBSR) program.

In this intensive training, you will learn to access and cultivate your natural capacity to actively engage in caring for yourself and find greater balance, ease, and peace of mind.

The Stress Reduction Program

Download Stress Reduction Program Brochure (PDF) Stress Reduction

<http://www.umassmed.edu/cfm/stress-reduction/>

## MY ACTION PLAN

Please discuss action plan with your healthcare provider



### 1. Assessment of my current mindfulness-based practice:

### 2. In terms of emotional reaction, I am a low, moderate or highly reactive person:

### 3. Roadblocks to starting a mindfulness-based practice:

### 4. Roadblocks to maintaining a mindfulness-based practice:

### 5. My plan to develop a mindfulness-based practice:

“Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.” ”  
**Jon Kabat-Zinn**



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