NON-JUDGMENTAL ATTENTION: A UNIVERSAL BEST PRACTICE

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GTA REHAB NETWORK: BEST PRACTICES DAY 2018
Translating Best Practices Into Action
May 25th, 2018
Chestnut Conference Centre
Neuro-Rehab OT since 2005

BRIDGEPOINT
active healthcare

PROVIDENCE
Healthcare

EMPLOYEE WELLNESS
My dad is a biker! So in 2010...
It’s all about relationships!
August 28, 2010: Burst Fracture T12 with 60% spinal cord compression
Despite progress in the first year...
mindfulness courses toronto cheap

... cheapest

TORONTO MBSR WORKSHOP
MINDFULNESS BASED STRESS REDUCTION

An Eight Week Meditation Based Workshop Modeled On The Stress Reduction Clinic at The University of Massachusetts Medical School
Teaching Mindfulness with Dr. Robinson at Bridgepoint

Progressing with Mindfulness

Training with Jon Kabat-Zinn
What is Mindfulness?
Definitions of Mindfulness:

Oldest definition (Pali): “to remember” where your mind is or what the state of the mind is

Paying attention in a certain way, on purpose, in the present moment, non-judgmentally
*(Jon Kabat-Zinn, 1996)*

Choosing to pay attention to the present moment with kindness & curiosity
*(Carla Naumberg)*
...the body is not always experiencing the reality of the present

Mind Full, or Mindful?
One conscious breath
to disengage from autopilot mode

...and move into awareness mode
A meta-analysis of 115 RCTs (Gotnik et al, 2015) found MBCT & MBSR to significantly reduce stress & depression, improve quality of life & physical functioning.

RESEARCH ARTICLE

Standardised Mindfulness-Based Interventions in Healthcare: An Overview of Systematic Reviews and Meta-Analyses of RCTs

Rinske A. Gotink¹,²,³, Paula Chu⁴, Jan J. V. Busschbach², Herbert Benson⁵,⁷, Gregory L. Fricchione⁶,⁷, M. G. Myriam Hunink¹,³,⁸*
A meta-analysis of 47 RCTs (Goyal et al, 2014) found meditation programs beneficial for physical & mental conditions including stress, anxiety, depression, lower back pain & heart disease.
The 7 Foundational Attitudes of Mindfulness:

1. Beginner’s Mind (curiosity)
2. Acceptance (acknowledging & allowing)
3. Trust
4. Patience
5. Letting Go
6. Non-Striving
7. Non-judgment

(From Full Catastrophe Living by Jon Kabat-Zinn)
Judgmental attention is like seeing through lenses that shape our experiences of reality.
Our non-judgmental attention puts us on the same page...

...to find creative & innovative solutions to operationalize best practices in the light of the reality of limited resources
The Two Arrows

Pain is inevitable. But with non-judgmental attention, suffering is an option.
# A Non-Judgmental Relationship with Pain

<table>
<thead>
<tr>
<th>React on autopilot: Shoot the 2\textsuperscript{nd} arrow</th>
<th>Respond w/non-judgment: Don’t shoot the 2\textsuperscript{nd} arrow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resist, ignore &amp; turning away</td>
<td>Acknowledge, allow &amp; turn towards</td>
</tr>
<tr>
<td>Fear of assumed danger: No sense of control</td>
<td>Trust &amp; curiosity to understand: Sense of choice &amp; control</td>
</tr>
<tr>
<td>Up-regulates the Nervous System = increased sensitivity</td>
<td>Down-regulates the Nervous System = decreased sensitivity</td>
</tr>
<tr>
<td>Suffering from chronic pain</td>
<td>Living well with chronic pain</td>
</tr>
</tbody>
</table>
Evidence for Mindfulness & Chronic Pain

- pain intensity & sensitivity
- re-interpretation of pain sensations
- positive re-appraisal of pain
- non-reactivity
- pain-attentional bias
- opioid craving and misuse
- in pain related functional interference
- Neural changes in the brain & neuron itself

Painful emotions... ... if met with judgmental attention... ... leads to emotional suppression

Pain & Fatigue
Mobility & Function
Non-Judgmental attention opened me up to receiving:

- Psychotherapy from a social worker
- Non-traditional modalities:
  - Expressive Arts Therapy
  - Therapeutic Writing
  - Cranial Sacral Therapy
  - Visceral Manipulation
  - Accupuncture & Reflexology
  - Energy Healing via:
    - Reiki, Medical Qigong, Bodytalk & Reconnective Healing
Repressed emotions... ... if met with Non-judgment ...leads to emotional release

Pain & Fatigue

Mobility & Function
Non-Judgmental Attention Heals

Judgmental Attention Harms
The Take Away…

• It’s all about **relationships & the space** between you & who you are in relation to.

• We are response-able for keeping this space **safe** through **non-judgmental attention**.
The Take Away (cont’d)

• Safe space contributes to **therapeutic presence**:

  “The capacity to hold a healing space for another with your calm & centred state of being. This presence amplifies the effectiveness of whatever technical skills you already have & contributes to healthy treatment outcomes. It is a quality of being, a rapport, which feels healing, steady, & safe.”

*Suzanne Scurlock-Durana CMT, CST-D Author of Fully Body Presence and Developer of Healing From the Core*
The creation of safe space through non-judgmental attention has to be something WE ALL PRACTISE
What I’d Like To See…

... is more **Mindfulness & Self-Compassion** based employee wellness programs

- Together, the practices of both mindfulness & self-compassion are shown to be amongst the most powerful agents of brain change known to science
- Research shows **reduced stress & improved wellbeing & emotional resiliency**

*Neff & Germer (2013), Baer (2012)*
Implications for Moving Forward

Practise Daily

Formally (takes time)

At Home
- Yoga
- Body Scan

At Work
- Breathing Space
- Mindful Walk

Informally (takes no time)

At Home
- Brushing teeth
- Washing Dishes

At Work
- Mindful lunch
- Mindful documentation
Breathing Space - Let’s Practise!

4 Steps:

1. Bring non-judgmental attention to bodily sensations, emotions & thoughts
1. Focus on the breath
1. Expand awareness to sense of body as a whole

1. Compassion-Based Action Step:

“How can I best take care of my needs right now? Today? This week?”
Clinical Applications

• When the 1\textsuperscript{st} arrows occur with your clients, use non-judgmental cues:
  - Put the welcome mat out allow it to be here
  - Statements of acknowledgement:
    - “oh hello” “you’re back” “I see you are here”

• Be aware of shooting the 2\textsuperscript{nd} arrow at your client:
  - “don’t cry” “don’t be sad/angry”
  - “should be grateful/happy”
  - “ignore the pain”
  - “you’re balance is not good”
Clinical Applications Cont’d

• **Teach Formal Practices:**
  - **Breathing Space**
    - (From MBSR curriculum)
  - **S.T.O.P**
    - Stop, Take a few breaths, Observe, Proceed with compassion
    - (From Elisha Goldstein)
  - **R.A.I.N**
    - Recognize, Allow, Investigate with interest & care, Nourish with compassion
    - (From Tara Brach)
Clinical Applications Cont’d

• Teach Formal Practices (cont’d):
  o 2 Feet 1 Breath
    • Feel feet on the ground
    • Bring mindfulness to 1 breath cycle
    • (From Mindfulness Northwest)
  o Name It to Tame It
    • “In the brain, naming an emotion can help to calm it...”
    • (From Dr. Dan Sigel)
Clinical Applications Cont’d

• Provide education:
  o Stress and Relaxation Response
  o Neuroscience of mindfulness
    • i.e.) how non-judgmental attention deactivates the SNS
Resources within the GTA

• www.mindfulnesstoronto.net

• University of Toronto - School of Continuing Studies: Faculty of Social Work

• www.mindfulnessstudies.com

• Jaisa Sulit – memoirsofajaisa@gmail.com
  - Presentation slides
  - Free PDF chapters on mindfulness from the book “Purpose In Paralysis: From Chronic Pain to Universal Gain”
References


Questions?

Your Take Away?