

Beyond Mindfulness

*How the Values of Buddhist Philosophy Can
Enhance the Cognitive Behavioral Treatment
of Anxiety and Depression*

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Disclosure

The speaker is a staff member of the Behavioral Therapy Center of Greater Washington. She is the author of the book *The Guide to Compassionate Assertiveness: How to Express Your Needs and Deal With Conflict While Keeping a Kind Heart*, published by New Harbinger Publishers. Many of the concepts she is presenting today are from her book. She does benefit financially from royalty payments from the sale of that product. She has no relevant nonfinancial relationships to disclose.

Why People Seek Help

Decrease

Stress

Emotional Pain

Mental Suffering

Increase

Happiness

Well-Being

What Causes Suffering?

Everyone at times has thoughts or emotions that are unwanted that we wish would go away.

What Causes Suffering?

For people with depression or anxiety

Withdrawal
Shutting Down
Avoidance
Suppression
Escape

Are behaviors that “backfire”

Case Example

Joanna: Anxiety

40 year old woman

Married

Researcher for a biotech company

Social Anxiety

Social Scrupulosity

Case Example

Bill: Depression

55 year old divorced lawyer

Dissatisfaction with his personal and professional life

Health problems and concerns about aging

Blocks out depression by zoning out in front of TV instead of engaging

Psychoanalytic Approach

Early 1900's- Sigmund Freud-pioneer

Clinician-medical/developmental model

Studies the complexity of the mind

Emphasis on therapeutic relationship

Goal to achieve ability to manage

“common unhappiness”

First Wave of CBT: Behavioral Psychology

Pavlov, Skinner, Watkins, Wolpe

Scientific tradition-observation, data

Experimental research

Learning

(association, rewards, punishments,
desensitization)

Behavior Therapy

Changing behavior can change emotions and thoughts (e.g., exposure/response prevention for anxiety; behavioral activation for depression).

Ability to “retrain” your brain gives hope to people.

Behavior Therapy

Work with Autonomic Nervous System
to decrease anxiety, increase confidence

Exercises: Deep Breathing

Relaxation

Visualization

Convert rehearsal

Biofeedback

Habituation

Desensitization

*2nd Wave of CBT:
Cognitive Therapy*

Aaron Beck

Dispute cognitive distortions

Mind Reading

Fortune Telling

Catastrophizing

Faulty Reasoning

Black and White Thinking

Integration: CBT

Cognitive Behavioral Therapy (CBT)

Albert Ellis

CBT Integrates Work with:

Thoughts

Behavior

Emotions

Physiology

Limitations of Classic CBT

Focuses on reducing problematic thoughts, emotions, and behaviors

Doesn't really focus on positives qualities, e.g., joy, happiness, values, and peace

Emphasis on techniques more than therapeutic relationship

*3rd Wave of CBT:
Inclusion of Mindfulness*

1st CBT Wave: Behaviorism

2nd CBT Wave: Cognitive Therapy

+

3rd CBT Wave

Includes Mindfulness

Major 3rd Wave Models: ACT

Acceptance and Commitment Therapy

Steven Hayes

Tolerance of Aversive “Private” Experiences

Actions Congruent with Values

Therapist’s use of Deliteralization

Therapeutic Relationship

Major 3rd Wave Models: DBT

Dialectical Behavior Therapy

Marsha Linehan, PhD

Skill-Based

- 1) Mindful Awareness
- 2) Distress Tolerance
- 3) Interpersonal Effectiveness
- 4) Emotional Regulation

Therapeutic Safety Net:
Relationship with Therapist, Group

Contributions of 3rd Wave

Humanizes the Process

Inclusion of Mindfulness

Emphasis on Values

(ACT and DBT-Individual's)

Can We Do Better?

Classic CBT

+

Third Wave CBT

+

Include Universal Values?

Positive Psychology: 3rd Wave +

Martin Seligman-Next Step

Mindful awareness of positives, strengths

What do we mean by “Happiness”?

Flourish: PERMA

P=pleasure, joy; E=engagement, focus;

“RMA”=relationships, meaning,
accomplishment (includes virtues)

Including Values

Other Traditions

Humanistic psychology, philosophy

Evolutionary psychology

Neuropsychology

Most world religions

Buddhist psychology/philosophy

Buddhist Psychology

Consistent with neuroscience and evolutionary psychology findings

Universal values-found in most religions

Can be separated from Buddhist religion

Has influenced the 3rd Wave Therapies

Buddhism: Back Story

Siddhartha Gautama-2500 yrs. ago

Prince-sheltered and pampered life

30's-saw suffering - sought spiritual path.

Early form of Hinduism—gods, Karma, reincarnation, caste system; monks

Developed system to help people find freedom from suffering

Basic Message

We are prone to act or think in ways that we think will benefit us or keep us safe. But these are false refuges—can mislead us, tempt us, or cause us or others to suffer.

True peace and happiness: waking up to reality...

Sources of Suffering

Our false beliefs: We are “islands,” and our identity and experiences are solid and permanent

Consequences: anxiety, depression, self-loathing, aggression, avoidance, greed/selfishness, and other problematic behaviors

The Truth

We are all interdependent,
everything transforms over time,
and there are causes, conditions,
and consequences for what we do.

Clinical Applications (1)

Clinician's Stance:

Warm, non-judgmental attitude

Curiosity and empathy

Fresh moment, “beginner’s mind”

Generosity of spirit—collaborative

Emphasize moderation

Buddhist Teachings (2)

The Good News:

We all have the potential for

love

goodness

inner strength

peace

happiness

But to attain these we need to cultivate...

Path to Happiness

Non-Harm for all beings

Strong code of ethics

Ability to manage intense emotions
(desire/greed, aversion/fear,
hatred/hostility, ignorance/confusion)

Increase focus of mind—to clearly see
inner and outer realities as they really are

Results: A More Fulfilling Life

Decrease...

fear, worry, and anxiety
anger, resentment, and judging
depression, withdrawal

Increase ability to...

feel lovable
appreciate each day
respond to problems effectively
reach out to others in a caring way

Clinical Application: 1

THE FOUR PERFECT VIRTUES: PATHS TO HAPPINESS

<p style="text-align: center;">EQUANIMITY (present or past)</p> <p>Quality of open and non-judgmental awareness of inner and outer reality. Incorporates honesty, moderation, clarity, and peacefulness. (Cultivate to overcome prejudice, assumptions, confusion, intense emotions.)</p> <p>Write an example of a situation where you cultivated equanimity:</p> <p>Imbalanced, excessive, or misguided efforts towards equanimity can lead to avoidance, neglect, or indifference.</p>	<p style="text-align: center;">UNLIMITED JOY (present or past)</p> <p>Celebration and joyfulness for the talents, accomplishments, and good fortune of others and oneself. Incorporates gratitude and rejoicing. (Cultivate to overcome resentment, envy, and mean-spiritedness.)</p> <p>Write an example of a situation where you cultivated unlimited joy:</p> <p>Beware of excessive/misguided efforts towards unlimited joy—can lead to irresponsibility, lack of concern for others, and narcissism.</p>
<p style="text-align: center;">COMPASSION (future)</p> <p>The wish that everyone (including you) can find freedom from pain and suffering. Incorporates empathy and the impulse to take action. (Use it to overcome selfishness, self-centeredness, arrogance, revenge, hostility, pride, also re. oneself: to counteract self-loathing, shame, and guilt.)</p> <p>Write an example of a situation where you cultivated compassion:</p> <p>Imbalanced, excessive, or misguided efforts towards compassion can lead to overwhelm, hatred, depression, pity, guilt, paralysis</p>	<p style="text-align: center;">LOVING-KINDNESS (future)</p> <p>The wish that everyone (including you) can attain happiness, peace, good health, good fortune, and long life. Incorporates forgiveness, good-heartedness, unselfishness, generosity. (Use it to counteract competitiveness, depression)</p> <p>Write an example where you cultivated loving-kindness:</p> <p>Imbalanced, excessive, or misguided efforts towards loving-kindness can lead to greed, judgmentalness, stubbornness, grasping, or controlling behavior</p>

Equanimity

Clear-eyed, non-judging awareness

Includes honesty, balance, and serenity

(An antidote to bias, intense emotions and opinions, ignorance, or confusion)

When out of balance: tuned-out, indifferent

Unlimited/Altruistic Joy

Rejoicing for the good fortune,
accomplishments of others (and self)

Includes gratitude.

(An antidote to resentment, envy, and
mean-spiritedness.)

When out of balance: overly optimistic,
undisciplined

Compassion

The wish for all to be free from suffering

Includes empathy, and desire for action

(Antidote to arrogance, revenge, cruelty,
pride, self-loathing, shame, and guilt)

When out of balance-overwhelm, hatred,
depression, pity, guilt, paralysis

Loving-Kindness

The wish for all to attain happiness, peace, good health, good fortune, and long life.

Includes forgiveness, generosity unconditional friendliness, unselfishness.

(Antidote to competitiveness, depression)

When out of balance: greed, grasping, judging, or controlling behavior

Clinical Application 2: Meditation

In-session or homework

Types (are often combined)

1) Concentration (Discipline)

1) Mindfulness of Body & Mind
(awareness and compassion)

1) Contemplative: Cultivate Virtues

Meditation: Concentration

Training the Mind

Developing ability to concentrate and keep your focus on what you want to focus on. Patiently returning to “now.”

Usually the focus is on physical sensations:

hearing, breath, walking.

Mindfulness: Be Here Now

Being Fully Present Moment by Moment

Two wings : Awareness and Compassion

RAIN: Recognize that something is there

Accept its presence

Investigate

Non-identification

Contemplation

Cultivating Virtues and Values

Includes:

Gratitude,

Forgiveness

Loving-kindness/ Compassion

Brief Meditation Exercise (1)

Begin with Concentration/Focus

Close eyes if you wish, take a few deep slow breaths.

Return to natural rhythm-notice.

Each breath, like each moment, is unique

If distracted, note it, return to breath

May help to count or say “in....out”

Breath an anchor-can access anytime

Brief Meditation Exercise (2)

Mindfulness

Notice thoughts, sensations, emotions. Try to stay with direct experience of the moment rather than content. Can you be curious? Non-judging? If being self-critical try to focus on the judging, not the content.

Brief Meditation Exercise (3)

Contemplation: Loving-Kindness

“May your life be filled with loving-kindness

May you be well in body and in mind

May...safe from inner and outer danger

May...happy, truly happy, and free”

First, one you cherish

Then yourself

Then for all beings

References

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