

1  **MINDFULNESS**

Mindfulness is...

"...paying attention on purpose, in the present moment, non-judgmentally..."

Jon Kabat-Zinn

2

WHAT

IS

MINDFULNESS ???

3  **What Mindfulness is NOT...**

4  **What Mindfulness is NOT...**

5  **MINDFULNESS MEDITATION IS NOT:**

- Positive Thinking
- A Relaxation Technique
- Going Into a Trance
- Trying To Blank Your Mind

6  **Mindlessness**

- Examples of *Mindlessness*-
  1. Driving your car and reaching a destination without knowing how exactly you got there.
  2. Finishing a conversation and not knowing what you talked about.
  3. Eating in a hurry or on-the-run.

7  **How is Mindlessness Measured?**

1. I could be experiencing some emotion and not be conscious of it until some time later.
2. I break or spill things because of carelessness, not paying attention or thinking of something else.
3. I find it difficult to stay focused on what is happening in the present.
4. I tend to walk quickly without paying attention to what I experience along the way.
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
6. I rush through activities without being really attentive to them.
7. I find myself preoccupied with the future or the past.
8. I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.
9. I snack without being aware that I'm eating.

Mindful Attention Awareness Scale (MAAS), Brown et al, 2003.

8  **Mindfulness Is...**

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- Non-evaluative and sustained moment-to-moment awareness of thoughts, physical sensations, and affective states.

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- An attribute of consciousness, i.e. a state of being *attentive to* and *aware of* what is taking place in the present moment.

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- "Mindfulness is not the answer for all life's problems. Rather, it is that all life's problems can be seen more clearly through the lens of a clear mind."  
(Jon Kabat-Zinn, 1991)

12  **BACKGROUND TO MINDFULNESS**

- Mindfulness has its origins in Eastern Buddhist philosophy.
- It was adapted to a secular 8-week program format- Mindfulness Based Stress Reduction (MBSR) in the United States by Jon Kabat Zinn in 1979.
- It was initially offered in a hospital setting for people suffering from a variety of health conditions.

13  **Mindfulness Benefits**

- Health (preventative depression, stress reduction, etc.)
- Wellbeing (resilience)
- Cognitive Skills (attention, focus, memory)
- Interpersonal Skills (communication, assertiveness)
- Leadership (decision-making, perspective)
- Team Development (awareness of others' needs)

14  **TWO MODES OF SELF-FOCUS:**

- EXPERIENTIAL: (DIRECT NOTICING)
  1. SEEING
  2. HEARING
  3. TASTING
  4. SMELLING
  5. TOUCHING
  6. VISCERAL SENSATIONS

15  **TWO MODES OF SELF-FOCUS:**

- CONCEPTUAL:

1. LABELING
2. ELABORATING
3. ANALYZING
4. JUDGING
5. GOAL-SETTING
6. PLANNING
7. COMPARING
8. REMEMBERING
9. SELF-REFLECTING

16  **FOCUS OF ATTENTION**

*"LIKE A BEAM OF LIGHT"*

- HAS A LIMITED CAPACITY
- CAN BE "CAUGHT"
- CAN BE DIRECTED
- CAPACITY FOR A BROAD OR NARROW FOCUS
- 

17  **EARLY RESEARCH INTO MINDFULNESS**

- Chronic Pain
- Anxiety
- Depression
- PTSD
- Psoriasis

18  **RECENT RESEARCH INTO MBSR**

Mindfulness research now mainstream in the United States:

- MBSR for cancer patients
- Neuroscience research on mindfulness meditation
- Tools to measure mindfulness have been developed
- Mindfulness-based therapy is now the recommended treatment for recurrent depressive illness ahead of anti-depressant medication.

19  **RESEARCH FINDINGS**

- Current neuroscience research is finding that the state of health and/or functioning of our brain impacts the quality of life in just about every area of our lives, including work performance, relationships, family life, physical and mental well-being, healthy aging and so forth. The good news is that mindfulness training shows great promise in improving brain health and functionality across most dimensions of brain activity.

20  **Research Evidence**

Mindfulness increases:

- Positive mental states
- Self-regulated behaviors
- Heightened self-knowledge and self-awareness

21  **BRAIN/BODY BENEFITS**

- The cortical regions of the brain related to attention and sensory processing are strengthened.
- The symptoms of Attention Deficit Hypersensitivity Disorder (ADHD) (i.e., lack of focus, sustained attention, and follow through, disorganization) are reduced.
- Our brain responds to mindfulness by making positive changes in its density and structure. Mindfulness is good for brain plasticity or flexibility.
- Mindfulness meditation strengthens our immune system.
- Awareness allows the body to recover sooner from stressful situations because cortisol (the primary human stress hormone) levels decrease more quickly than in those who do not practice mindfulness.

22  **EMOTION/MOOD BENEFITS**

- The frontal cortex of the brain that picks up on emotional cues is activated and becomes sharper.
- Long term mindfulness practitioners show higher levels of empathic awareness.
- A person's affect becomes generally more positive.
- Symptoms of anxiety and depression are reduced or minimized.
- People prone to depression are less likely to relapse.

23  **Research Related to Law Enforcement**

- Hillsboro, Oregon
- 8-week MBSR Training Program
- "We can teach Officers mindful driving, mindful listening and how to be mindful while searching a building looking for a suspect. We can teach them skills via mindfulness to regulate the psychological and biological response to stress. That means a better police-citizen encounter on the individual level, which leads to a better police-community relationship."

24  **PTSD, Mindfulness and the Returning Veteran**

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- "Mindfulness improves working-memory, which is a key component of cognitive performance. Working memory is critical because under stress it's what we go to when we do things that are important. So for a police officer that's things like how to drive a car code three, how to use force, and how to critically think and problem-

solve.”

26  **Misinformation About Mindfulness**

- “How can you be a warrior and practice the nonjudgmental and non-reactive tenants of mindfulness?”
- Mindfulness is not a practice of pacifism; it’s a practice of being self-aware.

27

- “Organizationally we are very concerned about risk management. Training cops in mindfulness I believe will reduce the incidents of force and the incidents of force that do occur will be more effective and probably better executed. Officers will perform better before, during and after a force transaction and their recovery time as a result of injuries will be reduced. What it comes down to is they are going to be better warriors. Mindfulness also mitigates the effects of acute stress, which means it can prevent cognitive failures while under stress. So from that stand point, is that risk reduction or liability mitigation? Absolutely.”

28  **Other Related Research**

- Marine Corps officials are testing a series of brain calming exercises called “Mindfulness-Based Mind Fitness Training”.
- This training helped the brain better react to high-stress situations and recover more quickly from those episodes.
- “While teaching troops to shoot makes them a better warfighter, teaching mindfulness makes them a better person by helping them decompress which could have lasting effects. It’s like doing pushups for the brain.”

29  **Mindful Practice**

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- *All Rights Reserved. ©2013 UC Regents.*
- *All meditations by MARC's Director for Mindfulness Education, Diana Winston.*

30  **COMING TO OUR SENSES!**

- Learning through meditation practice to *approach* our experiences in new ways
- Moment-by-moment non-judgmental awareness of *body sensations, thoughts, and emotions*
- *Formal* meditation practice- body scan, mindful movement, and sitting practice
- *Informal practice*- awareness of present moment experience during daily life

31  **BECOMING AWARE OF OUR MIND’S ACTIVITY**

As we practice mindfulness it becomes apparent that the mind will “have its say” in all that we do. The mind thinks just as the heart beats!

We will notice:

- *Judgments*- liking or disliking
- *Associations*- memories, stories, comparisons
- *Emotional* interrelationship with thoughts- thoughts do not occur singularly or without some emotional "flavor"
- *Commentary*- our thoughts comment on all our experiences

### 32 **MINDFULNESS PRACTICE IS A RADICALLY DIFFERENT APPROACH TO LIVING OUR LIVES AND MANAGING STRESS**

- *Increasing Awareness*- we come to realize that we are usually operating on "automatic pilot"- our tendency for our minds to be more frequently in the past or in the future rather than with our experience in *this* moment.
- *Placing our attention* where we want it to be (concentration meditation)
- *Developing a new relationship with our experience* (mindfulness meditation)
- *Being Mind* rather than a *Doing Mind*- making space for and turning towards rather than resisting or working to change experiences we do not like.
- *Responding to experience based on awareness* of what is actually here rather than habitually reacting.

*Presented to...*  
**National City Police Department**



# ***The Benefits of Mindfulness***

*Presented by:*  
**The Counseling Team International**  
*www.thecounselingteam.com*

**Headquarters - San Bernardino, California**  
1881 Business Center Drive, Suites 11 & 12  
San Bernardino, CA 92408  
24 Hr. (909) 884-0133 or (800) 222-9691  
Fax (909) 384-0734

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The Counseling Team International presents...



# The Benefits of Mindfulness

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## WHAT IS MINDFULNESS?



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## RECENT RESEARCH INTO MBSR

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## Misinformation About Mindfulness

“How can you be a warrior and practice the nonjudgmental and non-reactive tenants of mindfulness?”

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## Video: Meditation



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## Mindlessness

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"Mindfulness is not the answer for all life's problems. Rather, it is that all life's problems can be seen more clearly through the lens of a clear mind."

(Jon Kabat-Zinn, 1991)



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Video: Mindfulness-Based Stress Reduction



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## Mindfulness Benefits

- Health (preventative depression, stress reduction, etc.)
- Wellbeing (resilience)
- Cognitive Skills (attention, focus, memory)
- Interpersonal Skills (communication, assertiveness)
- Leadership (decision-making, perspective)
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## Resiliency

The ability to withstand, or rebound from extreme challenges or adversity



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## The Seven Resiliencies

Insight	Independence	Relationships
Initiative	Creativity	Humor
	Mortality	



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Video: Resilient Mouse



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Research has shown...

Attitudes of Optimistic People

- Problems are temporary
- Ability to differentiate factors that can be controlled from those that cannot

Locus of Control

- Internal vs. external

Self-efficacy

- A belief in one's own agency/effectiveness



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Resilience Factors



- Support from other people
- Perception
- Having a coping strategy



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### Skills of Resilient People

Analyze Objectively

Accept what is

Shift Perspective

"I am not the target."

Find a sense of purpose.

Have a positive outlook



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### 4 P's to Dispute Negative Irrational Beliefs that Cause Stress:

- **Permanence** – Setbacks are temporary
- **Pervasiveness** – Problems are confined to a small aspect of life
- **Personalization** – take responsibility for only things you can control – your attitude and behavior
- **Perseverance** – learn from mistakes



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### Two Modes of Self-Focus

Experiential & Conceptual



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## Two Modes of Self-Focus

### Experiential (Direct Noticing):

1. Seeing
2. Hearing
3. Tasting
4. Smelling
5. Touching
6. Visceral sensations



(cont'd)



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## Two Modes of Self-Focus

### Conceptual:

- |                |                    |
|----------------|--------------------|
| 1. Labeling    | 5. Goal-setting    |
| 2. Elaborating | 6. Planning        |
| 3. Analyzing   | 7. Comparing       |
| 4. Judging     | 8. Remembering     |
|                | 9. Self-reflecting |



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## Rediscover Your Values

Show me where you spend your time and money, and I'll show you what you value.



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## Provide Time for Relaxation

- Massages
- Hobbies
- Deep breathing
- Music
- Reading



*Quiet time helps our intuition thrive*



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## The Importance of Sleep



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## Get Enough Sleep

- Sleep is underrated
- R.E.M. sleep is paramount
- Do not ignore amount of sleep needed
- Get power naps



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## Focus of Attention

*"Like a beam of light."*

- Has a limited capacity
- Can be "caught"
- Can be directed
- Capacity for a broad or narrow focus



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## Research Findings

- Current neuroscience research is finding that the state of health and/or functioning of our brain impacts the quality of life in just about every area of our lives, including:
  - Work performance
  - Relationships
  - Family life
  - Physical and mental well-being
  - Healthy aging
- The **good news** is that mindfulness training shows great promise in improving brain health and functionality across most dimensions of brain activity.



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## Research Evidence

Mindfulness increases:

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### Brain/Body Benefits



- The cortical regions of the brain related to attention and sensory processing are strengthened.
- The symptoms of Attention Deficit Hypersensitivity Disorder (ADHD) (i.e., lack of focus, sustained attention, and follow through, disorganization) are reduced.

*(cont'd)*



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### Brain/Body Benefits



- Our brain responds to mindfulness by making positive changes in its density and structure. Mindfulness is good for brain plasticity or flexibility.
- Mindfulness meditation strengthens our immune system.
- Awareness allows the body to recover sooner from stressful situations because cortisol (the primary human stress hormone) levels decrease more quickly than in those who do not practice mindfulness.



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### Emotion/Mood Benefits



- The frontal cortex of the brain that picks up on emotional cues is activated and becomes sharper.
- Long term mindfulness practitioners show higher levels of empathic awareness.
- A person's affect becomes generally more positive.
- Symptoms of anxiety and depression are reduced or minimized.
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Video: PTSD, Mindfulness and the Returning Veteran



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- Working memory is critical because under stress its what we go to when we do things that are important, i.e. how to drive a car code three, how to use force, and how to critically think and problem-solve.



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Wellness Tips



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Wellness Tips

- Don't take things personal
- Seek positive solutions and not blame
- Support each other with praise, and appreciation
- Respect differences and each other's roles
- "They" is "us"

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Wellness Tips

- Avoid nay-sayers
- Allow team members to show their feelings, it builds connection/support
- Celebrate successes

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**Make Family Time**

- Recreation
- Family dinners
- Have lengthy conversations
- Avoid technology distractions – i.e. texting
- Spend quality time together



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- Choose wisely
- Research shows happiest people have friends
- No toxic friendships
- Stick to meaningful ones

### Keep Healthy Friendships



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### Carve Out Time Alone

- Put in schedule
- Increases our intuition
- Intuition is like a muscle



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- Decide what is important
- Focus on relationships
- Self-care

### Set Priorities



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## Physical Exercise

- The "hypokinetic theory" of disease argues that most stress-related diseases arise because of a lack of physical activity
- The remedy is to engage in a routine of exercise



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## Video: Duck Dynasty Yoga



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## Do Not Sacrifice Health

- Doctors appointments
- Necessary tests
- Exercise
- Nutrition



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Video: Sea Lion Exercise



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Misinformation About Mindfulness



- How can you be a warrior and practice the nonjudgmental and non-reactive tenants of mindfulness?
- Mindfulness is not a practice of pacifism; it's a practice of being self-aware.



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Coming to Our Senses

Learning through meditation practice to approach our experiences in new ways

Moment-by-moment non-judgmental awareness of body sensations, thoughts, and emotions

Formal meditation practice - body scan, mindful movement, and sitting practice

Informal practice - awareness of present moment experience during daily life



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Becoming Aware of Our Mind's Activities

- As we practice mindfulness it becomes apparent that the mind will "have its say" in all that we do.
- The mind thinks just as the heart beats!

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Becoming Aware of Our Mind's Activities

We will notice:

- *Judgments* - liking or disliking
- *Associations* - memories, stories, comparisons
- *Emotional interrelationship with thoughts* - thoughts do not occur singularly or without some emotional "flavor"
- *Commentary* - our thoughts comment on all our experiences




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**Mindfulness Practice is a Radically Different Approach to Living Our Lives and Managing Stress**

<p>Increasing Awareness - we come to realize that we are usually operating on "automatic pilot"- our tendency for our minds to be more frequently in the past or in the future rather than with our experience in this moment.</p>	<p>Placing our attention where we want it to be (concentration meditation)</p>	<p>Developing a new relationship with our experience (mindfulness meditation)</p>
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**Mindfulness Practice is a Radically Different Approach to Living Our Lives and Managing Stress**

Being Mind rather than a Doing Mind- making space for and turning towards rather than resisting or working to change experiences we do not like.

Responding to experience based on awareness of what is actually here rather than habitually reacting.



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Video: Live the Abundant Life



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Thank You and Be Safe!



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# THE COUNSELING TEAM INTERNATIONAL

## Upcoming Training Courses

Some classes are certified for

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- STC
- BRN
- ICEMA/EMS
- CEU's

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### August

- August 6-27, 2019 – The Benefits of Mindfulness – National City Police Department – National City, CA – FULL
- August 8, 2019 – **Compassion Fatigue** – Hosted by City of Chino – Chino, CA – FULL
- August 12-14, 2019 – Depression and Suicide Situations – Hosted by Federal Air Marshall's – Atlantic City, NJ – FULL
- August 14, 2019 – **Wellness in the Workplace and at Leisure** – Hosted by CDCR – Sacramento, CA – FULL
- August 19-21, 2019 – **Basic Peer Support** – Hosted by Bureau of Indian Affairs – Location TBD – FULL
- August 21, 2019 – **The Benefits of Mindfulness** – Hosted by PSPSA – Webinar (for PSPSA Members only)
- August 26-28, 2019 – Basic Peer Support – Hosted by Pinole Police Department – Pinole, CA
- August 22-27, 2019 – **The Strength of Posttraumatic Growth** – Hosted by San Diego County Sheriff's Department – San Diego, CA – FULL
- August 28, 2019 – **Wellness in the Workplace and at Leisure** – Hosted by CDCR – Sacramento, CA – FULL

### September

- September 11, 2019 – **Wellness in the Workplace and at Leisure** – Hosted by CDCR – Sacramento, CA – FULL
- September 14, 2019 – **Conference - Compassion Fatigue** – Hosted by HOPE – San Diego, CA
- September 3, 2019 – **Developing a Peer Support Program** - Hosted by National Sheriff's Association - Webinar
- September 25, 2019 – **Pre-hire Psychological Testing** – Riverside Sheriff's Department Background Investigators Academy – Riverside, CA
- September 17, 2019 – **Suicide by Cop/Cop Suicide** – Hosted by San Bernardino County DBH – San Bernardino, CA – FULL

### October

- October 12, 2019 – **Significant Other Survival** – Hosted by Newport Beach Fire Department – Newport Beach, CA
- October 30, 2019 – **Wellness in the Workplace and at Leisure** – Hosted by CDCR – Sacramento, CA – FULL
- October 17, 2019 – **Wellness in the Workplace and at Leisure** – California State University, Long Beach – Dana Point, CA – FULL
- October 22, 2019 – **Cultural Diversity** – Hosted by PSPSA – Webinar (for PSPSA Members only)
- October 22, 2019 – **The Effects of Burnout & Compassion Fatigue** – Hosted by San Diego Sheriff's Department – San Diego, CA – FULL

### November

- November 6, 2019 – **Wellness in the Workplace and at Leisure** – Hosted by CDCR – Sacramento, CA – FULL
- November 13, 2019 – **How to Handle Holiday Stress** – Hosted by the City of Riverside – Riverside, CA – FULL
- November 20, 2019 – **Wellness in the Workplace and at Leisure** – Hosted by CDCR – Sacramento, CA – FULL
- November 19, 2019 – **Wellness in the Workplace and at Leisure** – California State University, Long Beach – Dana Point, CA – FULL
- November 20, 2019 – **Pre-hire Psychological Testing** – Riverside Sheriff's Department Background Investigators Academy – Riverside, CA

### December

- December 4, 2019 – **Wellness in the Workplace and at Leisure** – California State University, Long Beach – Dana Point, CA – FULL
- December 10, 2019 – **Wellness in the Workplace and at Leisure** – California State University, Long Beach – Dana Point, CA – FULL

**Dates to host training classes are available upon request**

Rev. 7/26/19



# SERVICES PROVIDED BY THE COUNSELING TEAM INTERNATIONAL

## BEHAVIORAL HEALTH AND WELLNESS SERVICES

Counseling services provide professional and confidential assistance. Under a contract with your agency, TCTI provides this service at no cost or co-pay to employees and their eligible family members. Counseling services are available in-house or 24/7/365 via telephone. Some of the most common issues discussed are related to marriage, family and interpersonal relationships, depression, stress management, anger management, alcohol/substance abuse and grief/bereavement, including many others.

## TRAINING AND EMPLOYEE DEVELOPMENT

TCTI provides a wide variety of training classes that can serve as a proactive measure and follow-up tool for any department or agency within the field of public safety. TCTI's classes will provide participants with the skills and information necessary to maximize their ability to function as a team and to continue developing their careers. Classes can be tailored to fit your agency's specific needs and time restrictions.

## PEER SUPPORT PROGRAM DEVELOPMENT AND CONSULTATION SERVICES

TCTI provides assistance to departments and agencies looking to start their own Peer Support team. Valuable informational material is provided and TCTI will assign a Peer Support Coordinator to provide consultation support and assistance with the interview process of new Peer Supporters. Training classes are also available for those becoming a Peer Supporter and current Peer Supporters who need advanced/refresher training.

For more information, please contact us at:  
(800) 222-9691 or [www.thecounselingteam.com](http://www.thecounselingteam.com)



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The Counseling Team International. 30 Years Dedicated to Serving Those Who Serve.

# SERVICES PROVIDED BY THE COUNSELING TEAM INTERNATIONAL

## CRITICAL INCIDENT STRESS MANAGEMENT/STAND-BY-STATUS

TCTI specializes in critical incident stress management, particularly as it applies to trauma. Mental health professionals are available on-call 24/7/365 and our services range from phone consultations to on-site debriefing and counseling services. We are always available for consultation and support, and are currently used by various agencies for a variety of critical incident situations.

## HOSTAGE NEGOTIATOR CRISIS SUPPORT

TCTI provides specialized crisis support services for hostage/crisis negotiators due to the high levels of stress they experience, both during and after situations of hostage or crisis negotiations. TCTI's mental health professionals are trained crisis negotiators and can be a resource to the on-site negotiators, as well as provide the support needed to help them effectively manage the stress of these traumatic events.

## PRE-HIRE PSYCHOLOGICAL TESTING

TCTI provides psychological testing services for those entering the field of public safety. This testing process involves written examinations and a psychological screening completed by a licensed clinical psychologist. It is meant to assess the emotional stability of candidates to determine if they are suitable for the job. This process meets POST standards.

## ORGANIZATIONAL DEVELOPMENT

TCTI partners with "The Organizational Network", a team that specializes in creating organizations that bring out the best in their employees. Customized interventions are designed to achieve desired results, and services that include job matching, strategic planning, customer service, and conflict resolution are available.



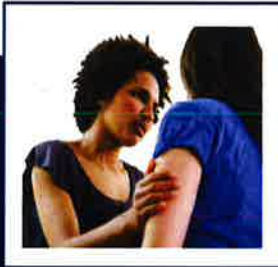
**PEER SUPPORT/SUPERVISOR COACH APP  
NOW AVAILABLE FOR DOWNLOAD!**



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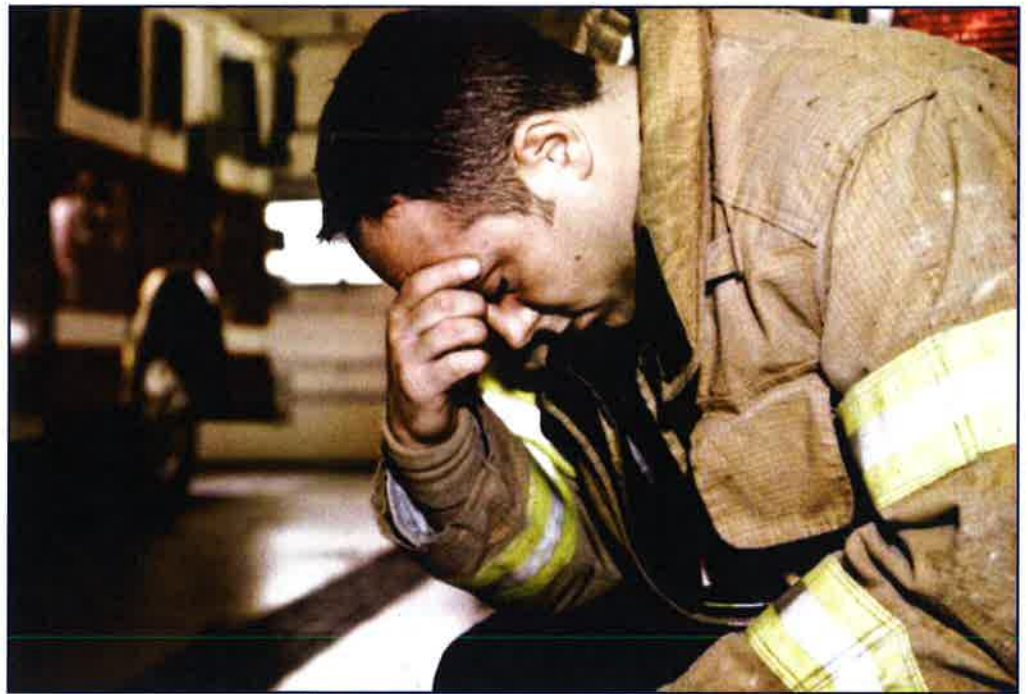
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“The main goal of peer support is to lessen the long-term psychological impact of the event and to accelerate the recovery process before harmful stress reactions damage work performance, health and family relations.”

*Nancy Bohl-Penrod, Ph.D.,  
Director, The Counseling  
Team International*



### **Be mobile, confident and effective at times of crises with the new *Public Safety/Peer Support/Supervisor Coach App***

Have immediate access to the answers, solutions, and other guidelines you may need when supporting a comrade or colleague during a crisis.

#### **First Responders & Public Safety personnel can quickly reference:**

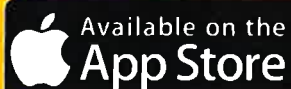
- Step-by-step guide to take for action plans
- Topics taught in Basic and Advanced Peer Support Courses
- Practical guidance for supervisors
- Clinically proven solutions to common personal issues
- Death notification guidelines to increase confidence in what to do and say

#### **Resources and Referrals**

- Over 20 categories of common support areas
- Breakdown of sub-topics for each topic
- Including definitions, examples, and steps to take
- Professional referrals, including locations, web sites, and phone numbers
- Links to videos, publications, and training
- Stress management and wellness tips

The contributors to this App include a team of mental health professionals who have over 30 years of experience and specialize in Public Safety/First Responder Wellness and Critical Incident Stress Management. As a team, they are also experts in public safety leadership/supervisor and peer support training. The content includes “best practices” now in place in the public safety/first responder field.

**Cost: \$9.99**



**For more information about The Counseling Team International, visit [www.thecounselingteam.com](http://www.thecounselingteam.com) or call 1-800-222-9691**





“Whether you’re in law enforcement, fire service, education, private industries, or any level of government; having services provided to you and your immediate family members provides comfort in knowing that you have constant backup.”

*Nancy Bohl-Penrod, Ph.D.,  
Director, The Counseling  
Team International*



## New Website... Same Services, Same Dedication

We are pleased to announce our new website, where you can find expanded information about our services, including:

- More information about our services, including Counseling Services, Critical Incident Stress Management, The Organizational Network, Pre-Hire Psychological Testing, and Crisis Negotiation.
- Expanded resources section featuring links, handouts, articles, surveys, and recommended reading.
- Comprehensive descriptions of our course offerings, including everything you need to know about hosting a course at your location.
- Online course registration for our training courses, which are certified for POST, STC, ICEMA/EMS, CEU's and BRN.
- More information about our new Public Safety/Peer Support/Supervisor Coach App, available on both iTunes and Google Play for Android.



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For more information about The Counseling Team International,  
visit [www.thecounselingteam.com](http://www.thecounselingteam.com) or call 1-800-222-9691