MINDFULNESS AND THERAPY

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What to Expect to Learn

- Describe the concept of Mindfulness
- Discuss how Mindfulness has been integrated into some cultures
- Apply several different mindfulness strategies
What does that mean?
MINDFULNESS

- Defined as the process of being aware of one’s awareness
- Consciously observing one’s process without judgment yet with great curiosity, a process that is enhanced as having a loving regard between the seer and the seen
- A key element in the exchange process called therapy
Native American Practices and Cultures
Acknowledged
Sponsorship of the Soul

- Stephen Gilligan, Ph.D. work in the area of Ericksonian hypnosis and psychotherapy
- Peter Ralston - The silence that needs to precede creativity; the freedom that comes from not needing to know
- Milton Erickson, MD - Validation work
Morphogenic Field

- Rupert Sheldrake’s 100th Monkey Theory
- The impact of the therapist state of consciousness has on the client whether realized or not
- The role of intention
- Hara/Tan Tien focus and the connection to mindfulness
The Observer Effect

Observer, Witness, Watcher, Beholder..........

- For example the works of Tolle, Bill Harris, Joel Goldsmith, and Sri Nisargadatta Maharaj
- Strategies for defeating autopilot and the pain body
Self Inquiry

- The teachings of Ramana Maharshi
Brain Waves and Mindfulness

- The work of Jose Silva with alpha waves
- The Ft. Collins VA Study 1989
- Bill Harris and The Holosync Program
- Dr. Hardt, the father of modern Biofeedback
- Impact of both positive and negative thoughts on brain physiology
Internal Metaphor Work

- Important strategy for validating the client
- How this invites the observer
Cognitive and Motivational Interviewing

- The Mindfulness Connection
- Moving out of Autopilot and into a sense of cause and effect
- Reducing suffering
- What goes around comes around; the idea of the circle and the cosmic spider web
Therapy as Mindfulness Practice

- The therapist as a mindfulness practitioner
- Quiet your brainwaves and mind
- Mediate, pray, yoga, tai chi, qi gong etc
- Practicing the presence
Ho’oponopono

- Zero Limits - Dr. Hew Lin and Joe Vitale
- Viruses of the mind - similar to computer viruses
- Cleaning on whatever bothers you
- The Past is yet to be determined
References

- Bill Harris and The Holosync Program [www.centerpoint.com](http://www.centerpoint.com)
- [www.josephrael.org](http://www.josephrael.org)
- Rupert Sheldrake [www.sheldrake.org](http://www.sheldrake.org)
- Stephen Gilligan Ph.D [www.stephengilligan.com](http://www.stephengilligan.com)
The End