The Ultimate Mobile Device: Mindfulness Tools for Wellness

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Overview

- Setting the stage
- Mindfulness – a brief introduction
- Mindfulness Practices:
  - Sitting meditation
  - Being in the body
  - Writing meditation
Overview (cont.)

- Lived experiences
- Other applications for recovery settings
- Outcome assessment tools and other resources
Mindfulness, an EBP studied for:

- Stress management
- Pain
- Depression
- Anxiety
- Addictions
- Insomnia
- Improving attention
- Enhancing creativity

- Healthy eating
- PTSD
- Distress tolerance
- Improving relationships
- Health recovery and maintenance
- Cultivating happiness
- ...and many more
Mindfulness: Core Concepts

- Present moment awareness
- Non-judgment
- Willingness
- Compassion/loving kindness
- Acceptance
- Connectedness
- Letting go
Practice: Sitting Meditation

What did you notice?

“Nothing happens next. This is it.”
Practice: Being in the body

- What did you become aware of?
OVERBOARD
Lived Experiences

Gloria’s Observations
Practice: Writing Meditation

- Get paper and pen ready

- Think of something that is stressful to you
Practice: Writing Meditation

- Step 1
- Step 2
- Step 3

What did you notice about the process?
Other Applications for Recovery Settings

- DBT
- CBT
- Seeking Safety

- Use by practitioners – Kelly’s observations
Some Outcome Assessment Tools


- Assessments for specific states
Wrap-up

Questions?

Thoughts?
"You can see a lot by just looking."

-- Yogi Berra