

# Developing a mindful approach in guidance counselling: care for self and other



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# Practice Mindfulness



Mindfulness of Breath - "Finger Breathing"  
(Practice 1)

# Purpose/Intention of this Webinar

- What Mindfulness is and (is not!)
- For Self - Personal Application of Mindfulness
- For Other - Mindfulness in the work of Guidance

## How?

Using your direct experience, discussion and a theoretical framework

# Mindfulness and Guidance Counselling

Three possible ways in which guidance counsellors can engage with mindfulness:

- Practising mindfulness oneself for self care - personal and professional
- Facilitating a mindful encounter in the guidance process itself.
- Teaching mindfulness to clients.











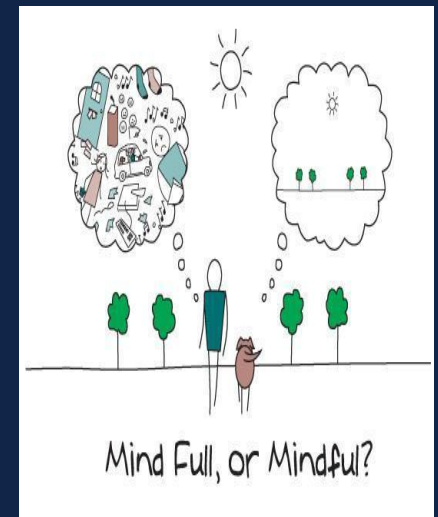
# Living on Automatic Pilot...



- Am I **AWAKE** or **ALERT** or **FULLY PRESENT** in much of the routine that makes up my day?
- We **COPE**...somehow....but often on **AUTOMATIC PILOT**.

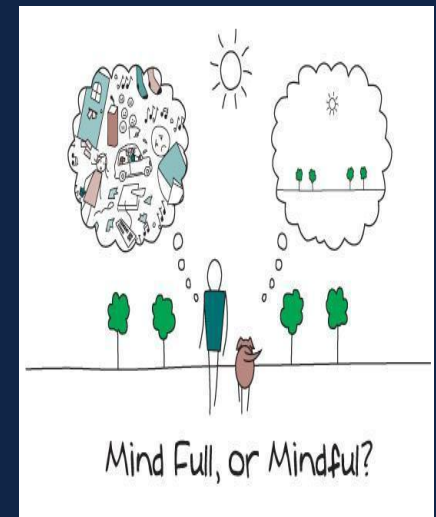
## What mindfulness is not?

- Mindfulness is not about spacing out or escaping.
- Mindfulness is not simply about attention.
- Mindfulness is not about having a particular kind of experience.
- Mindfulness is not about becoming someone else.
- Mindfulness is not about perfection.



## What mindfulness is not?

- Mindfulness is not about changing difficult thoughts or getting rid of difficult feelings.
- Mindfulness is not about being religious.
- Mindfulness is not just about meditation.
- Mindfulness is not about stress reduction, although it can significantly reduce stress.
- Mindfulness is not counselling/therapy



# Mindfulness *versus* Relaxation



# Mindfulness is ... One Definition



- Paying attention in a particular way
- On purpose
- In the present moment
- Non-judgementally

Kabat-Zinn, J. (1994). *Wherever you go, there you are*. New York: Hyperion. p.4

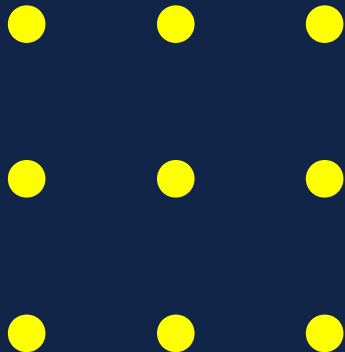
Try this...



On a page draw 9 dots as below then connect up all the dots by:

1. Making four straight lines.
2. Without lifting your pen
3. Without tracing back along any of the lines

Observe what thoughts/feelings/body sensations arise while trying to solve this puzzle and afterwards.



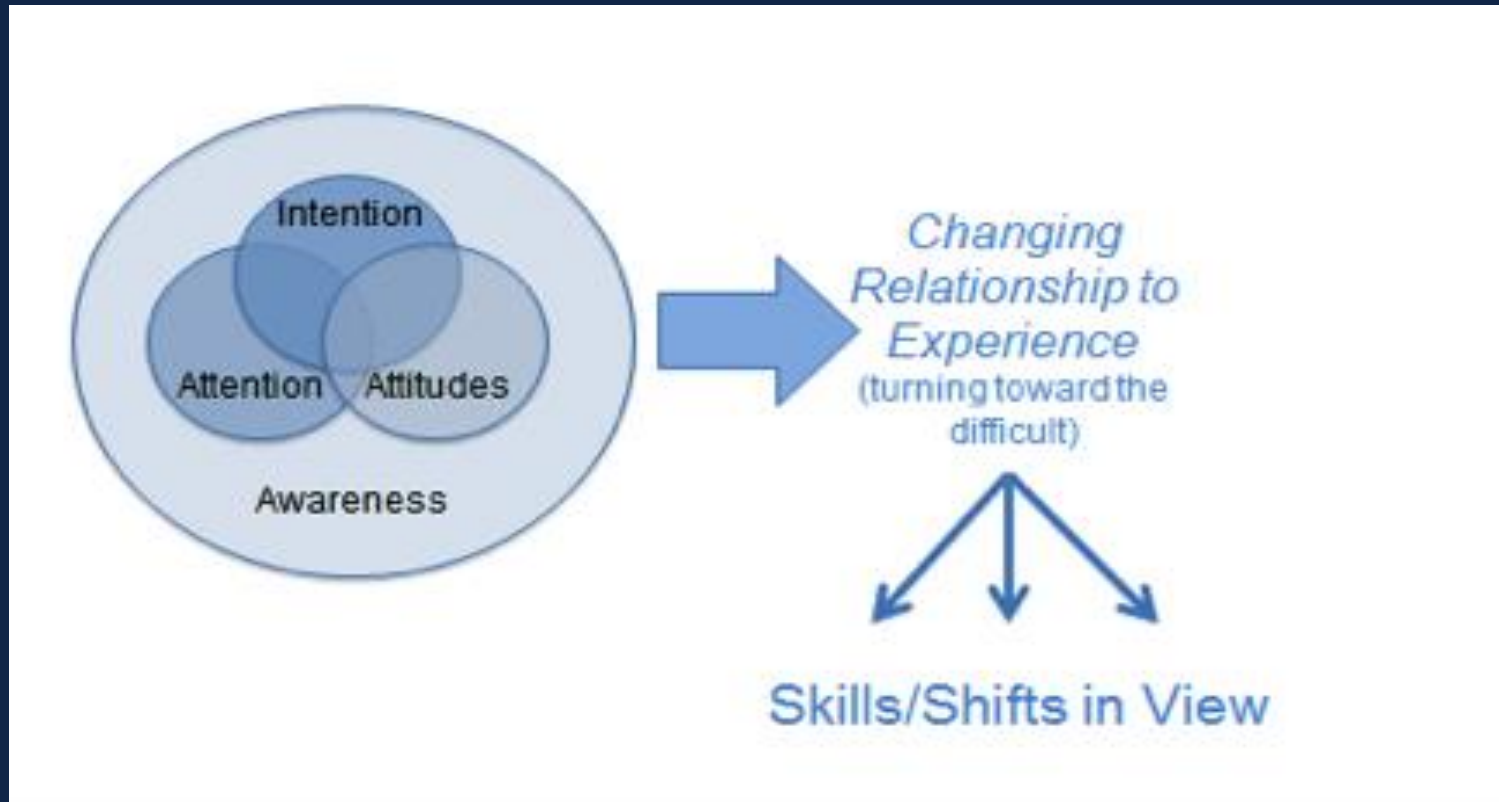
# Five Facets of Mindfulness (One perspective)

- 1) observing,
- 2) describing,
- 3) acting with awareness,
- 4) non-judging of inner experience,
- 5) non-reactivity to inner experience.

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*, 27-45.



# Key Aspects of Mindfulness



Shapiro S.L., Carlson, L.E., Astin, J.A., Freedman, B, *Mechanisms of Mindfulness*, *Journal of Clinical Psychology*, 62 (3), 373 - 386

# 1. Intention

Why mindfulness for me?

What is my intention for this interest in Mindfulness?

Why am I part of this webinar?!

## Intention allows us to

- be deliberate about where we place our attention
- create choice in what we attend to
- develop the ability to shift and hold attention where needed.
- set the stage for what is possible.
- to remind you from moment to moment of why you are practicing in the first place.

## 2. Attention

### Video Clip 1

Please count how many times the ball is passed from one person to another

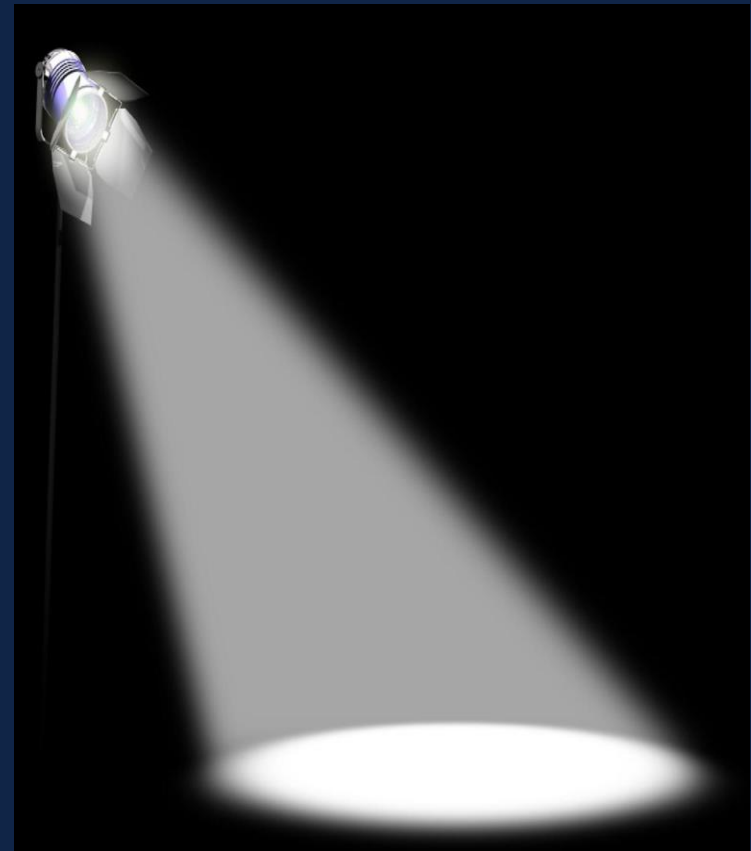
**Focused attention** allows us to disrupt negative, ruminative thinking such as, "I'm such a failure because someone criticised my work" by bringing attention to an object of awareness such as the sensations of breathing in the body or other body sensations.

This is not suppression but rather redirection.

Open and receptive monitoring of attention allows us to catch destructive thoughts and early changes in mood or increases in anxiety before they take hold, allowing us to take care of ourselves.

**“Attention”** -

is like *aiming or pointing a torch* in a particular direction.











## Mindful Stretching - Practice 2

### 3. Attitudes - Foundations of Mindful Practice

"To cultivate the healing power of mindfulness requires much more than mechanically following a recipe or a set of instructions. No real process of learning is like that. It is only when the mind is open and receptive that learning and seeing and change can occur. In practicing mindfulness you will have to bring your whole being to the process. You can't just assume a meditative posture and think something will happen or play a tape and think that the tape is going to "do something" for you."

**Mindfulness-Based Stress Reduction (MBSR): Standards of Practice (2014). Edited And Revised By Saki Santorelli, The Center For Mindfulness In Medicine, Health Care, And Society University Of Massachusetts Medical School**

<http://www.umassmed.edu/cfm/mindfulness-based-programs/mbsr-courses/about-mbsr/mbsr-standards-of-practice/>

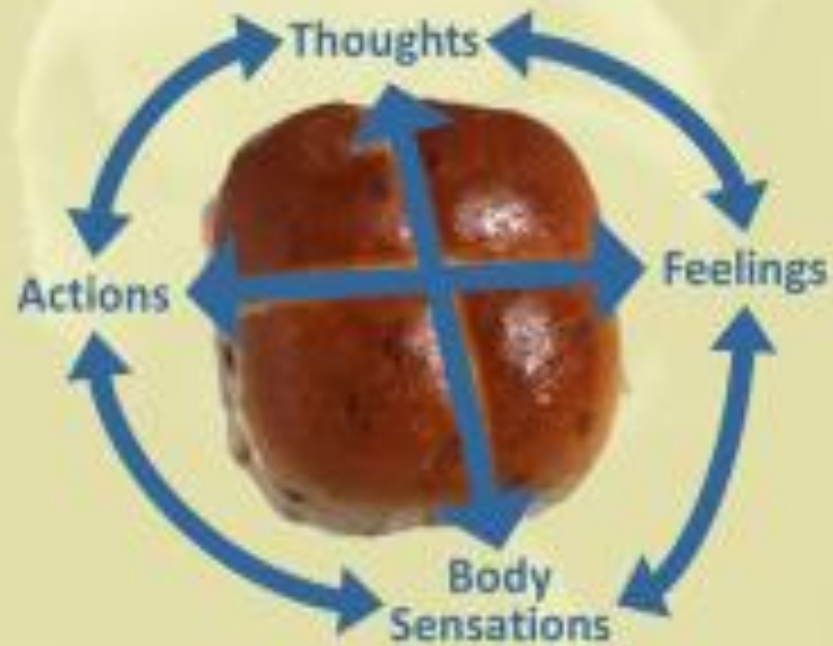
9 attitudinal factors - all interrelated - constitute the major pillars of mindfulness practice -

- Non-judging,
- Patience,
- A beginner's mind,
- Trust,
- Non-striving,
- Acceptance,
- Letting go.
- Gratitude (added by Kabat Zinn in 2013)
- Generosity (added by Kabat Zinn in 2013)

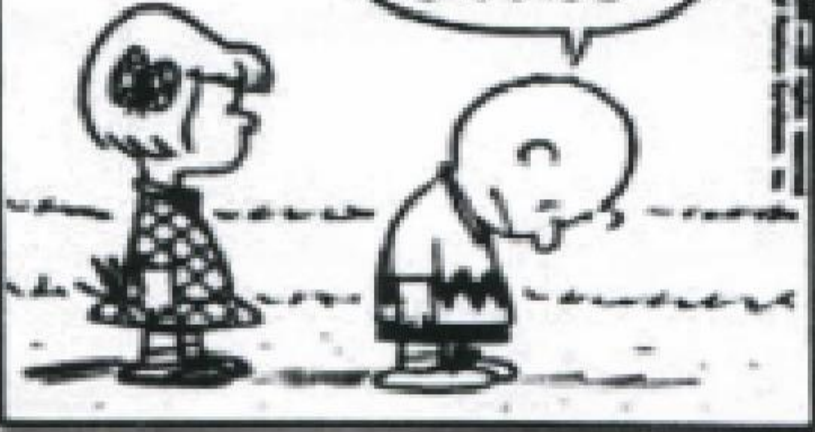
**Kabat-Zinn, J. (1990). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness. New York: Delacorte**

# Mindfulness in all my experience

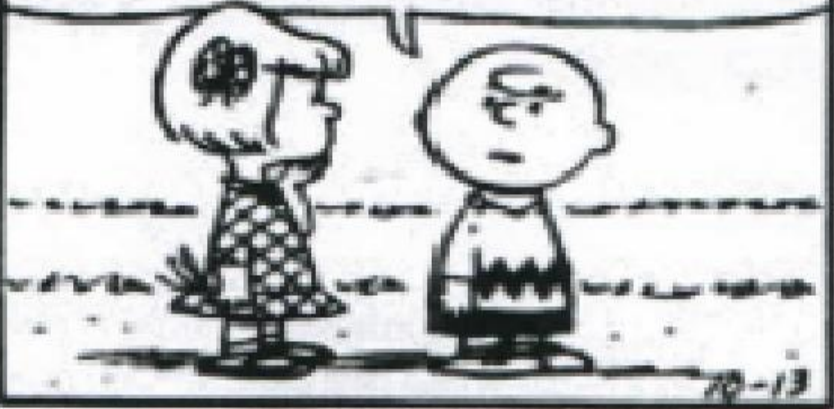
## The hot-cross bun effect



THIS IS MY "DEPRESSED STANCE"



WHEN YOU'RE DEPRESSED, IT MAKES A LOT OF DIFFERENCE HOW YOU STAND...



THE WORST THING YOU CAN DO IS STRAIGHTEN UP AND HOLD YOUR HEAD HIGH BECAUSE THEN YOU'LL START TO FEEL BETTER...

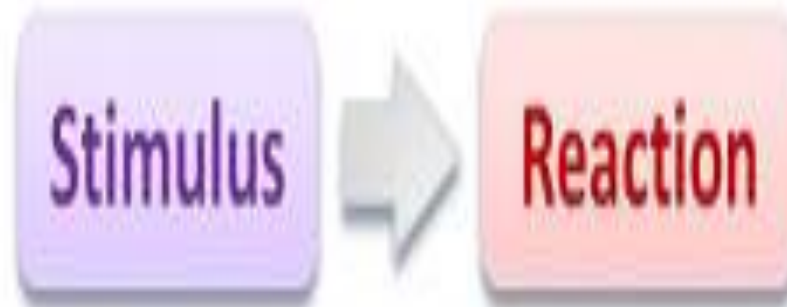


IF YOU'RE GOING TO GET ANY JOY OUT OF BEING DEPRESSED, YOU'VE GOT TO STAND LIKE THIS.



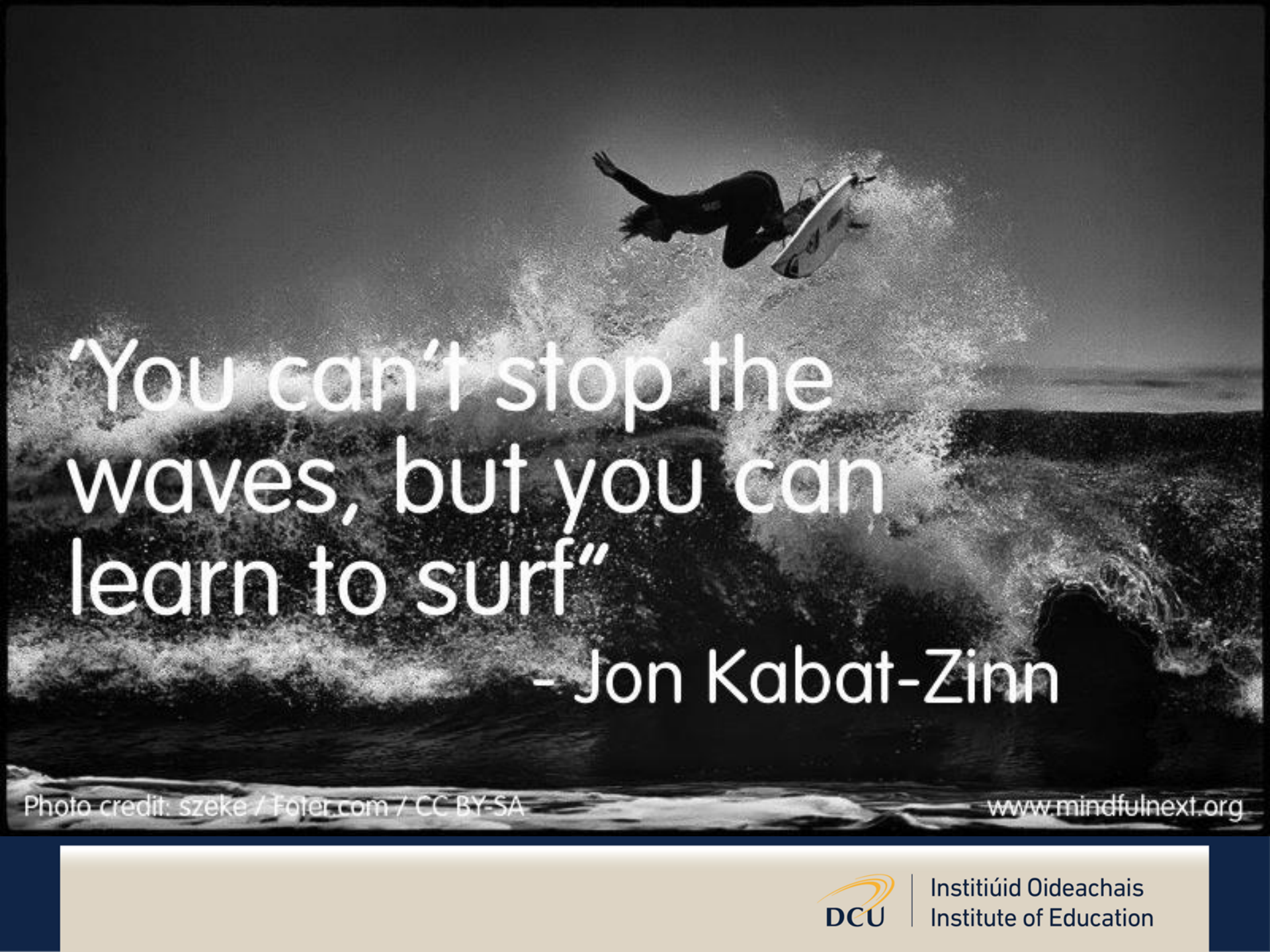
# From Reaction to Response

*Without  
Mindfulness*



*With  
Mindfulness*





“You can’t stop the  
waves, but you can  
learn to surf”

– Jon Kabat-Zinn

Photo credit: szeke / Foter.com / CC BY-SA

[www.mindfulnext.org](http://www.mindfulnext.org)



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# Mindfulness Informally.... How?

- Relaxed but alert posture
- Focusing attention on the breath & letting the breath breathe itself
- Paying attention to my thinking
- Paying attention to sounds & sensations
- Realising distractions & gently bringing attention back to breath
- Whatever happens - it is okay!

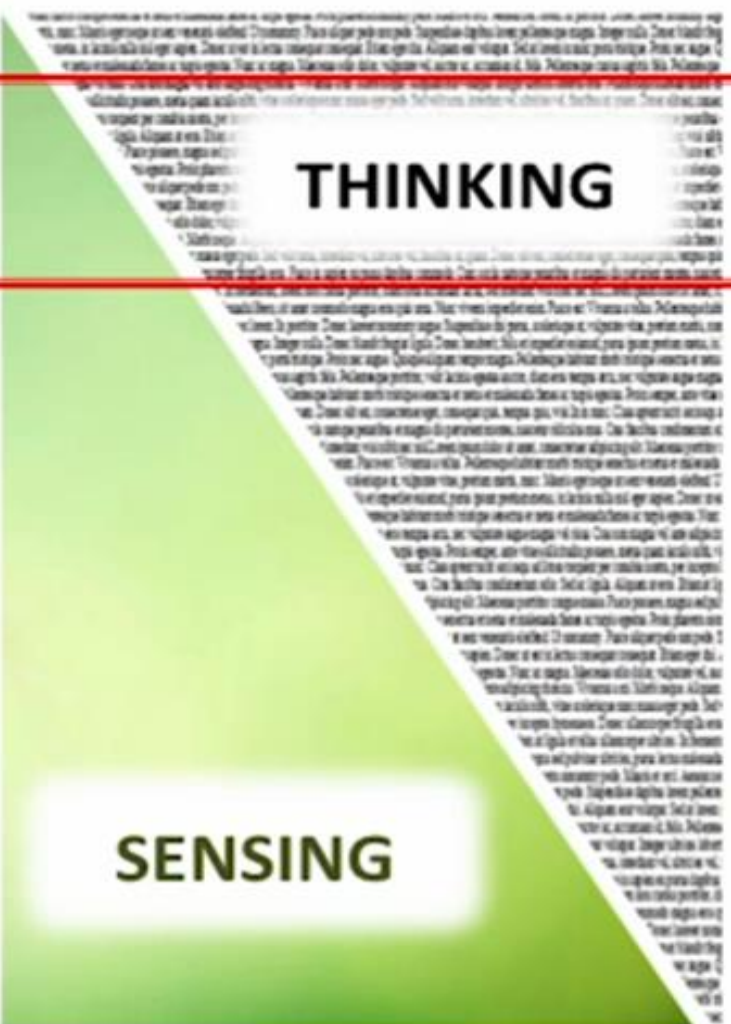


- Through everyday living and in my work (informal practices - see VLE)
- Each of my senses is feeding my awareness with information from morning to night and I learn to label each new experience from previous ones (remember the 9 dots!)

- sight
- sound
- touch
- taste
- smell

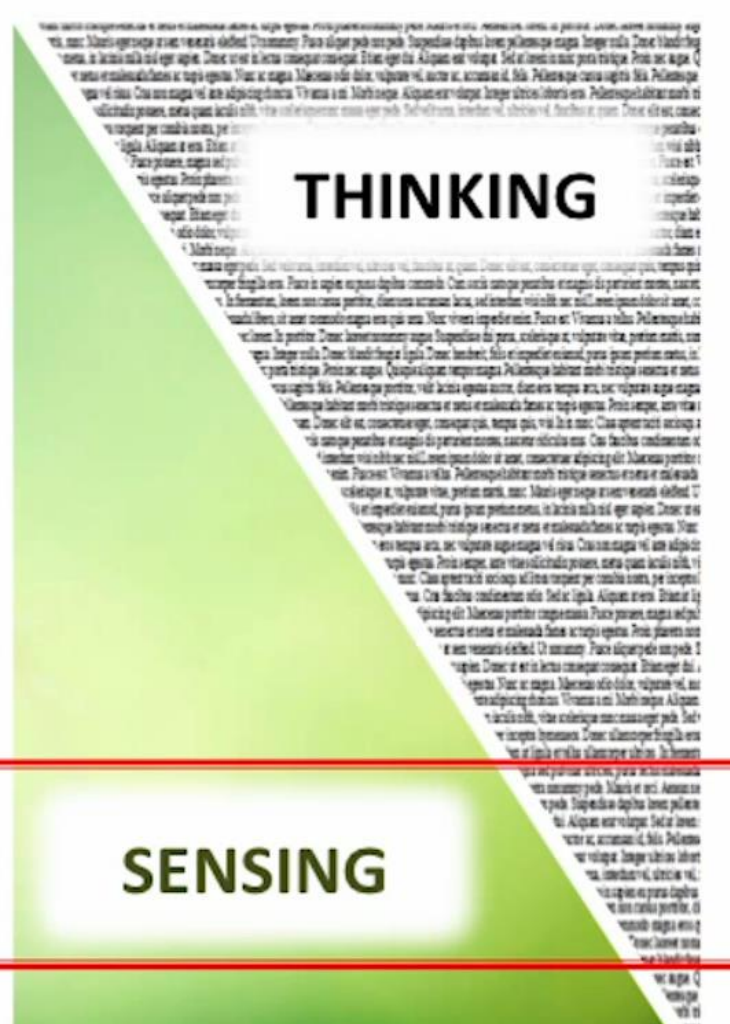


- Valuing and learning from all of my experience



**THINKING**

**SENSING**



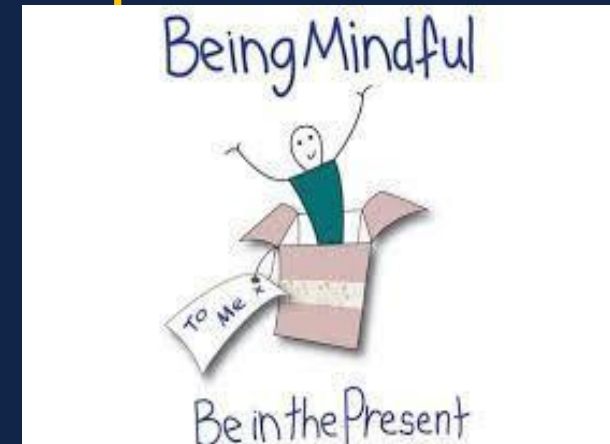
**THINKING**

**SENSING**



# Mindfulness Formally.... How?

- Supported by formal practices (using Breath, Body, Awareness of thoughts & feelings)
- Formal practices strengthen the capacity to **stay present and attend non judgementally to whatever is happening in my own experience**
- Consider an 8 week Mindfulness programme

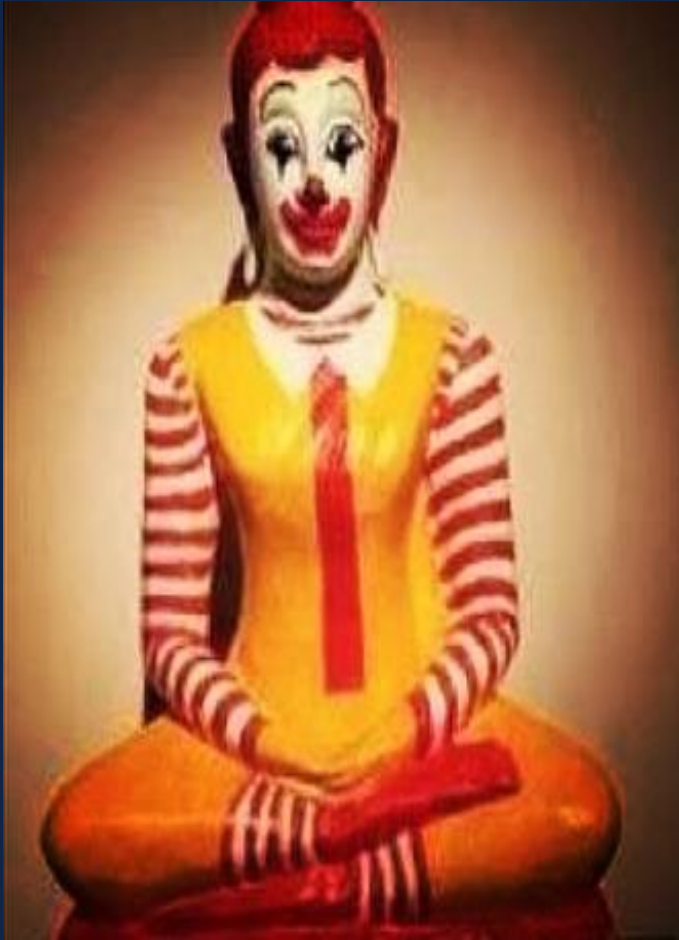


# Paying Attention...again!

## Video Clip 2

Please count how many times the ball is passed from one person to another

# McDonaldization of Mindfulness



Kabat Zinn states there are "concerns that a sort of superficial "McMindfulness" is taking over which ignores the ethical foundations of the meditative practices and traditions from which mindfulness has emerged, and divorces it from its profoundly transformative potential. While this is far from the norm in my experience, these voices argue that for certain opportunistic elements, mindfulness has become a business that can only disappoint the vulnerable consumers who look to it as a panacea"

from: The Guardian - October 2015

<http://www.theguardian.com/commentisfree/2015/oct/20/mindfulness-mental-health-potential-benefits-uk>

# Against McMindfulness

*"The principal weakness of the commodified mindfulness strategies is that - by divorcing technique from underpinning value foundations - they militate against the achievement of the key objectives which account for their widespread appeal in the first place: the development of open-hearted awareness and emotional stability, the fostering of positive social values linked to self-compassion and empathy, and the enhancement of mind/body well-being in general"*

Hyland, T. (2015). *McMindfulness in the Workplace: Vocational Learning and the Commodification of the Present Moment*; *Journal of Vocational Education*

# Criticisms of McMindfulness

*"While a stripped-down, secularized technique -- what some critics are now calling "McMindfulness" -- may make it more palatable to the corporate world, decontextualizing mindfulness from its original liberative and transformative purpose, as well as its foundation in social ethics, amounts to a Faustian bargain.*

*Rather than applying mindfulness as a means to awaken individuals and organizations from the unwholesome roots of greed, ill will and delusion, it is usually being refashioned into a banal, therapeutic, self-help technique that can actually reinforce those roots"*

Purser, R. & Loy, D. (2013). Beyond McMindfulness; *Huffington Post*, 1/7/13,  
[http://www.huffingtonpost.com/ron-purser/beyond-mcmindfulness\\_b\\_3519289.html](http://www.huffingtonpost.com/ron-purser/beyond-mcmindfulness_b_3519289.html)

## Mindfulness and Guidance - Complex and dynamic

*"The Chaos Theory of Careers (Pryor and Bright, 2003ab, 2011; Bright and Pryor, 2005, 2011) characterises people as complex dynamical systems that interact with and are embedded within other complex dynamical systems and are comprised of complex dynamical systems. They are complex because they are subject to a multitude of different influences and they are dynamical because all of these different influences are continually changing". p11*

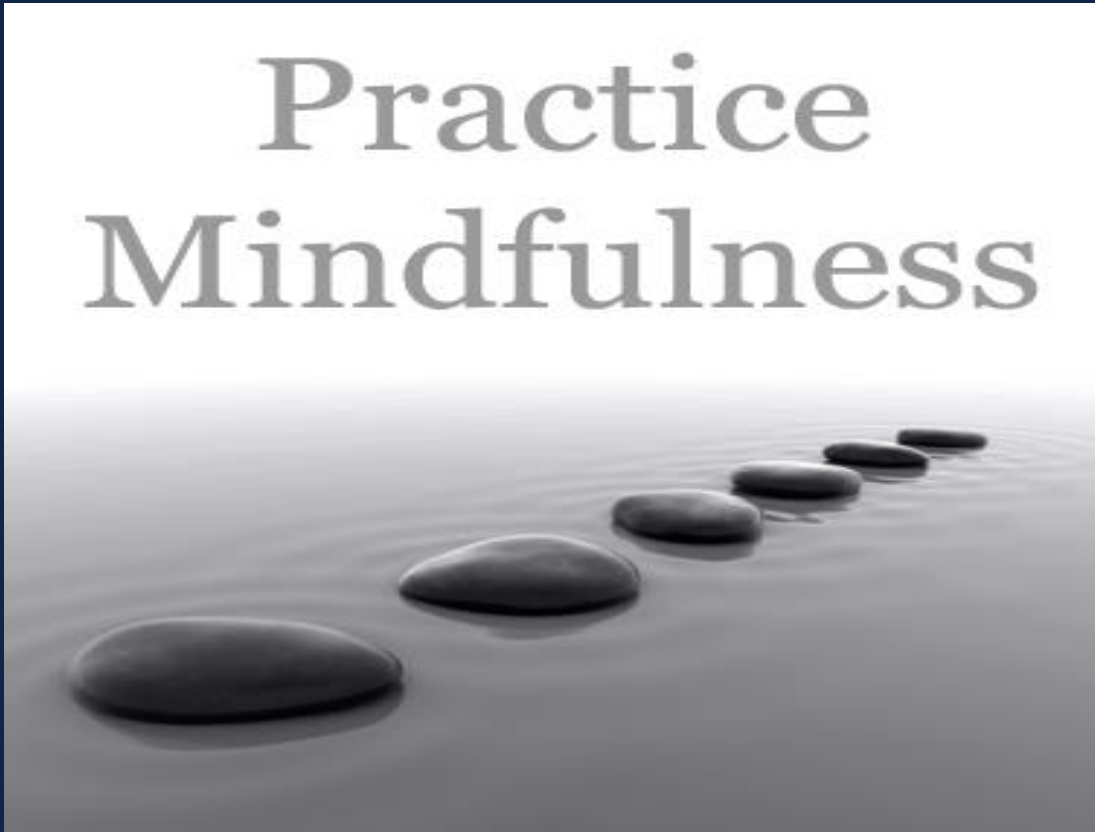
Bright, J. (2016). The uncertain story of career development. Derby. International Centre for Guidance Studies. University of Derby.

Available from: <http://derby.openrepository.com/derby/handle/10545/610564>



- Mindfulness is a model of mind, conveying the principles and functionality of what it is to be a person.
- As a model it helps us to understand elements of the human experience and in managing the complexity and chaos of constantly changing lives.
- Mindfulness (maybe like guidance?) is the map, not the territory.
- The territory of mindfulness (and maybe of guidance?) is the experience itself.

# Practice Mindfulness



## Taking a Breathing Space (STOP!) - Practice 3

# Links/References from Webinar

Video Clip 1 - Selective Attention Test or Inattentional Blindness

<http://www.youtube.com/watch?v=vJG698U2Mvo>

Video Clip 2 - The Monkey Business Illusion

[http://www.youtube.com/watch?v=IGQmdoK\\_ZfY](http://www.youtube.com/watch?v=IGQmdoK_ZfY)

The Nine Dots Exercise

<https://www.youtube.com/watch?v=Rq3ta6SvITo>