



Welcome to Mindfulness Client- Care Interventions

Joseph Tropper, MS, LCPC, CCTP





CORE WELLNESS

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About the Presenter

Joseph Tropper, MS, LCPC holds a Master's degree in mental health counseling and is a highly sought-after trauma therapist, trainer & business consultant. As a Certified EMDR Therapist and Certified Clinical Trauma Professional (IATP) Joseph brings the art ad skills of trauma counseling and client motivation to life in his unique upbeat, hands-on approach that will engage, inspire and empower you as a therapist. Joseph is a full-time clinical supervisor and director and sees clients part time.





Mindfulness Client Care Interventions

Joseph Tropper, MS, LCPC, CCTP

6 CE Training

Schedule:

Part One: What is Mindfulness?

Part Two: How to Teach Clients



corewellceu.com

Joseph Tropper holds a Master's degree in mental health counseling and is a sought-after trauma expert, business innovator and senior presenter. Certified in EMDR with extensive training in ethics, motivational interviewing and learning styles, Joseph brings the art and skills of counseling to life in his unique, upbeat, hands-on approach that will inspire and empower participants. Joseph is a full-time clinical supervisor and director and works with clients part time.



Course Schedule

Mindfulness Client Interventions: 6 Hour CEU

General Schedule: 6 CE

Part 1: What Is Mindfulness?

Part 2: How To Teach Clients

Course Schedule

Mindfulness Client Interventions: 6 Hour CEU

General Schedule: 6 CE

Part 1: What Is Mindfulness?

Part One: What is Mindfulness?



Think and Share

Take a moment to consider your experiences and kindly share them with us.

Part One: What is Mindfulness?

Ice Breaker, Mindfulness Background



Can you please introduce yourself:

- Name, education and license
- What brings you here today?

About the Presenter

Joseph Tropper, MS, LCPC, CCTP

- *Master's degree in mental health counseling*
- *LCPC Clinician and Supervisor*
- *Director of Operations of RCC and Core Wellness*
- *Sought-after trauma therapist and trainer*
- *Certified EMDR Therapist (EMDRIA)*
- *Certified Clinical Trauma Professional (IATP)*
- *Certified Hypnotherapist and Professional Coach*
- *Training in Somatic Experiencing, Sensorimotor Psychotherapy*
- *Training in Gottman, EFT, Imago and IFS modalities*



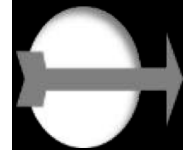
4 Goals for Today



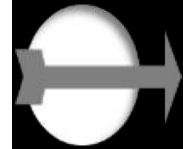
Basic principles of mindfulness theory



5 core client skills of mindfulness



4 distractors and how to combat



Self-regulation, compassion and acceptance.

This Presentation

1. What are Client-Care Mindfulness Interventions?
2. The Now
3. Attention
4. This Training

Million Dollar Question of The Day:



Will I need to practice meditation today during the training?



**Answer: No judgement
or coercion here**



Roots

1. WHAT IS MINDFULNESS?

- Buddhism
- 2500 years ago
- English translation of the Pali word “sati” - Awareness



Part One: What is Mindfulness?



Think and Share

What Did You Learn?

Wellness
stage



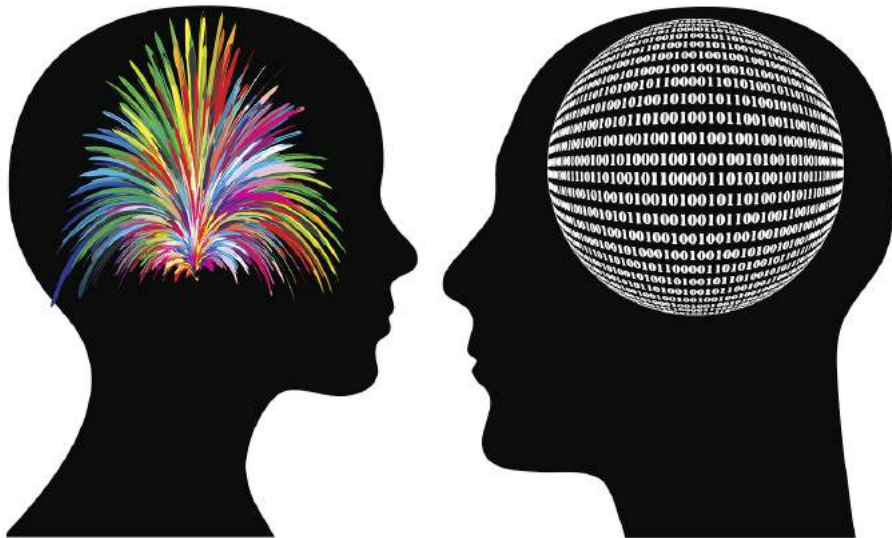
Part One: What is Mindfulness?

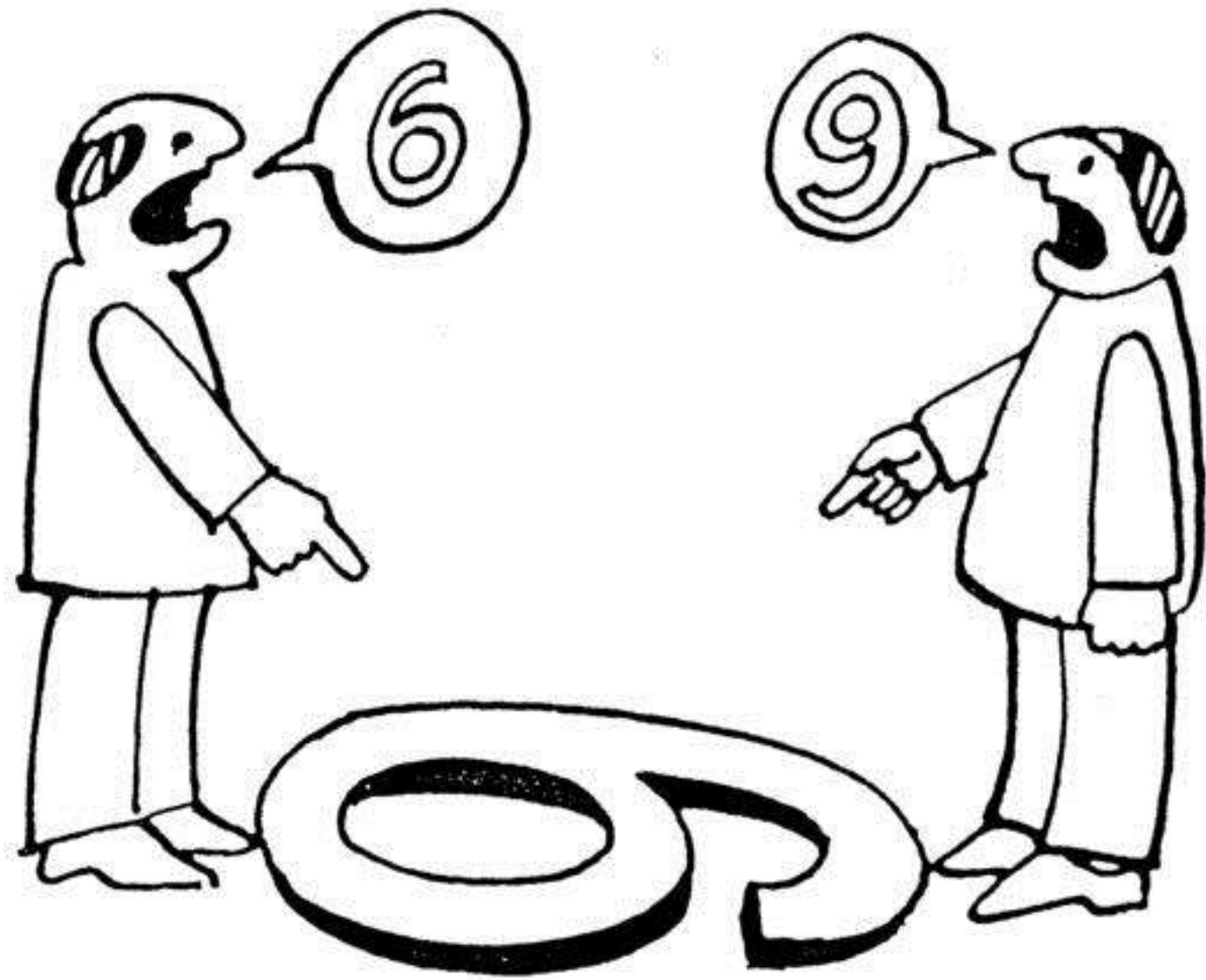


Think and Share

What Did You Learn?

Perceptions: Inner World of Thoughts, Feelings and Words







**Now you try it,
what do you see?**









Part One: What Is Mindfulness?



What is Your Reality?

Part One: What Is Mindfulness?

Take a look at the next 12 items and write down your response:

What emotions come up for you: positive, negative, both, neutral, happy, sad, fear, anger, disgust, etc. Notice your body and your feelings.

1.



2.





3.

4



5





7



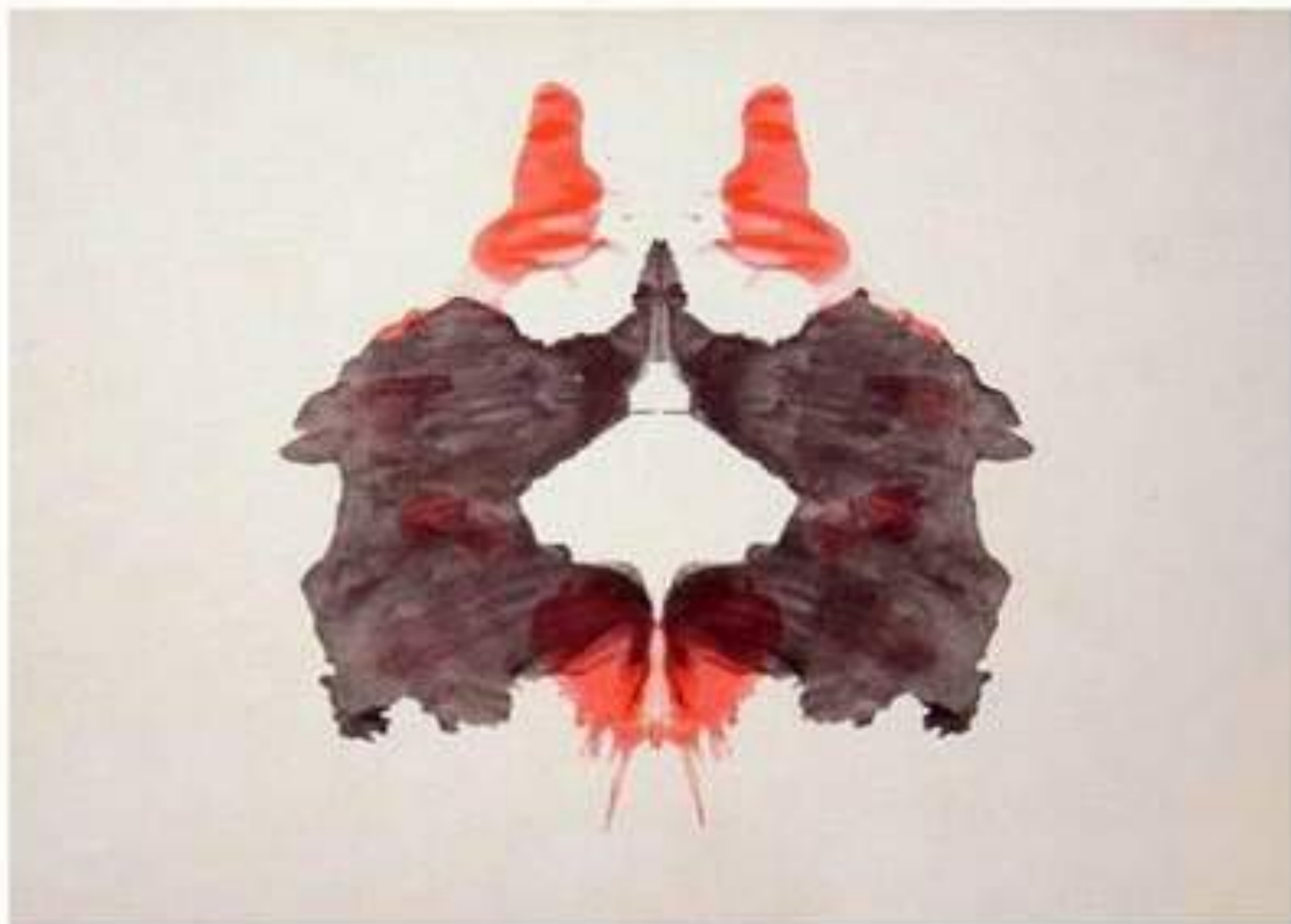
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10







Part One: What is Mindfulness?



Think and Share

What did you learn?

Exercise

Now consider the moment you just thought of:

- Where was your attention?
- Were you thinking a lot?
- Were you living in the moment?
- Were no other problems present in your life at that time?

Exercise – 5 Senses Grounding

What are you experiencing now?

- What do you feel?
- What do you taste?
- What do you smell?
- What do you hear?
- What do you see?

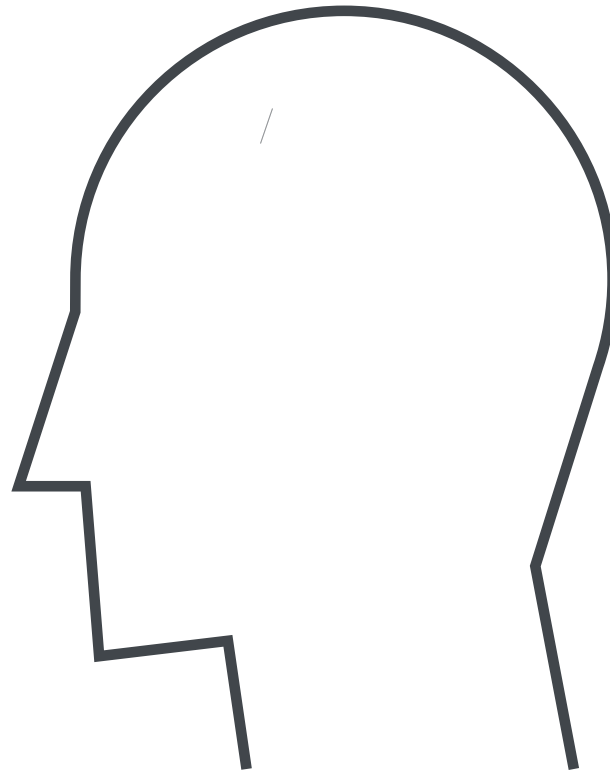
2. THE NOW

The present moment

- plays a fundamental role in mindfulness
- we are often not in the now
- where are we then?

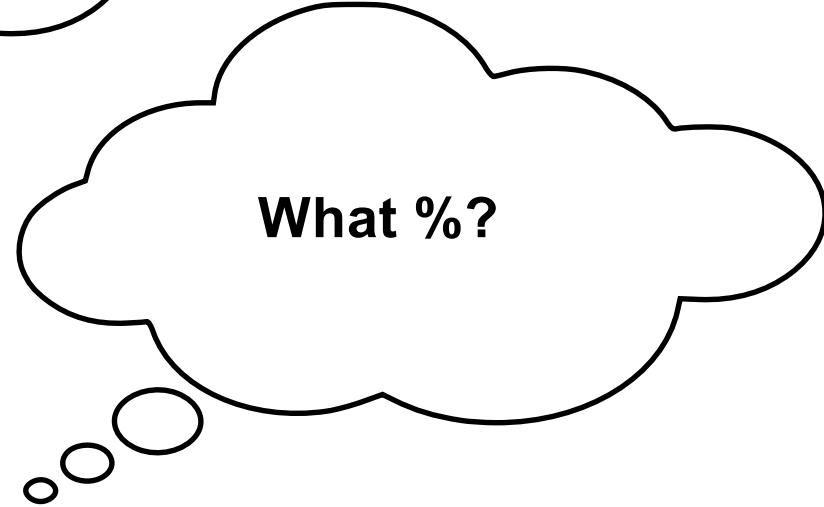
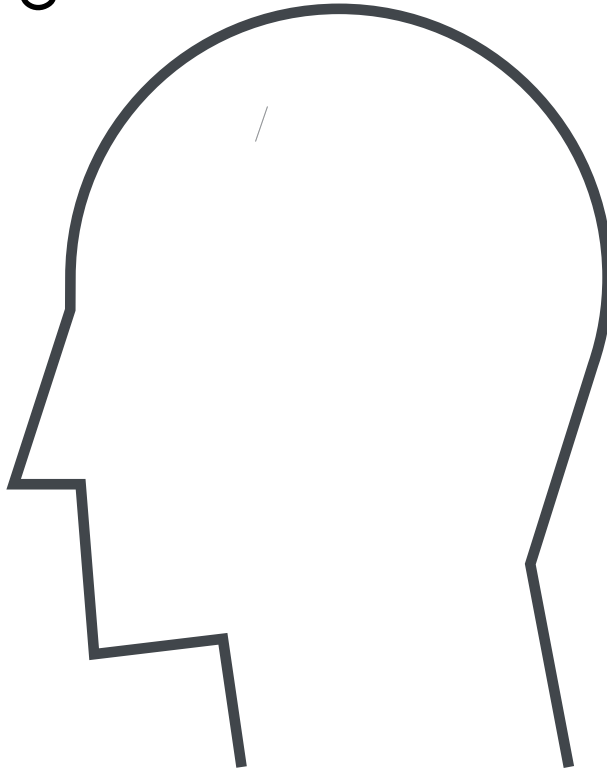
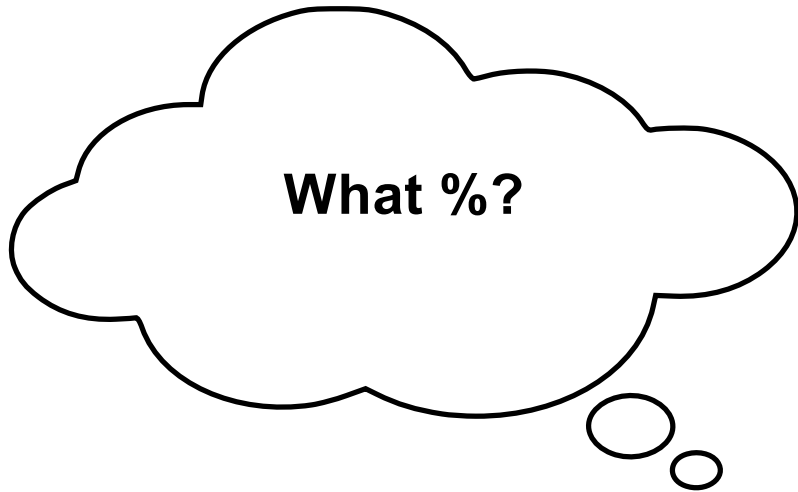
2. THE NOW

The present moment



2. THE NOW

The present moment



1. WHAT IS MINDFULNESS?

Jon Kabat-Zinn (PhD)



- Professor of Medicine Emeritus
- brought mindfulness into mainstream of medicine and society
- detached religious aspects
- developed MBSR (mindfulness-based stress reduction therapy)

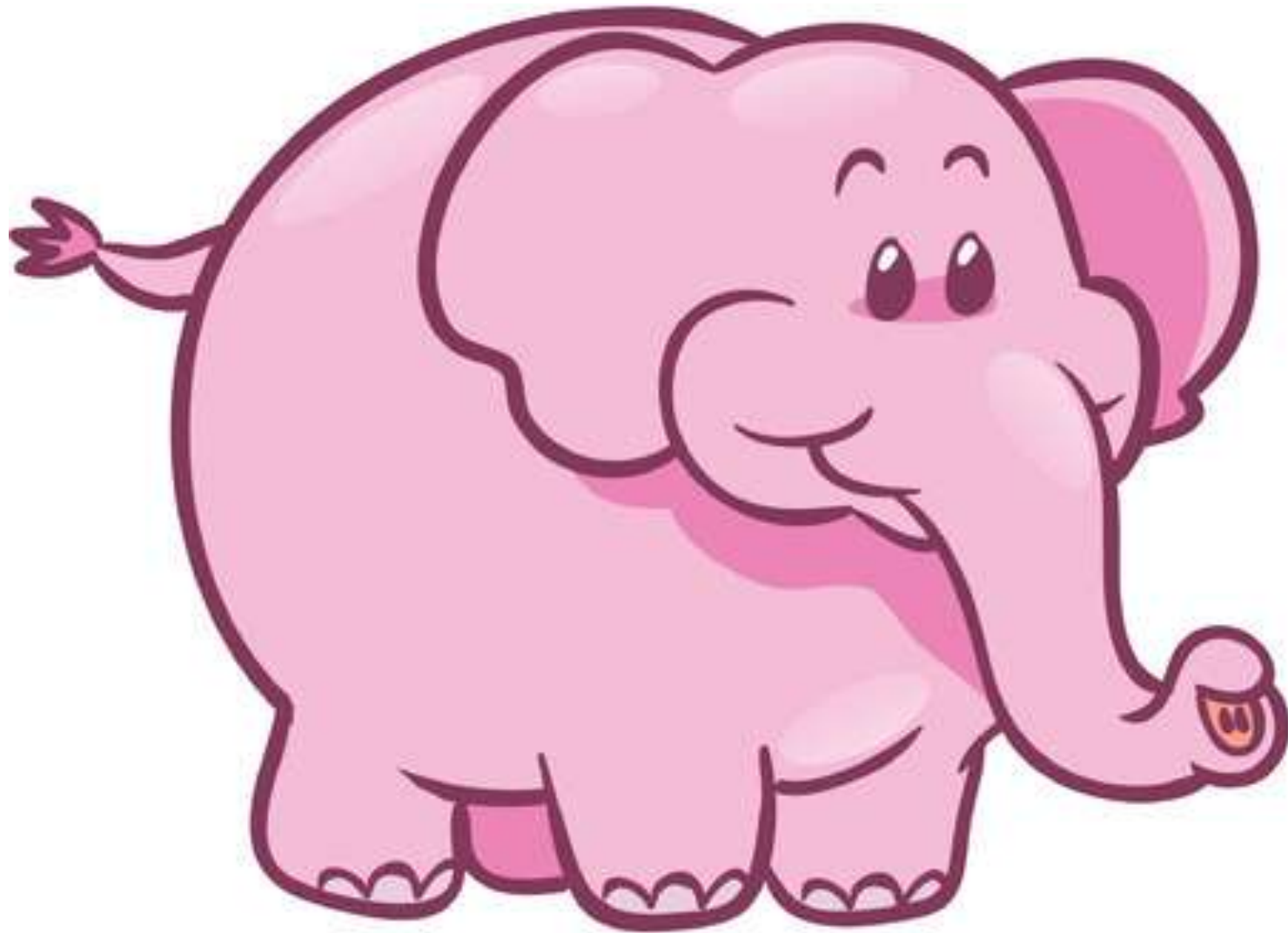
Part One: What is Mindfulness?



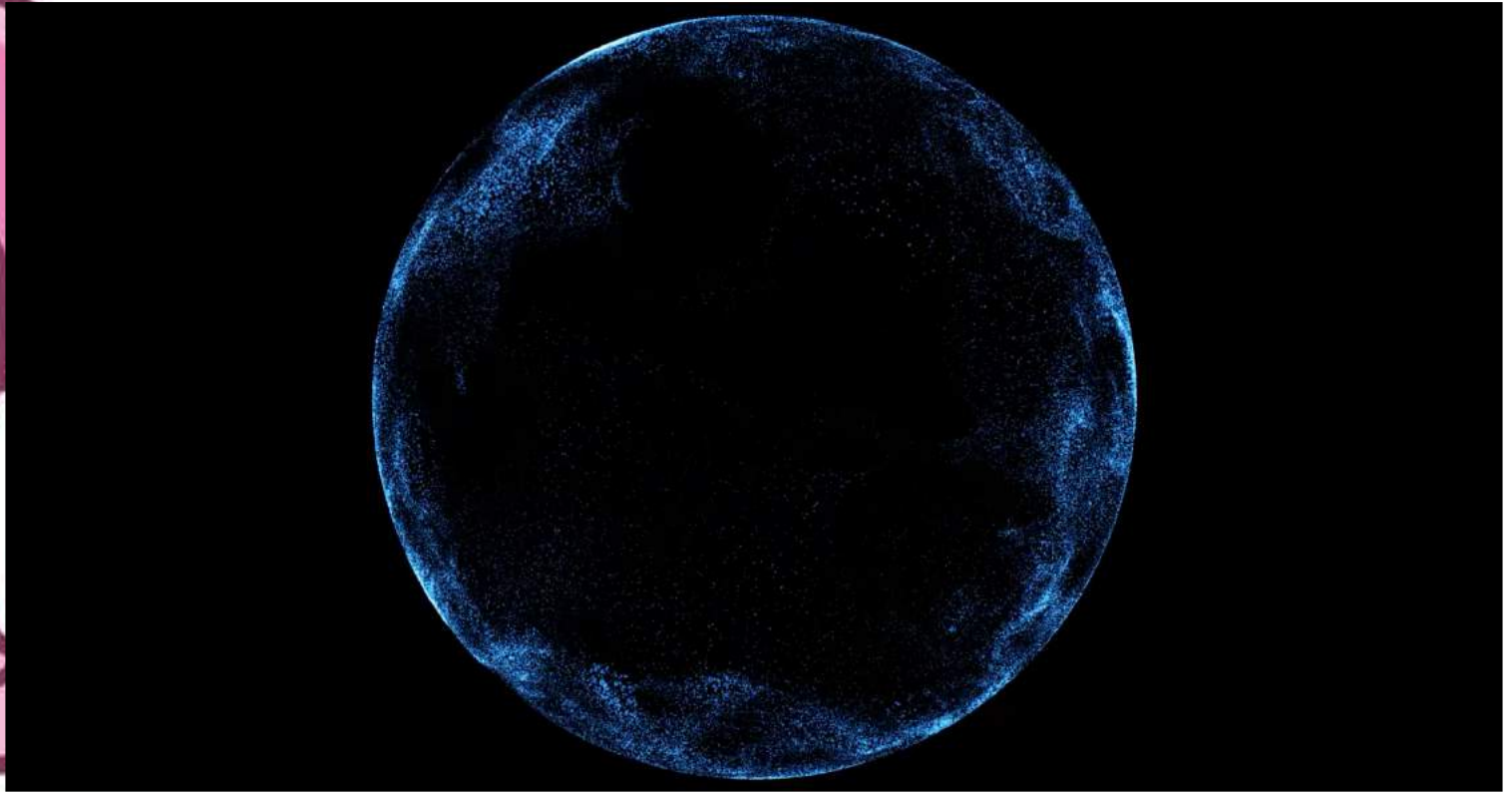
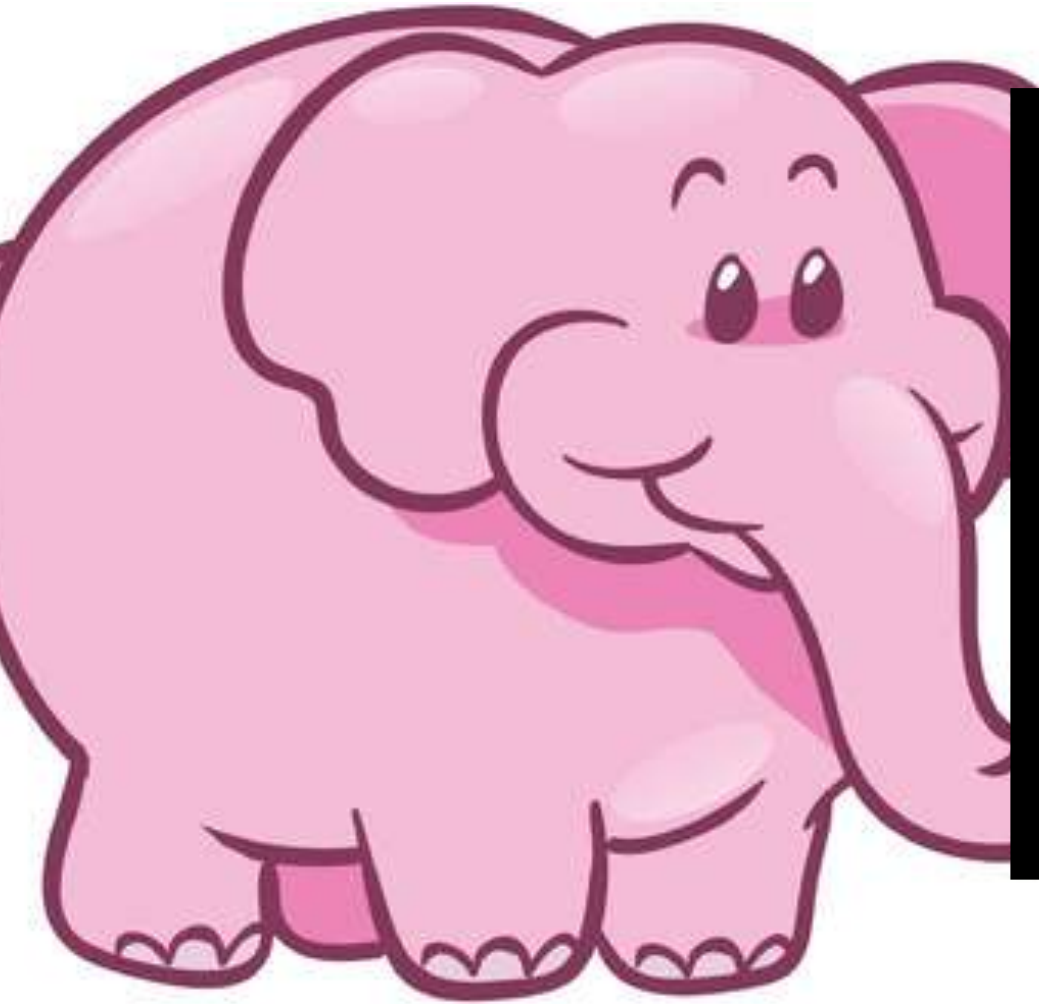
Think and Share

What did you learn?

Part One: What is Mindfulness?



Part One: What is Mindfulness?



Part One: What is Mindfulness?



Think and Share

What Happened?



Part One: What is Mindfulness?



Part One: What is Mindfulness?



Circus

Birthday parties

Carnival

Fair

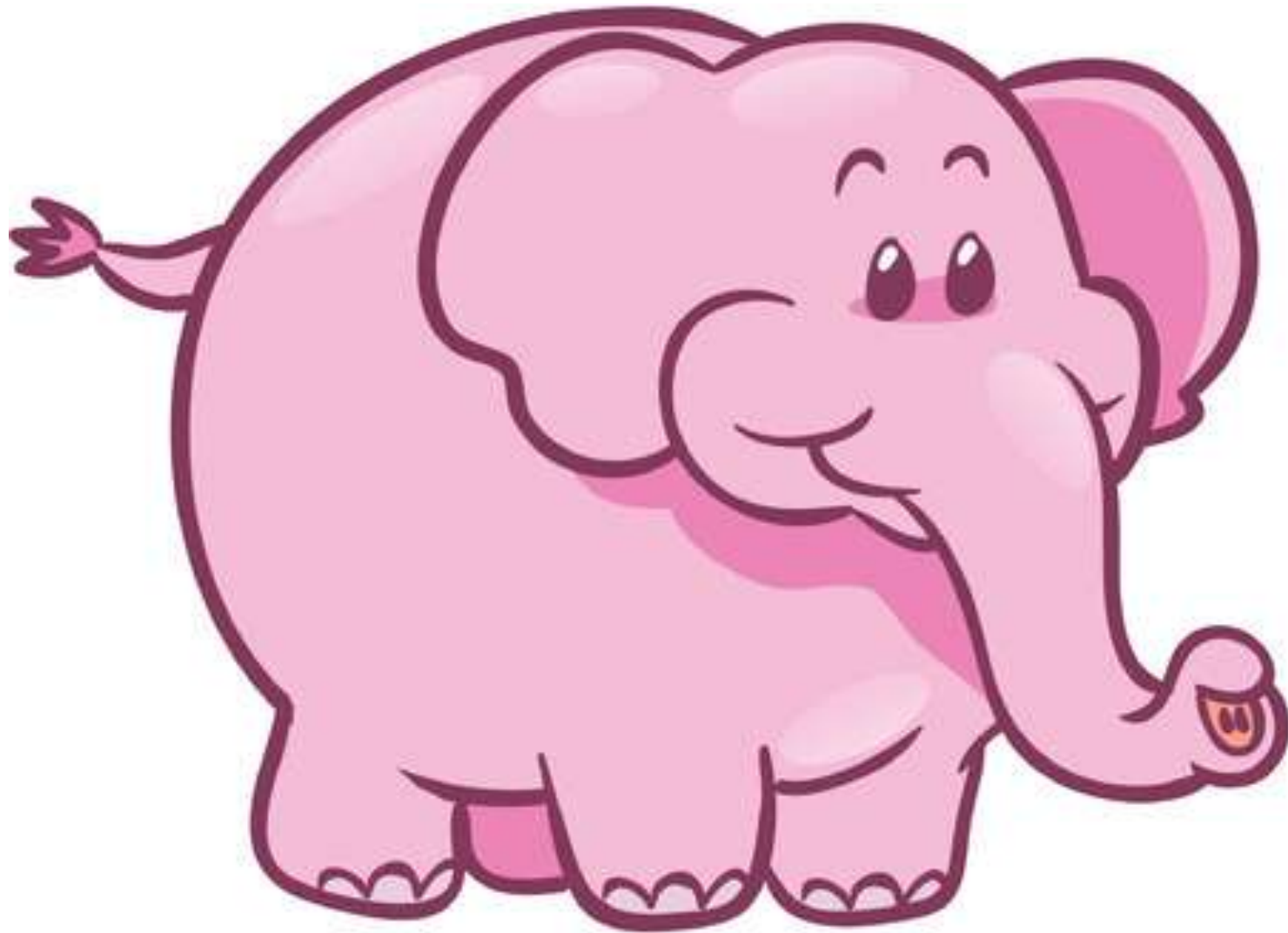
Fun

Childhood

Part One: What is Mindfulness?



Part One: What is Mindfulness?



Anchoring



Anchoring

- Person
- Pet
- Place
- Part
- Past



1. WHAT IS MINDFULNESS?

5 core components

1.attention

2.open awareness

3.acceptance

4.no identification

5.choice

5 core components

1. WHAT IS MINDFULNESS?

1. attention

- pay attention to what occurs in this moment
- awareness of thoughts, physical sensations, emotions and feelings

5 core components

- pay attention



5 core components

1. WHAT IS MINDFULNESS?

2. open awareness

- awareness of judgment
- awareness of labeling (e.g. “good” vs “bad”)
- letting go of labels and expectations

5 core components

1. WHAT IS MINDFULNESS

Whack-a-mole



5 core components

1. WHAT IS MINDFULNESS?

3. acceptance

- accept current experience as it is
- do not attempt to change it
- no struggle/fight

5 core components 1. WHAT IS MINDFULNESS?

4. no identification

- you are not the emotion/thought
- I experience sadness vs I am sad
- not everything you think is true
- states (emotions/thoughts) come and go

5 core components

1. WHAT IS MINDFULNESS?

5. Choice

- not letting a states take over
- room between impulse and action
- Conscious vs automatic behavior

5 core components

1. WHAT IS
MINDFULNESS?

?

Sounds easy?

1. WHAT IS MINDFULNESS?

5 core components

1.attention

2.open awareness

3.acceptance

4.no identification

5.choice



NAP

Notice

Accept

Pass

Part One: What is Mindfulness?



Think and Share

Take a moment to consider

Mind/essness

1. WHAT IS MINDFULNESS?

- rushing through activities without being attentive to them
- breaking or spilling things because of carelessness inattention, or thinking of something else
- failing to notice subtle feelings of physical tension or discomfort
- finding ourselves preoccupied with the future or the past
- snacking without being aware of eating

Course Schedule

Mindfulness Client Interventions: 6 Hour CE

Lunch

**Enjoy your
relaxing and
mindful lunch**



Course Schedule

Mindfulness Client Interventions: 6 Hour CEU

General Schedule: 6 CE

Part 2: How To Teach Clients

1. WHAT IS MINDFULNESS?

5 core components

1.attention

2.open awareness

3.acceptance

4.no identification

5.choice



NAP

Notice

Accept

Pass



Motivate
them with the WHY

Part 2: How to Teach Clients



Think and Share

What are the benefits of Mindfulness?

Howden and Medibank list the symptoms of stress, including:

- Constantly feeling anxious and worried
- Feeling irritable, agitated and easily annoyed
- Argumentative and defensive with friends and family
- Restless sleeping
- Low levels of energy, often waking up feeling tired
- Restless and frenetic mind
- Often self-critical and/or critical of others
- Feeling flat and uninspired
- Having difficulty concentrating
- Skin rashes and conditions
- Clenching your jaw muscles and grinding your teeth at night
- Headaches and migraines



Then, they outline the benefits of Mindfulness to remove stress:

- Higher brain function
- Increased immune function
- Lowered blood pressure
- Lowered heart rate
- Increased awareness
- Increased attention and focus
- Increased clarity in thinking and perception
- Lowered anxiety levels
- Experience of being calm and internally still
- Experience of feeling connected



Buffer against Bullying and Depression

Mindfulness can even help kids deal with bullies!

A Chinese study on bullying victims and depression showed that mindfulness can protect children against the depressive symptoms that can arise from being victimized by bullies (Zhou, Liu, Niu, Sun, & Fan, 2017).

A dissertation by Sandra Mccloy (2005) on mindfulness as a coping tool or bullying suggested that mindfulness can help children consider perspectives other than their own and find constructive reactions in the face of bullying.

Mindfulness may even be an effective tool for addressing bullying at the source. Improving empathy with tools like mindfulness and improving social and emotional learning could be the key to stopping bullies before they become bullies (Kaldis & Abramiuk, 2016).



Michelle Duval
Leader in MBSR

Mindfulness Based Stress Reduction

2. THE NOW

Exercise

Now consider the moment you just thought of:

- Where was your attention?
- Were you thinking a lot?
- Were you living in the moment?
- Were no other problems present in your life at that time?

5 core components

1.attention

2.open awareness

3.acceptance

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5.choice

5 core components

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- pay attention to what occurs in this moment
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5 core components

- pay attention



5 core components

2. open awareness

- awareness of judgment
- awareness of labeling (e.g. “good” vs “bad”)
- letting go of labels and expectations

5 core components

Whack-a-mole



5 core components

3. acceptance

- accept current experience as it is
- do not attempt to change it
- no struggle/fight

5 core components

4. no identification

- you are not the emotion/thought
- I experience sadness vs I am sad
- not everything you think is true
- states (emotions/thoughts) come and go

5 core components

5. Choice

- not letting a states take over
- room between impulse and action
- Conscious vs automatic behavior

5 core components

— 1. How To Teach Clients:

1. Attention – do exercise with them in office
2. open awareness – notice distractions
3. Acceptance – let go of judgements
4. no identification – clear mind
5. Choice – choose to let go

2. THE NOW

Exercise

5 Senses Exercise

Sight

Hearing

Smell

Taste

Touch

2. THE NOW

Exercise

Quiet Mind Exercise

Notice

Banish

Fill with Positive

Let Go

Relax

2. THE NOW

Exercise Three Deep Breathes Exercise

Gently Relax Yourself One Muscle at a time

2. THE NOW

The present moment

- plays a fundamental role in mindfulness
- we are often not in the now
- where are we then?

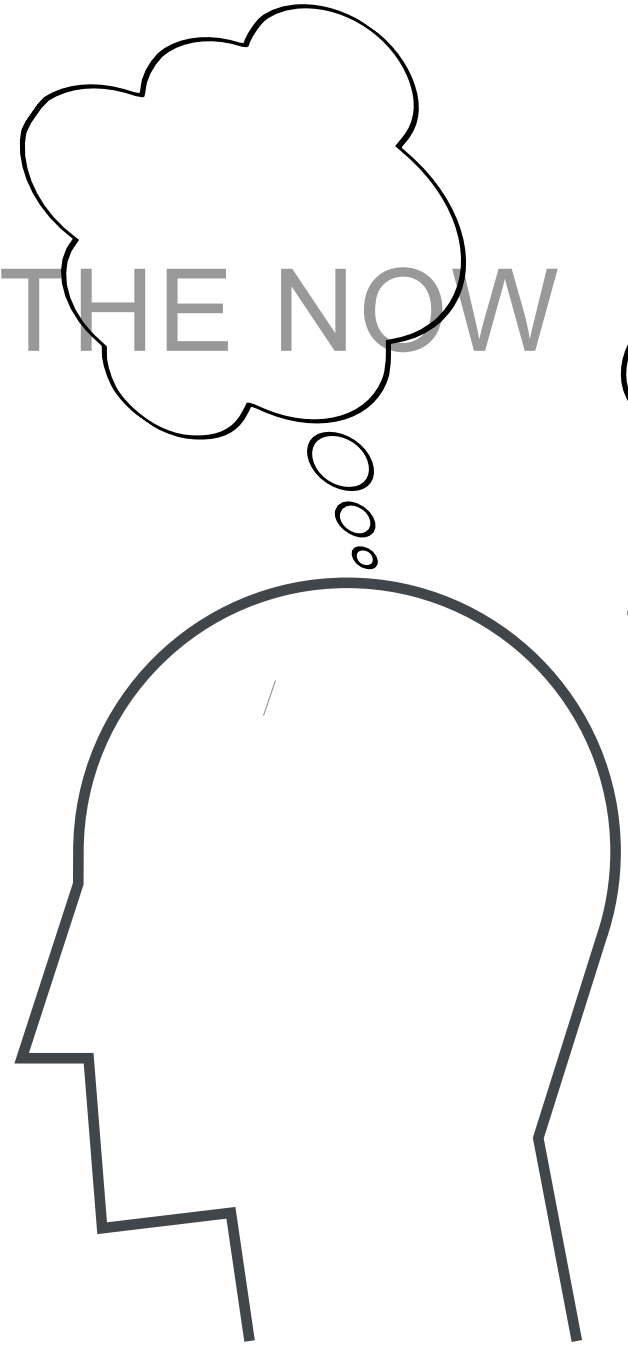
THE NOW

Future

“I have to do...”
“What if...”

Past

“Yesterday I...”



2. THE NOW

The present moment

PAST

NO
W

FUTURE

2. THE NOW

The present moment

PAST

NOW

FUTURE



Part 2: How to Teach Clients



Think and Share

What did you learn?

4. ATTENTION

Dealing with thoughts

- over 50.000 thoughts per day
- thoughts can be handy:
 - ✓ creative
 - ✓ new ideas
 - ✓ making plans

4. ATTENTION

Dealing with thoughts

- thoughts can be problematic:
 - ✓ worry
 - ✓ rumination
 - ✓ negative stories about the self

4. ATTENTION

Ways to deal with thoughts

- suppression
- distraction
- challenging

4. ATTENTION

Ways to deal with thoughts

struggle



- suppression
- distraction
- challenging

rebound

temporary

in head: thinking

4. ATTENTION

Mindfully dealing with thoughts

no struggle

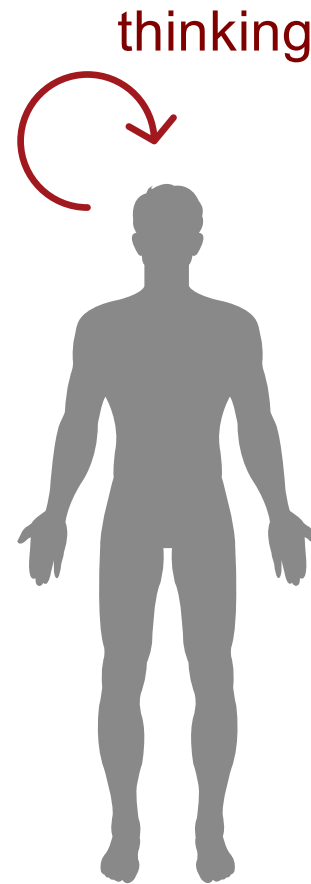


- observe
- take less serious
- let them pass

4. ATTENTION

Mindfully dealing with thoughts

thinking =
attention for
thoughts



4. ATTENTION

Mindfully dealing with thoughts

- focus attention to one point
- point = an anchor
- return to this anchor

Part 2: How to Teach Clients



Think and Share

Take a moment to consider your own resistance and coping skills

Teach Clients The 4 distractors from Mindfulness

- What do you think they are?

Teach Clients The 4 distractors from Mindfulness

- Learned helplessness
- External 'Noise'
- Judgements Internal 'Noise'
- Agenda



Teach Clients The 4 distractors from Mindfulness

- Learned helplessness
- External 'Noise'
- Judgements Internal 'Noise'
- Agenda

Client Care Interventions Include:

self-regulation, self-compassion and acceptance.

Mindfulness-based Cognitive Therapy (MBCT)

MBCT

Mindfulness Based Cognitive Therapy was constructed to address recurring depression. It is the combination of mindfulness techniques (meditation, breathing exercises and stretching) with cognitive behavioral therapy

<http://bemindful.co.uk/mbct/about-mbct/>

- ▶ A study, published in the British Journal of Psychiatry, found that MBCT significantly reduced depressive symptoms by 30-35%.
- ▶ Recent studies compared MBCT against the long-term use of antidepressants indicate that the efficacy of MBCT is equal to that of antidepressants.

<http://files.nicabm.com/Mindfulness2012/Segal/NICABM-Segal-2012.pdf>



Mindfulness Based Stress Reduction (MBSR)

MBCT

Mindfulness-Based Cognitive Therapy

- Prevents depressive relapse
- Treats depression/anxiety
- Enhances awareness of negative states, builds self-care
- Uses mindfulness and CBT exercises to shift unhelpful attitudes
- Explores patterns of thinking, emotion and behaviour
- Emphasizes choice in responding to distress
- Develops skills: what to do when low moods and anxiety arise

MBSR

Mindfulness-Based Stress Reduction

- For the general population: acute or chronic stress (e.g. pain, grief, work, illness, etc.)
- Examines the effects of chronic stress
- Uses mindfulness to teach healthy responses
- Reduces avoidance and maladaptive coping skills
- Emphasizes waking up to being present
- Develops skills: what to do when stress arises

Mindful awareness is the foundation for both programs

- Paying attention to experience, thoughts, emotion and the body are central for mindfulness skills
 - 8-week structure
 - 2.5 hours per session
 - 1-day silent retreat
 - Group format with home practice exercises
 - Debriefing practices to increase wellness
 - Sessions include: meditation, informal practice and mindful movement

Mindfulness Based Interventions

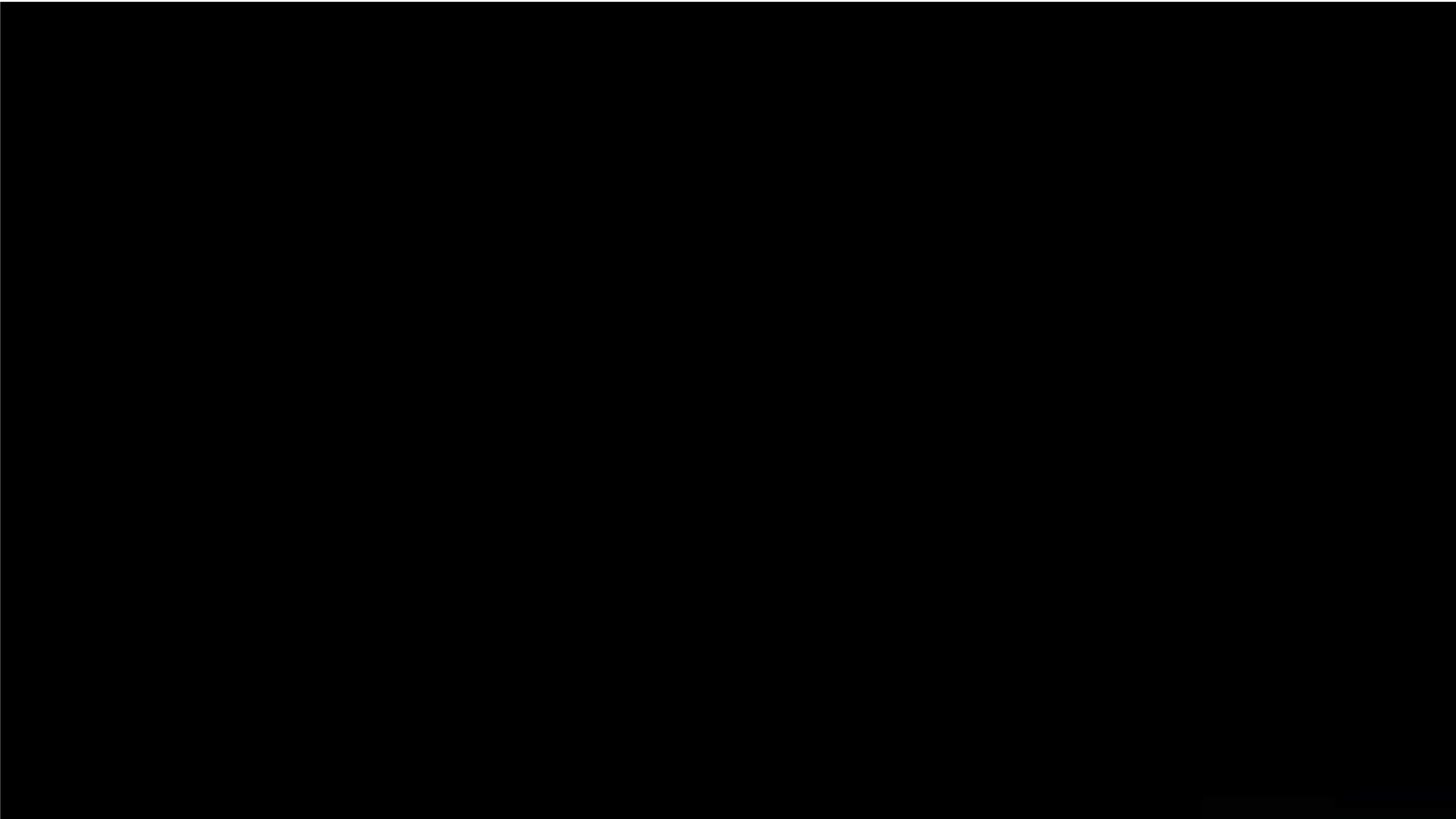
Mindfulness-Based Stress Reduction (MBSR)

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Relapse Prevention (MBRP)
- Mindfulness-Based Art Therapy (MBAT)
- Mindfulness-Based Relationship Enhancement (MBRE)
- Mindfulness-Based Eating Awareness Training (MB-EAT)
- Mindfulness-Based Rational Emotive Behavior Therapy (MBREBT)
- Mindfulness-Based You Name It (MB-ETC)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)

Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT)

- Emotional Regulation
 - A common problem is the tendency to become overwhelmed by powerful emotions
 - DBT uses Mindfulness to 'create a space' between overpowering emotions and the patient
 - By learning to step back from these emotions, patients come to see them as processes of the mind, and not necessarily as components of their identity
 - It's not, "I'm a bad person because I'm having bad feelings."
 - "I'm a good person who occasionally has bad feelings, and that's okay."



Q & A – Wrap Up

Questions/Comments and Wrap up session



Resources:

Real Happiness: The Power of Meditation: A 28-Day Program (2010) [Sharon Salzberg](#)

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- Real Happiness: The Power of Meditation: A 28-Day Program Paperback (2010). Sharon Salzberg. Excellent beginners resource guide.

Congratulations!
You are now a
Mindfulness informed therapist!

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