

Mindfulness-Based Interventions in Adolescents



St. George's School
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Guided Exercise

“3 Bells”

Put your hand up when last sound disappears



There is NOTHING NEW

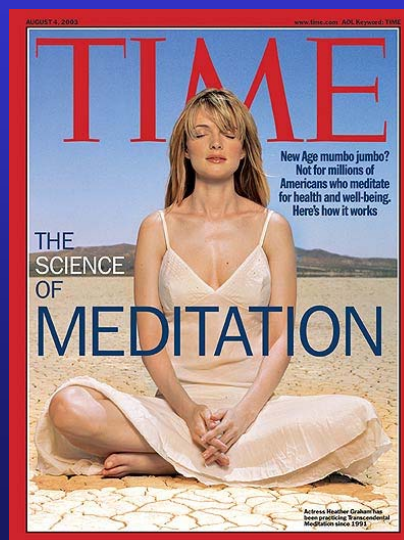
Ecclesiastes 1:9

“Open Mind” “Beginner’s Mind” Non-Judgment Self-compassion



Mindfulness

Time – August 4, 2003



“Before I was married, I had 6 theories about raising children; now I have 6 children and no theories” John Wilmot (1847-1880) Earl of Rochester



Outline

What you will get out of this in 50 minutes

- Didactic and Experiential
- What is Mindfulness? A Primer including Research
- Mindfulness with Youth
 - Depressive Symptoms +/- Pain
 - Stress & Anxiety
 - ADHD
 - Other
- Mindfulness for Teachers
- Discussion



Atlantic Monthly Aug 31, 2015
“When Mindfulness meets the classroom”



What is Mindfulness?



What is Mindfulness?

Secular definition

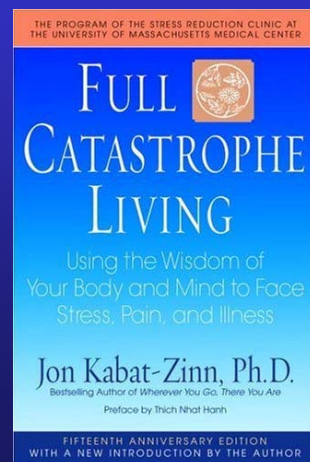
“Mindfulness is the awareness that emerges through paying attention, on purpose, in the present moment, and non-judgmentally, to things as they are”

Kabat-Zinn J: *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. 1994. p.4.

**Being fully present in the here and now
Increased Awareness and Attention
Observing whatever is happening without judgment**

Mindfulness-Based Stress Reduction (MBSR)

- Centuries: Eastern meditation traditions
- 1979: Stress Reduction Clinic, University of Massachusetts Medical School
- 8-week Program
- 2009: Over 240 hospitals and clinics



Mindfulness Myths

Having a “blank” or “empty” mind

Noticing how the mind works

Seeking “bliss”

Dualism vs non-dualism

“Escaping pain”

Instead → embracing and allowing pain

Relaxation exercises

While mindful exercises may be relaxing, this is not the primary goal. Instead, mindfulness aims to establish a greater sense of intentional attention and awareness.

Mindfulness is NOT a Religion

Present in ALL Wisdom Traditions



Mindfulness Core Skills

What we teach in the MBSR / MBCT Course

[Online MBSR \(free\) - PalouseMindfulness.com](http://PalouseMindfulness.com)

- 1. Body Scan** (30 minutes)
- 2. 3 Minute SOBER Breathing Space**
(or STOP)
- 3. 3 Minute SOBER Coping Space**
- 4. Sitting Meditation** (30 – 40 minutes)
- 5. Movement / Walking Meditation**
- 6. Increased Awareness of Everything**
(Informal Mindfulness)

Informal Mindfulness Practices

- Stepping out of “Automatic Pilot” mode
- Becoming more aware /paying more attention in all moments of daily life
- Walking, Eating, Running, ****Driving****
- Listening and speaking – increased engagement in interpersonal interactions



How can Mindfulness be Helpful?

- Helps us to become present (vs Automatic Pilot) including interpersonal relationships
- Change ruminative cognitive patterns
- “Responding” vs. “reacting”
- Cope with stress better (^ Resilience & Grounding)
- Changes our relationship with stress, pain
- Emerging: Neuroplasticity
- ****Develops Self-Regulation including Attention**

Siegel, D. Mindsight: The New Science of Personal Transformation. 2011: Bantam
Jacobs TL, Epel E et al. *Psychoneuroendocrinology*. 2011;36:664.

Dukkha

Pali **Suffering**

$$\textit{Suffering} = \textit{Pain} \times \textit{Resistance}$$

Often Pain is immutable but suffering may be reduced if we reduce our Resistance

Pain can be physical and/or psychological

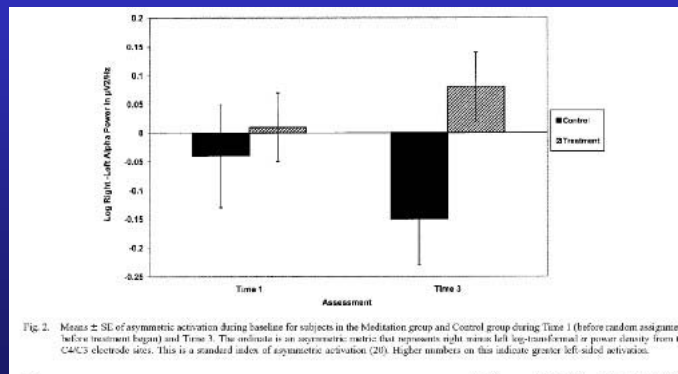
Acceptance of the what is...not what we wish it was or it should be Distinct from Resignation

Evidence for Mindfulness

- 1967 Herbert Benson TM
- 1979 Jon Kabat-Zinn MBSR
- 1988 Jeffrey Schwartz OCD
- 2003 Richard Davidson Left Shift and improved Immunity
- 2005 Sara Lazar Cortical Thickening
- 2005 Lydia Zylowska – Adult ADHD
- 2011 S van der Ord: Children with ADHD
- Dean Ornish – Reversal of Cardiac Plaque, reduction in Prostate Ca
- Teasdale/Segal – MBCT & Prevention of Depressive Relapse
- Relationships, ADHD, Aggression
- Elissa Eppel - longer Telomeres 2011
- Holzel 2011 – increased grey matter in L Hippocampus (cf decrease with MJ)
- NEED more RCT's (MacKay 2016)

MBSR: Brain Function

Greater left-sided activation (EEG)

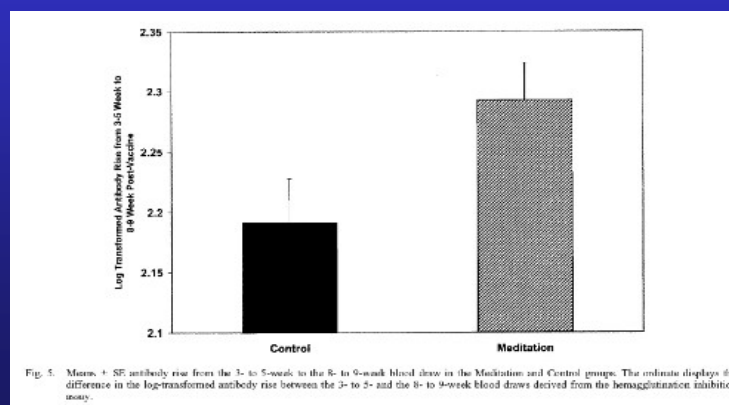


Davidson R. *Psychosomatic Medicine*. 2003;65:564

MBSR:

Immune Function

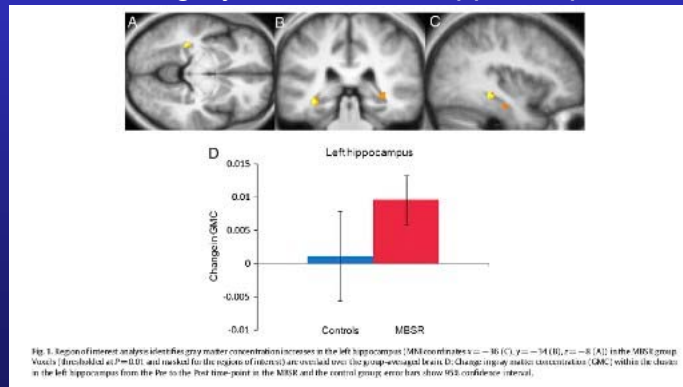
Influenza titer response to vaccine



Davidson R. *Psychosomatic Medicine*. 2003;65:564

MBSR: Brain Structure

Increased grey matter in left hippocampus



Holzel BK. Psychiatry Research: Neuroimaging. 2011;191:36.

Depression: MBCT vs. SSRI

- Depressive Relapse
- RCT, n = 160
 - Meds
 - MBCT
 - Placebo

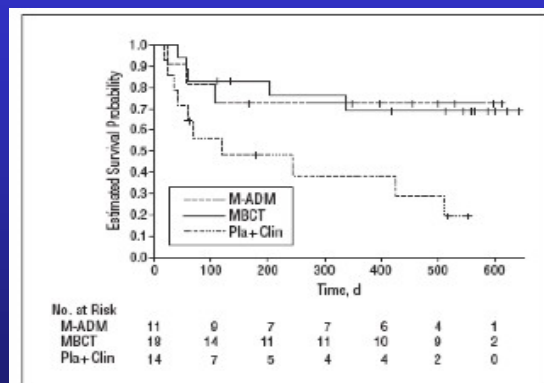


Figure 2. Cumulative proportion of unstable remitters who survived without relapse during maintenance/follow-up. M-ADM indicates maintenance antidepressant monotherapy; MBCT, mindfulness-based cognitive therapy; and Pla+Clin, placebo plus clinical management.

Segal ZV. Arch Gen Psychiatry. 2010(67):1256

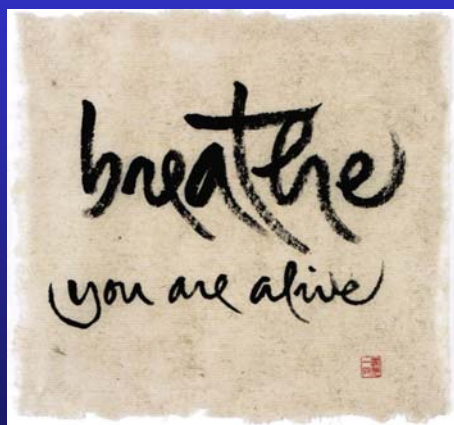
Therapeutic MBI's

The research so far

(MacKay 2016) (Atlantic Monthly)

- MBSR, MBCT, MBRP, ACT, MARS, etc
- Most useful for non-clinical populations
- Some clinical groups benefit:
 - Stress and Anxiety
 - Pain Syndromes
 - Depressive Relapse
- ...we see what we want to see (Researcher Bias)
- More RCT's and evidence base
- Some Contraindications: Psychosis, Trauma,

Guided Exercise

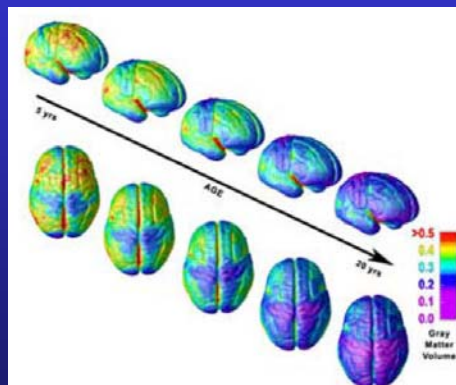


Calligraphy by Thich Nhat Hanh

Mindfulness for Youth An Emerging Field



Adolescent Brain Development



Geidd J. <http://www.dana.org/prINTERfriendly.aspx?id=19620>

Mindfulness and Adolescent Development

****Self-Regulation****

- Promote development of Self-Regulation including emotional (Mood and Anxiety), behavioral, & cognitive/attention (ADHD) regulation?
- Promote development of resilience pathways?
- Promote self compassion and kindness to others
- Promote empathy
- Reduce health risk behaviors?
- Provide lifelong skills?

Mindfulness with Children & Adolescents: Clinical Trials

- Preliminary evidence for benefits:
 - Increased attention (ADHD) / memory
 - Blood pressure, Sleep
 - Mood: Anxiety, Depression, PTSD
 - Positive Affect
 - Substance abuse
 - Family Functioning
- Research still in early stages

Harnett PH. Child and Adolesc Mental Health. (Published online 14 January 2012)
Greenberg. Child Dev Persp. 2011. ePub

Adapting Mindfulness Teaching for Youth

- Cognitive Development: Concrete language
- Attention: Shorter Practices
- Examples: Relevant
- Social environment: Teen-friendly, Food, Flexibility

BC Children's Hospital: MARS-A

Collaboration between Psychiatry and Pediatrics

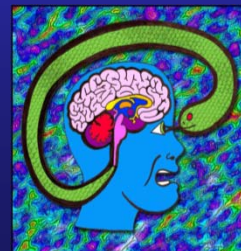
- “Mindful Awareness and Resilience Skills for Adolescents”
- Adapted from MBSR, MBCT, MBSR-T
- Adolescents age 15-19 yo with symptoms of significant distress (depression, anxiety, +/- chronic illness, chronic pain)
- 8-week group mindfulness training
- Weekly sessions + half-day (weekend)
- Skills training course: not “therapy”

MARS-A Pilot Group #1



MARS-A: Topics

- Psychoeducation: Stress, Depression, Health
- Formal Mindfulness Practice
- Informal Mindfulness Practice
- Mindfulness practices to handle distress:
 - Pain (Emotional and Physical)
 - Thoughts
 - Emotions
- “Suffering = Pain x Resistance”
- Developing a daily practice



Mindful Stretch



Results of MARS-A so far (N= 84) Before, After, 6 months

CES-DC (Center for Epidemiological Studies – Depression Scale for Children)

Kesler 10 (Distress)

→ significant improvement

Significant improvement in

Quality of Life PANAS (Positive and improvement Negative Affect Scale)

& Life Satisfaction Scale

MARS-ADHD for Parents of Children with ADHD

(Locke, Murray, Mah)

- Skill-Based Parenting Groups improve outcomes for Children with ADHD
- → Parenting Black Belt
- Research Question?
 - Will adding a Mindfulness component prior to such group training improve outcomes even more?
 - → Parenting 2nd degree Black Belt?
 - MARS- Parents of Children with ADHD
Results so far N = 96
- Marked decrease in Reactivity *
- Improved Executive Functioning (using BRIEF)
- Mindfulness (using MAAS) was the same between both groups

MARS-ADHD for Parents of Children with ADHD

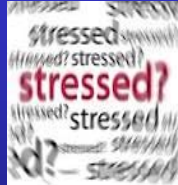
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Mindfulness for Teachers

“How to best take care of yourself”



Mindfulness in Education

- Cognitive & attention
- Social skills
- Emotional recognition & regulation
- Teachers: Self-efficacy, Classroom Management

You become the mindfulness in the classroom

- MindUP (Grade 4-7), SMART (Vancouver) perspective taking, empathy, kindness, complex problem solving skills
- Mindful Schools
- Atlantic Monthly August 31, 2015

Meiklejohn J et al. *Mindfulness*. Integrating mindfulness training into K-12 education: Fostering the resilience of teachers and students. (Pub online 14 March 2012)

Schonert-Reichl K. *Mindfulness*. 2010; 1(3): 137.

“How to best take care of yourself”

...you will be better able to care for others

- **SLEEP** is # 1
- **Nutrition** (Plant based, whole foods)
- **Exercise** (Walking is exercise)
- **Fun and Recreation**
- **Social connection** (with engaged, mindful communication)
- **Mindfulness** (Formal and Informal)
- **Get a Family Doctor**

3 Minute SOBER Coping Space



Stop

Observe

Breathe

Expand

Respond

Better than React

Stressful Event

.Body sensations.

. Emotions .

. Thoughts .

..

..

..

. Expand .

. Body Scan .

. Emotions OK .

. Continue with your day .

Ruminative cycle

Attention to sensations of

Breath at specific focal pt



STOP

short version of 3 Minute Breathing Space
briefly step into “being mode”

- S Stop
- T Take 3 Mindful Breaths
- O Observe
- P Proceed



- Whenever you “hear a bell” – eg walking by mirror/window, door closing, phone rings, riding elevator, car honking etc)

Mindful Driving



Mindful Eating

One meal per week:
Have everyone try putting utensils down until you have swallowed
what is in your mouth



Engaged Mindfulness

- Mindful Communication
 - Make eye contact
 - Intentionally listen
 - Be present and aware



- Enhances relationships with everyone – kids, partners, others



Mindfulness Skills

More realistic for busy teachers ?

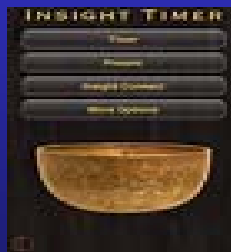


- **STOP** (Stop, Take 3 Mindful Breaths, Observe, Proceed)
- **SOBER Coping Space** } For
- **Belly Breathing** } Acute
- **Walking** } Distress
- **20 Mindful Breaths** with morning coffee
- **Stretch Breaks / Yoga**
- **“Listening” meditation** Put all of you present awareness on sounds
- **Engaged Mindfulness**
- **Mindful Eating**
- **Mindful Driving**



Mindfulness APPS

HeadSpace
Whil
Insight Timer
Mindshift



Stop, Breathe, Think



Mindfulness Resources

Books: (Banyan Books – they have everything)

“Wherever you go, there you are” Jon Kabat-Zinn

“The Mindful Brain” Daniel Siegel

“The Mindfulness Based Stress Reduction Workbook”

DVD's: “The Healing Mind” “Doing Time, Doing Vipassana”

Retreats: “Westcoast Dharma” Vancouver

“Spirit Rock Meditation Centre” San Francisco

Annual Teacher's Retreat

MBSR BC Dr. Adrienne Ross

Free websites eg **UCLA** <http://marc.ucla.edu/>

Online MBSR (free) - PalouseMindfulness.com

Kelty Resource Center www.keltymentalhealth.ca

MARS Dropbox



MARS dropbox with audio and text of Mindfulness meditations.htm

It's not what you planned
but this is your life
You're still here
Listen
Something new is coming.

-Jack Kornfield

Questions & Discussion



Guided Exercise



Calligraphy by Thich Nhat Hanh

Mindful Stretch



kelty mental health
resource centre

BC's Information Source
for Children, Youth & Families

LOCATION: Mental Health Building,
3rd floor, Room P3-302

HOURS: Monday-Friday, 9:30am-5pm

PHONE: 604-875-2084

TOLL FREE: 1-800-665-1822

EMAIL: kellycentre@bcmhs.bc.ca

WEBSITE: www.keltymentalhealth.ca

Welcome to drop in, email or phone us



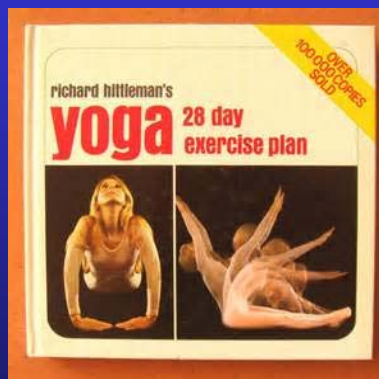
Walking Meditation



- Go outside, go slowly, count 50 steps
- Focus on all of the muscles involved in each step, the lifting of the legs and planting of the feet
- Be careful, try and put all of your attention on this activity → return and take a break

Mindful Movement

Yoga by Richard Hittleman



CBT (Change Based) Peter McLean and Jack Rachman **Versus MBCT (Acceptance Based)**

- **“The Mindful Way Through Depression”**
 - Williams, Segal, Teasdale, Kabat-Zinn
- Bringing present moment awareness to thoughts just as they are without judgment or attempt to change the thought(s)
- “Stepping back” and observing the thoughts and noticing what else is happening too – body sensations?, emotions?
→ helps create a wider field of awareness and possibility of “wiser response”
- Response likely to involve CBT intervention (or not)

Power Nap



- Set Timer (phone, watch) for 2 – 10 minutes **MAX!**
- Sit with head supported against wall or you may lie down
- Close eyes → “think Black” (Forehead, between eyes) and yawn if you like
- Relax - there is no need to try and sleep
- When alarm sounds → **GET UP !!**