

Mindfulness for Mental Health Professionals Meditations

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Research Psychiatric Center, Community Education Series
Research Brookside Medical Center Curry Auditorium
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Beginning Meditation (Used for the following meditations to go into and come out of a meditative state)

Be in quiet, safe place
Close eyes
Relax body
Breathe in deeply
Hold it briefly
Breathe out slowly and fully
3 times
Open eyes and be present in environment

For all of the following, go into a meditative state to begin and come out of a meditative state when done

Meditation for “Witness Consciousness”

Breathe to go into meditative state (feel frontal lobe and insular cortex engage)
Move consciousness to top of head and observe yourself
Move consciousness on top of that and observe self observing self

Meditation to dissipate emotion

Imagine putting 1T of salt in a glass of water and how it would taste
Pour it into a pitcher of water
Pour it into a lake
Pour it into the ocean

Shapiro (2009)

Meditation to experience “No Self”: Explore your own self through time

13 years old
21 years old
A year ago

Shapiro (2009)

Mindfulness Meditations for Kids

1. Deep breathing: sit in quiet place, inhale slowly through nose deep into lungs, hold 5 seconds, release slowly.
2. Muscle relaxation: contract group of muscles tightly. Hold for 5 seconds. Release. Repeat 5 times.
3. Visualization: close eyes, picture peaceful place or event and heart happy sounds, imagine stress flowing away from body; or visualize competitive sport activity

Shapiro (2009)

Meditation to experience “Essential Nature”

See yourself as a pure and noble essence, virtuous, pure, and deeply lovable

Shapiro (2009)

Meditation for Anxiety or PTSD

Recall an unpleasant memory causing anxiety

Notice physical feelings

Stay with the physical feelings until they dissipate or until concentration ends

Come out of meditative state slowly and carefully

Decision-Making Meditation

Feel heart and remember the feeling

Think of one option

Feel heart and remember the feeling

Think of another option

Feel heart and remember the feeling

Come out of meditative state and assess feelings to make decision

Six Focusing Movements: Meditation for Self-Healing

Choose a time and place which will be quiet for a prolonged period of time

Go into a deep meditative state

Clearing a space: Ask yourself, “How do I feel?”

Felt sense of the problem: Ask yourself, “Which problem is the worst?”

Finding a handle: Name the problem

Resonating handle and felt sense: Ask, “Is the handle right?” Adjust the handle as needed

Asking: Ask the problem

Receiving: Listen to the response

Come out of meditate state

Gendlin, E. T. (1981). *Focusing*. New York: Bantam Books

Energy Clearing Meditation (use at the end of the day)

Before bed, go into a deep meditative state

Ask your higher power to help you

Starting with your first human contact, identify the feelings in your body

Release the feelings

Move to the next contact and repeat until all contacts have been cleared

Finally, ask all dissonant energies in your home to leave

Visualize replacing them with light and love

<http://www.heartattune.com/>

Meditation to Induce Sleep

While in bed, go into a meditative state

Focus on the tips of your toes and relax them

Focus on the balls of the feet and relax them

Focus on the bottom of the arches of the feet and relax them

Move up the body one portion at a time until sleep begins