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How can the basics of these approaches be used to inform MI training and application?

How does mindfulness assist with change at all levels of process - engagement, focus, guiding, planning?
When working with MI and Mindfulness, we can use some of the best thinking of our colleagues who have developed mindfulness-based BT or CT approaches:

- Dialectical Behavior Therapy (Linehan)
- Acceptance and Behavior Therapy (Hayes)
- Mindfulness-Based CT (Teasdale)

*I will start with how I integrate some of these concepts in training, as well as with clients.*
DBT speaks of dialectics which is about contradictory forces which need to be integrated... in practical terms we speak of balance
In DBT, we teach people to balance emotions and thoughts, work and play, needs of self, needs of others....

In MI training, we’ll look at balancing status quo and change (equipoise), skills and spirit, and just like DBT, acceptance and change!
Balance, dialectics, middle path
...the ability to accept and work with what shows up. To work with the contradictory.....

ambivalence

Miller, et. al., 2006
People are doing the best that they can, and they can do better.

It is more important to be effective than it is to be right. That is, you can be right, but if you are not effective, it is irrelevant.

Linehan, 2003
DBT HYPOTHESES....

...that any comprehensive psychotherapy must meet five critical functions. The therapy must:

a) enhance and maintain the client’s motivation to change;

b) enhance the client’s capabilities;

c) ensure that the client’s new capabilities are generalized to all relevant environments;

d) enhance the therapist’s motivation to treat clients while also enhancing the therapist’s capabilities; and

e) structure the environment so that treatment can take place. (Linehan, 1993, www.behavioraltech.org)
**DBT Concept of Mindfulness**

- **WHAT Skills**
  - Observe
  - Describe
  - Participate

- **HOW Skills**
  - Non-judgmentally
  - One-mindfully
  - Effectively

M. Linehan, 1993
ACT (OVER?) SIMPLIFIED

- The essentials:
  - Be open
  - Be present
  - Do what matters

That is, mindfulness frees us up to complete valued action. (Change....*that is what matters!*"
Mindfulness skills allow for completing action

Hayes, et al, 2011
EXPERIENTIAL AVOIDANCE

- Explains why we don’t change....
- We worry about the future and we trip on the past. This results in RUMINATION and AVOIDANCE, the evil opposite of CHANGE
- Some of the dynamics that fuel experiential avoidance - FUSION to thoughts, non-acceptance, attachment to the past/future, lack of a contextual self.

Hayes, et al., 2011
Mindfulness Interventions in the MI Session

APPLICATION TO PRACTICE
EXPERIENTIAL AVOIDANCE

- Can explain, at least in part, the inability to move despite having a stated MOTIVATION (the “want tos”) and obvious SKILL (the “cans”)

Hayes et. al, 2011
**BASIC MINDFULNESS INTERVENTION FORMAT - RAFA**

- **REFLECT** - Reflect on the non-verbal's, the process
- **ASK** - Get permission to explore with mindfulness (might need to provide explanation of mindfulness)
- **PROVIDE** - Mindfulness intervention
- **ASK** - Obtain feedback on the impact of the mindfulness experience. Often provides opportunity for ongoing *reflection, affirmation and summary*
Mindfulness, of course.
Let’s practice how this might look in session.

Wise Mind and ambivalence

WWWMD?
(yes, ask yourself, what would wise mind do....?)
WISE MIND

Rational/Logical Mind  WISE MIND  Emotional Mind

Linehan, 1993
Wise Mind

Reasonable Mind

Past Experience

Research

Logic

Statistics

Wise mind

Emotional mind

Anxiety

Fear

Anger

Feeling

Sadness

Linehan, 1993
I DON’T HAVE A WISE MIND

- Don’t push change, allow for someone to work in wise mind
- Help them physically come into Wise Mind.
  
  (McKay, et al, The Dialectical Therapy Workbook. 2007)
Engagement

- Body Scan
  (Segal, et al, 2001)
- Non-judgment
- Waking Meditation

Focus

- Body Scan
- Following Breath
THE MINDFULNESS MATCH

- Evocative
- Participating
  - Self as Perspective
  - Defusion

- Planning
- Defusion
  - Values development
  - Valued action
  - One-Mindfully
  - Effectively
Is compassion necessary for change?
How does someone change if they are self-compassionate, and already good as they are?

Mindfulness and Compassion
Change is already here.....

......Becoming present is a way to make it real...