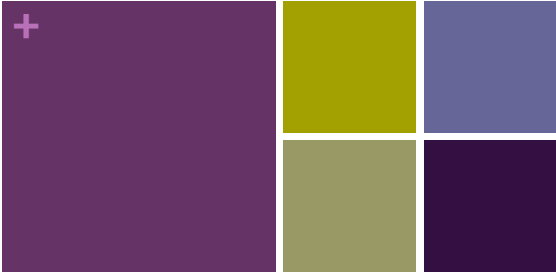


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Teaching Mindfulness to
Incarcerated Youth

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Who am I?

- Program Director for the MBA Project
- Licensed Psychologist
- Author
- Researcher



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Breakout Session Outline

- What is mindfulness?
- Experiential Practice: Mindfulness Meditation
- Relational Mindfulness



+ What is Mindfulness?

- Lion Mind vs. Dog Mind



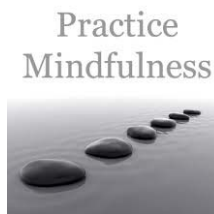
+ Mindfulness Defined

- "Paying attention, on purpose, in the present moment, with an attitude of nonjudgment." (Kabat-Zinn, 1994)
- Can be cultivated via meditation and informal practice



+ Mindfulness, so what?

- Alleviate suffering
- Over 4 decades of research confirming significant reductions in psychological distress and increases in well-being and self-regulation
- Let's experience it



+ Becoming a Practitioner

- Start with something doable (e.g., 5-10 minutes 4 times a week)
- Research suggests that after 8 weeks you may see a noticeable difference in your ability to cope with stress (but it could happen in much less)
- Start with an intention to practice throughout the day



+ Relational Mindfulness

- Being mindful of the developing relationship
 - Developing a receptive learning environment in which mindfulness practice can occur
- 3 Therapist Qualities**
- Authenticity
 - Intention for Human Connection
 - Stance on Behavioral Change



+ Authenticity

- Importance of deep modeling



+ Intention for Human Connection

- Rather than an immediate focus on solving the problem

How do we connect?

- Curiosity
- Compassion
- Caring/Concern
- Skillful Self-Disclosure



+ Stance on Behavioral Change

- Focus on Self-Awareness rather than behavioral outcome
- The truth of irony
- 3 Disclaimers



+ Teaching Mindfulness to Incarcerated Youth