

Mindfulness and Recovery

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**I have no conflict of
interest to report**

*Suggestions of possible
texts/protocols/trainings/apps are just
tools I use regularly!

What is “Mindfulness” ?



What Mindfulness Is...

- English translation of the Pali word *sati*-connotes *awareness, attention, and remembering*
- Mindfulness is “a way of paying attention: on purpose, in the present moment, and nonjudgmentally” Jon Kabat-Zinn, 1994
- “Mindfulness is simply observing, watching, examining. You are not a judge but a scientist”
Rahula, 1974

Short Definition

Awareness

of

Present Experience

with

Acceptance



Mindful Moments Are:

- Nonconceptual
- Nonverbal
- Intentional
- Present-centered
- Exploratory
- Non-judgmental
- Participatory
- Liberating



Mindful moments, cont.

- Ultimately mindfulness cannot be fully captured with words because it's a subtle, nonverbal experience. It's the difference between describing what a donut tastes like, and tasting it.
- *Knowledge is not experience.*



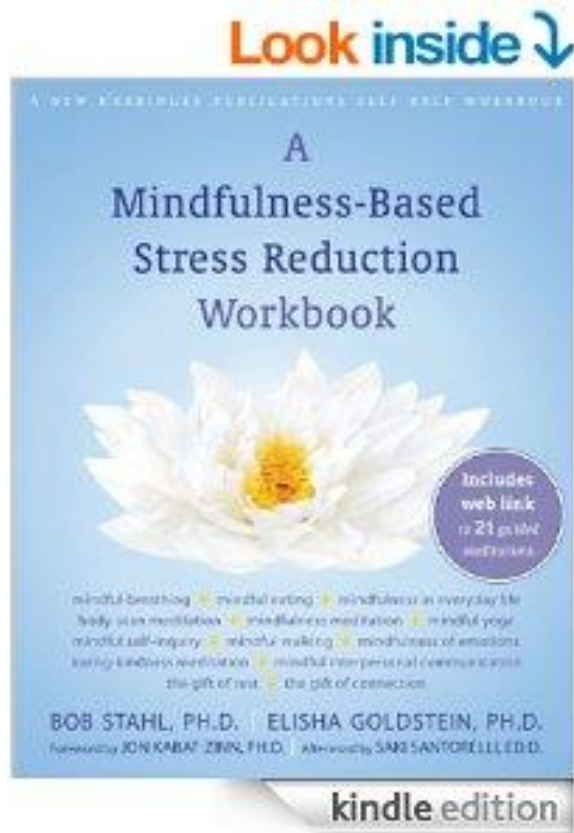
What Mindfulness is Not

- Not a relaxation technique*
- Not a religious practice
- Not about stopping thought or “blanking your mind”
- Not a way to avoid difficulties

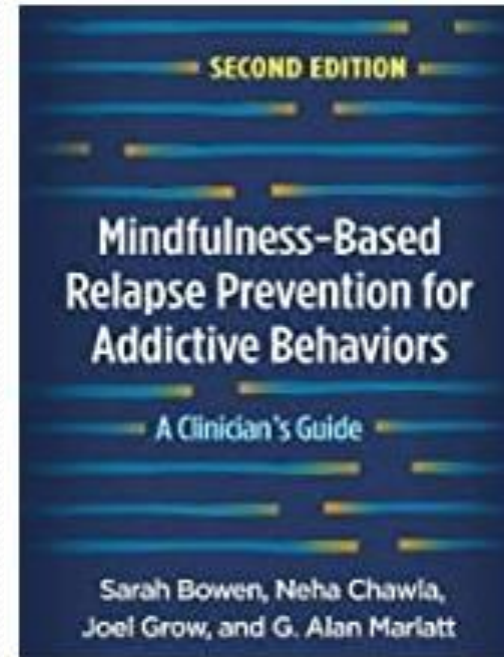
Mindfulness-Based Interventions

- Mindfulness-Based Stress Reduction (MBSR),
 - John Kabat-Zinn
- Mindfulness-Based Cognitive Therapy (MBCT)
 - Zindel Segal, Mark Williams, John Teasdale
- Dialectical Behavior Therapy (DBT)
 - Marsha Linehan
- Acceptance and Commitment Therapy (ACT)
 - Steven Hayes
- Mindfulness-Based Relapse Prevention (MBRP)
 - Sarah Bowen, Neha Chawla, Joel Grow, Alan Marlatt

Basic Mindfulness Texts



**Mindfulness-Based Stress
Reduction Workbook** by Bob Stahl
& Elisha Goldstein



**Mindfulness-Based Relapse
Prevention for Addictive Behaviors,
Second Ed: A Clinician's Guide**
by Sarah Bowen, Neha Chawla, Joel Grow,
and G. Alan Marlatt

Mindfulness Apps/Websites



The Free Mindfulness Program

<http://www.freemindfulness.org/download>

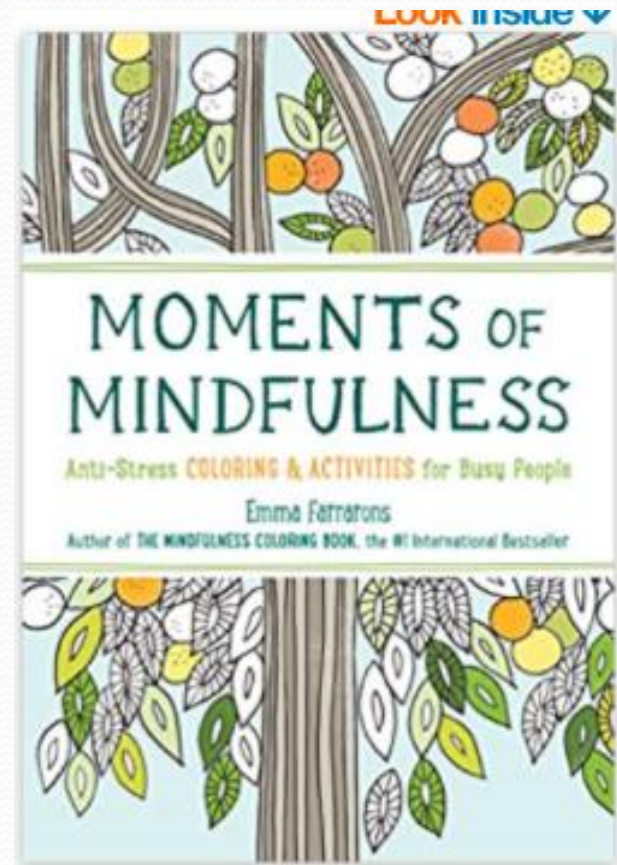
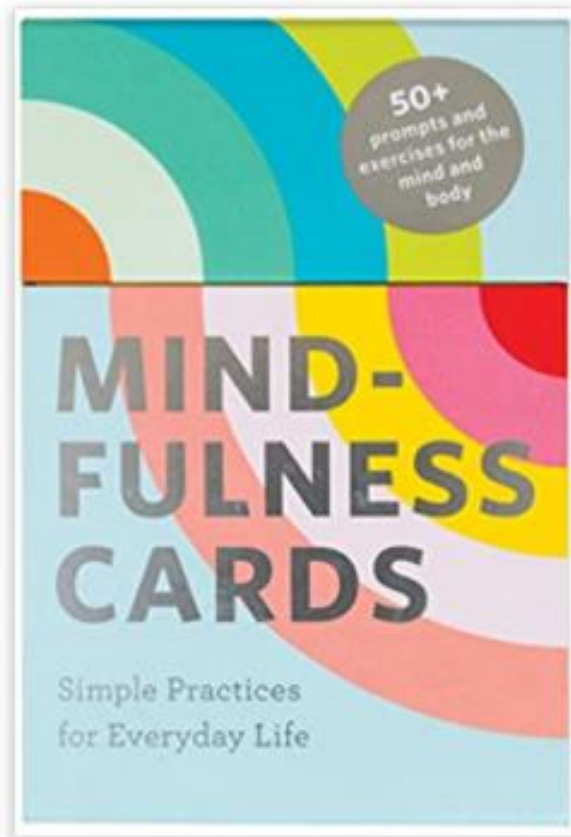
VA app store (free to all!!)

Free Mindfulness Apps Worthy of Your Attention

Mindfulness apps are trending in a big way. Here are five we're happy we downloaded.

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

Mindfulness Games/Cards



So now what?....



JUST DO IT.

Low-cost upcoming training



COGNITIVE BEHAVIOR
INSTITUTE

Mindfulness Based Psychotherapy: What, Why, and How

August 9th, 2021
from 12:00pm-3:00pm EST
LIVE WEBINAR
Presented by:
Alexander Antonucci, LPC

Learning Objectives

1. Define mindfulness and discuss its origins
2. Discuss research related to the neurological and emotional impact of mindfulness practice
3. Use mindfulness practice in the context of psychotherapy

Program Level: Introductory | CE Hours: 3 CEs | Cost: \$10 per participant

This program is suited for behavioral health practitioners including psychologists, licensed counselors, and licensed social workers. Please read course description including Q&A for important information.

Cognitive Behavior Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Cognitive Behavior Institute maintains responsibility for content of this program. Social workers, marriage and family therapists, and professional counselors in Pennsylvania can receive continuing education from providers approved by the American Psychological Association. Since CBI is approved by the American Psychological Association to sponsor continuing education, licensed social workers, licensed marriage and family therapists, and licensed professional counselors in Pennsylvania will be able to fulfill their continuing education requirements by attending CBI continuing education programs.

Register today:
www.cbicenterforeducation.com

Questions???

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1.0 CEU is awarded for this activity approved and accepted by NAADAC

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<https://medicine.musc.edu/departments/psychiatry/divisions-and-programs/programs/echo>



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Didactic Video Presentation

Contact

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