



**INSPIRING CHANGES MINDFULNESS &
MEDITATION PROGRAMME**

PROJECT

For: Addenbrookes Eating Disorders Unit

By: Simon McKibbin, *Evolution Professional and Personal
Development*



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Index

Introduction:	3
Background:	4
Meeting Patient Needs	5
Some background to Mindfulness and Meditation	6
What is Mindfulness and Meditation?	7
Our approach: Overview	8
Our approach: Detailed	9-11
Special Considerations	12
Research Project	13
Programme structure	14
Programme content	15-17
Profile: Simon McKibbin	18
Contact Details	19



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

None but ourselves can free our minds.

Bob Marley

Introduction

This Inspiring Changes Mindfulness and Meditation Programme (**ICMM**) offers a holistic means for patients with eating disorders to gain:

- ☯ **Improving health and wellbeing**
- ☯ **Greater meaning and sense of purpose**
- ☯ **Improved self-esteem and quality of enjoyment**



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Background

There are a variety of approaches that have been developed for treating people with eating disorders, namely;

- Motivational Enhancement Therapy
- Cognitive Behavioural Therapy
- Cognitive Analytic Therapy
- Family Interventions

More recently, a Mindfulness Meditation project has been run at the South London and Maudsley NHS Trust by Ron Maddock (Spiritual and Pastoral care service) for In-patients with eating disorders. The results have been promising and have stimulated further interest in this approach.

It is within this context that we have been approached by Shona Slattery (Staff Nurse) and Jolanta Kruszewska (Ward Sister) from the Cambridge and Peterborough Mental Health Trust to provide services within the area of Mindfulness and Meditation.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Meeting Patient Needs

Patients with eating disorders may experience a whole range of behavioural, emotional and cognitive challenges.

The ICMM Programme's focus to improve patient health and quality of life is to

1. Identify the needs that underpin patients' relationship to food
2. Encourage a context and creative process whereby new possibilities for healthier strategies may begin to emerge

The ICMM Programme influences patient change on a number of levels, meeting their needs on a personal, social and spiritual level to support an integrated and sustainable transformation.

This approach inspires and supports the development of personal vision (cultivating purpose and meaning) as well as engaging patients in a supportive social fabric i.e creating community.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Some background to Mindfulness and Meditation

There has been a great deal of scientific evidence and personal testimony to support the correlation between mindfulness, meditation and mental health.

The roots of mindfulness and meditation are to be found in Buddhist psychology (developed over the last 2,500 years). This has inspired a great deal of interest from the world of therapy and personal development.

There are a number of notable approaches and contributors utilising the principles of Mindfulness:

1. Core Process Psychotherapy

The Karuna Institute (www.karuna-institute.co.uk)

2. Mindfulness-Based Art Therapy

U.S. National Institutes of Health (www.clinicaltrials.gov)

3. Mindfulness-Based Cognitive Therapy

John Teasdale

4. Mindfulness-Based Stress Reduction

Jon Kabat-Zinn

5. Mindfulness-Based Relationship Enhancement

University of North Carolina at Chapel Hill (www.personal.kent.edu)



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

What is Mindfulness and Meditation?

Mindfulness capitalises on the quality of self-awareness that is inherent in each individual. By developing this awareness through Mindfulness practice or Meditation, one develops the *presence of mind* that increasingly leads to:

- 1. A qualitative and organic shift in one's sense of being** (who one is) based on the practice and quality of receptivity to one's whole experience
- 2. The ability to actively place one's attention** in the present for greater influence towards a more meaningful and wholesome experience
- 3. A sense of purpose**, direction and connectedness

Mindfulness Meditation is a more formal application of Mindfulness in the sphere of personal transformation.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Our approach: Overview

Our overall approach will be a mixture of: increasing self-awareness, cognitive interventions, emotional development and the cultivation of community.



Increasing Self-awareness

Assisting patients in exploring their experience directly through developing their awareness of feelings, thoughts, sensations and behaviour for greater perspective and choice.



Cognitive Intervention

Using perspective patterns and reflection through mindfulness to work with and integrate unhelpful thought patterns - and to encourage attitudes of exploration and experimentation for ongoing learning and development.



Emotional Development

Enabling patients to identify (through personal vision) and to cultivate meaningful and wholesome emotional qualities supportive of change and improving quality of life experience.



Cultivation of Community

Cultivating a mutually supportive and enjoyable context from which individuals can draw support and inspiration for ongoing change both in and out of sessions.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Our approach: Detailed

We will engage with patients on the basis of the following principles and practices:

- ☯ **Mindfulness Meditation**
This is a means of cultivating emotional balance, creativity and purpose. It offers a means of meeting challenges, and increasing the quality and meaning of life on a continuous basis.

- ☯ **Mindfulness**
Extending the *principles* of Mindfulness Meditation into the patient's life to continue and underpin the process of development and healing, in whatever context they may find themselves in.

- ☯ **All experience is Valid and OK**
The first principle of change is to fully acknowledge and accept one's experience as it is. The working premise to this principle is that all behaviours, even if painful, are strategies attempting to meet a healthy need.

- ☯ **The Patient has the Solution**
Our participation in the ICMM Programme is to help patients help themselves. In this context, we don't impose views or methods. Ultimately, we aim to make ourselves redundant.

- ☯ **Body Scanning**
A tool for developing greater self awareness, physical and emotional relaxation and psychological integration.

- ☯ **Focus and Breadth**
This is the central principle in applying mindfulness and offers a way to organise and work with experience directly.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Our approach: Detailed (cont.)

- ☯ **BATEN** (**B**reathing, **A**ll bodily sensations, **T**houghts and feelings, **E**nvironment and others, **N**eeds)
This tool offers a practical means to realising mindfulness through the principle of focus and breadth. It is especially useful as a remedial approach to working with challenging feelings, thoughts, sensations or behaviours as they arise.

- ☯ **The language of Needs**
We make a distinction between strategy (a means - any behaviour or pattern trying to secure an underlying need) and needs (an end - underlying human values such as security, meaning, peace, connection etc). We will help patients learn the art of interpreting feelings into identifying needs, so as to create the possibility for greater choice in strategy.

- ☯ **Creativity versus Habitual Responses**
Based in increased self-awareness, we will assist patients to take greater responsibility for their current states and to empower them through developing a more creative response to unhelpful habitual patterns.

- ☯ **Directing Awareness / Placing Attention**
The principle of where *one places one's attention in the moment* is pivotal in terms of behavioural change, and is central to Mindfulness development. It is especially relevant in working with challenging thought patterns (and behaviours) where the change might be more a matter of a shift away from thinking - 'thinking about' - towards being 'aware of' - that is, including other aspects in one's whole field of experience apart from the thinking process.

- ☯ **Vision precedes Transformation**
We stimulate and inspire the patient to connect with a meaningful personal vision that will impact on their lives beyond the Mindfulness and Meditation sessions and act as a driver for ongoing development.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Our approach: Detailed (cont.)



Symbol and Metaphor

We will use symbols particularly in representing positive meditation experience. In sessions we are especially sensitive to the symbols and metaphors that patients may offer to represent the more positive aspects of their lives, and will encourage them to cultivate these.



Friendship

As a part of the whole process of Mindfulness, the quality of relationships with others is very significant. We will set a context and facilitate practices to encourage friendliness between members of the group – this acts as a supportive context for sharing experience, learning and meaningful relationships.



Self – esteem

We will offer a means for realising greater self-appreciation through the cultivation of positive emotions and positive connection with others.



Exemplification

Members of Evolution will exemplify the practice of Mindfulness and what it means to be on the leading edge of one's own personal development. For example, we all practice meditation on a daily basis.



Social Dimension: Creating Community

Developing the social dimension in the sessions becomes the medium and support for ongoing development both inside and outside of the Mindfulness Programme.



Experiential and Explorative

Sessions will be experiential and explorative engaging patients through their own experience so that learning has direct relevance to them. Emphasis is on openness, space and interactive exchange.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Special Considerations

Support for Patients on the ICMM

In light of the special emotional needs of the patient, support and awareness around anyone taking part in this programme would be essential. Ideally patients would have some form of staff contact between the sessions to talk about related issues / progress.

Maintaining Mindfulness Meditation – Post Programme Project

It would be our intention to assist members of staff partaking in the project (especially those attending the sessions) to develop some skills in leading and facilitating, in order to maintain the momentum of the group when the project is officially over.

Staff Development

A prerequisite for staff members being able to facilitate and support group sessions would be to learn Mindfulness Meditation. We strongly recommend that they attend the Cambridge Buddhist Centre to do a six week course on meditation (usually one evening a week – 01223 577553 for bookings, next course; Monday 6th September 04, 7.30pm).

Useful reading: Title: Change Your Mind
 Author: Paramananda
 Publisher: Windhorse Publications



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Research Project

Since the Mindfulness-Based approach in the area of meeting needs of people with eating disorders is still yet to be fully explored and developed, this project offers an ideal opportunity for a research project. We would be willing to work collaboratively with anyone wishing to lead such a project.

There are a number of research possibilities, or aspects to the research:

- The effect of Mindfulness-Based practice on patients with eating disorders.
- The effect on patients of developing community (patient to patient and staff relationships), whilst engaging in the programme.
- The effect on staff of developing community (staff to staff and patient relationships), whilst engaging in the programme.
- The effect in the Eating Disorders Unit generally, beyond those taking part in the programme as patients or staff.

This list is not exhaustive, as there are probably more possibilities that could be explored.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Programme structure

The programme will consist of:

Twelve weekly two hour and fifteen minute sessions where we will explore practices and principles around the theme of Mindfulness and Meditation.

In order that patients gain maximum support, and to get the most out of the sessions they are encouraged to participate outside the sessions in the following way:

Home Groups: (Daily) Patients will be encouraged to meet daily in *Home Groups* (groups of 3/4) to assist them in building up a regular body scanning/meditation practice between the weekly sessions.

Diary Friend: (Every other day) Patients can work in pairs to assist each other in filling out their Mindfulness diaries.

Co-Exploring: (Every other day – between 'Diary Friend' meetings) Patients meet in pairs to explore successes and challenges together, and to offer each other support.

Post Programme Maintenance

We offer a monthly visit to do a two and a quarter hour session in order to maintain the Mindfulness group momentum.



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Programme content

This programme is a provisional structure and could be updated as we proceed due to the changing needs and direction of the patients.

INSPIRING CHANGES MINDFULNESS and MEDITATION PROGRAMME Page 1		
SESSION	DEVELOPMENT AREA	PRINCIPLES AND SKILLS
1	Vision & Setting Directions	<ul style="list-style-type: none"> ☯ Moving Away and Towards ☯ What Meditation is and is not ☯ Benefits of Meditation ☯ Guided Reflection and Relaxation ☯ Body Scanning
Notes	Apart from setting directions, much of this session will be involved in introductions, making connections, and getting participants to feel comfortable, safe and secure about the programme	
2	Awareness and Receptivity	<ul style="list-style-type: none"> ☯ Appreciative and Kind Awareness ☯ Feelings and Needs ☯ Guided Reflection through Poetry
Notes	We will be exploring the landscape of experience, (Self, Other, Environment and the 'Seasons of change') and the quality of awareness in just 'allowing and accepting' to make friends with whatever experience arises.	
3	Awareness and Activity	<ul style="list-style-type: none"> ☯ Focus and Breadth ☯ Quality of Attention and Breathing ☯ Helps and Hinders in Attention
Notes	In this session we will be exploring factors that define quality of attention and experience	

INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

INSPIRING CHANGES MINDFULNESS and MEDITATION PROGRAMME Page 2		
SESSION	DEVELOPMENT AREA	PRINCIPLES AND SKILLS
4	Mindfulness	<ul style="list-style-type: none"> ☯ BATON ☯ Feelings and Needs II ☯ Mindfulness of breathing
Notes	Here we will be appreciating thoughts, feelings and behaviour in their full context	
5	Resourcefulness & Creativity I	<ul style="list-style-type: none"> ☯ Habitual versus Creative Responses ☯ Working with Thoughts ☯ Developing Perspective
Notes	Developing more tools and approaches for cultivating creative responses to challenging thoughts and feelings	
6	Mindfulness in Action	<ul style="list-style-type: none"> ☯ Mindfulness at Work ☯ Aesthetic Appreciation ☯ Giving and receiving
Notes	Integrating Mindfulness practice into the patient's everyday lives	
7	Unconditional Kindness	<ul style="list-style-type: none"> ☯ Cultivating Friendliness ☯ Developing Self-Appreciation ☯ Friendliness towards self & other
Notes	Cultivating a quality of caring and kindness in one's experience for greater fulfilment and meaning	

INSPIRING CHANGES MINDFULNESS and MEDITATION PROGRAMME		
Page 3		
SESSION	DEVELOPMENT AREA	PRINCIPLES AND SKILLS
8	Friendship	<ul style="list-style-type: none"> ☯ Cultivating Positive Connections ☯ Generosity ☯ Being and Having a Friend
Notes	Cultivating meaningful relationships that sustain and enrich one's life, especially in times of need	
9	Friendliness Meditation	<ul style="list-style-type: none"> ☯ Cultivating Positive Emotion ☯ Directing Goodwill towards Others
Notes	Learning a meditation to improve and cultivate positive relations	
10	Mindful Communication	<ul style="list-style-type: none"> ☯ Communication in Meditation ☯ Inner Dialogue: Jackals & Giraffes* ☯ Meeting Needs
Notes	In this session we will explore the relationship between meditation and communication, and how to skilfully interpret self-effacing 'Jackal Language' to meet healthy underlying needs.	
11	Resourcefulness & Creativity II	<ul style="list-style-type: none"> ☯ Transforming feelings ☯ Working with Symbols & Metaphors
Notes	Working creatively with the rich inner world of symbol and metaphor	
12	Integration	<ul style="list-style-type: none"> ☯ Mutual appreciation & Celebration ☯ What learned ☯ Integration
Notes	Closing session with appreciation and celebration	

* Taken from Nonviolent Communication www.cnvc.org



INSPIRING CHANGES MINDFULNESS & MEDITATION PROGRAMME

Profile: Simon McKibbin



Simon has been a professional Trainer for seven years and is director of Evolution *Life at Work*, a Right Livelihood Learning and Development Company. The essence of Right Livelihood is to cultivate meaning through personal development. This is done through Mindfulness-based practices in areas such as communication, relationships, self-development (including meditation), and the healthy need to contribute to society at large through work.

Simon has been developing his mindfulness practice for sixteen years, and teaching meditation for twelve years. During this time he has continually modelled and developed his ability to communicate meditation through drawing from many disciplines, apart from Buddhism.

These disciplines include: NLP (Neuro-Linguistic Programming - Practitioner level), DBM (Developmental Behavioural Modelling – Practitioner level), Focussing (Eugene Gendlin), NVC (Nonviolent Communication, Marshall Rosenberg) and Ericksonian Hypnotherapy combined with Meditation.

More recently Simon has been interested in David Groves' approach to working with symbols and metaphors in therapy (See the classic: *Resolving Traumatic Memories: Metaphors and Symbols in Psychotherapy*) and is currently engaging in a course on Mindfulness-Based Cognitive Therapy for Depression with John Teasdale.

Simon has taught mindfulness meditation extensively to all areas of society – businesses, education, healthcare services, the general public and government. His biggest challenge and learning ground was teaching members of Winston House (psychiatric rehabilitation) on Brooklands Avenue, which required a particularly creative approach.

He is an ordained member of the Western Buddhist Order and is currently engaged in a number of projects (apart from running retreats and taking meditation courses) within his order, namely - improving the overall quality of meditation teaching and the development of leadership capability.

He guest lectures at Anglia Polytechnic University, is a tutor for Nord Anglia and continues to oversee the running of a number of meditation and self-development groups around the Cambridge area. He is currently engaging in the NHS in the field of Multi-Professional Development.

References

Tara Vandana: Allied Health Professions Project Manager, GMSHA/WDC, .0161 234 6692

INSPIRING CHANGES
MINDFULNESS and MEDITATION PROGRAMME

Contact Details

Simon McKibbin
Evolution
71 Broadway
Grantchester
Cambridge
CB3 9NQ

Tel: 01223 842 888

Mob: 07974 817 393

E Mail: Simon@evolution-uk.org