

“Strengthening Your Mindfulness Toolkit: Motivate, Teach, Make it Fun and Make it Stick”

Presented by Christopher Willard, PhD

- Discover dozens of short and long practices for a range of presenting concerns
- Match the practice to the patient’s presenting concerns
- Learn strategies to get your clients practicing mindfulness on their own
- Transform resistant patients to clients with resilience and patience
- Create a culture of mindfulness in your own and your clients’ lives
- Harness technology to complement and reinforce mindfulness
- Learn how to make mindfulness interesting and dynamic for children and other client populations
- Teach clients to take control of their own mental health by developing long-term mindfulness habits for resilience.

Learning Objectives

- Learn simple practices to share with your clients
- Discover dozens of mindfulness skills for a range of clinical presentations, learning styles and motivations
- Adapt existing mindfulness curricula to your clients
- Learn the simple science and research underpinning mindfulness in psychotherapy, medicine and performance
- Gain strategies to help clients integrate mindfulness into daily life
- Enhance clinician performance, stress management, focus, and attunement and more with simple mindfulness techniques before and between clients
- Integrate mindfulness into a wide range of psychotherapy orientations

Program Outlines:

What is all this nothingness all about? Understanding Mindfulness

- Defining mindfulness for your clients: In words, images, and experiences
- Clarity Please! What mindfulness is, and what it’s not
- The Mind-Body connection
- Making mindfulness stick: A holistic model for teaching and learning mindfulness
- Formal and informal practice
- Practical demonstrations: *Body Awareness, 7/11 Breath, Soup Breath, Patience Breath, Silent Sigh Practices*

Practicing What We Teach: The power of our own practice

- Our own practice- outcome research and common sense
- Mindfulness in clinical decision making and working with countertransference
- Finding and making the time for our own practice
- Practical demonstrations: *Appreciation practice, Self-compassion practice, Clinical decision practice*

Sitting Together: Mindfulness in Psychotherapy

- Integrating mindfulness into cognitive behavioural, psychodynamic and other models
- Introducing and adapting mindfulness in session
- Structuring a mindfulness based treatment and session
- Adapting mindfulness exercises to all kinds of minds, diagnoses and ages
- Considering group vs. individual treatment
- Practical demonstrations: *Visualization practices, mindfulness of sounds, mindful music, body awareness variations*

Sitting Together: Mindfulness in the Treatment Time

- Matching and adapting the practice to the client
- Considerations for age, diagnosis, learning style, culture, and setting
- Indications and contra-indications
- Adaptations for group or individual treatments
- Adapting existing mindfulness based intervention protocols for your setting
- Creating a wraparound mindfulness based treatment plan
- Buy-In: Engaging the sceptic

Compulsive Behaviours: Eating Meditation and more

- Urge surfing, trigger awareness, and integrating mindfulness into addiction treatments
- Mindfulness and impulsive/emotional eating
- Mindfulness and other compulsive and addictive behaviours
- Practical demonstrations: *Urge surfing, mindful eating variations*

The Neuroscience of Mindfulness and Compassion: Rewiring Resilience

- Understanding neuroplasticity and facilitating brain development and change
- Your brain and body: Before, during and after mindfulness practice
- The research: On learning, mental health, physical health and optimal performance
- Simple explanations to share the science and motivate clients!

Proven practices for depression, ADHD, anxiety and more

- Build emotional intelligence and self-awareness
 - *Mind-body awareness, self-compassion, listening meditation and more*
- Effective exercises to treat mood disorders
 - *Boosting mood with mindful appreciation, mindful movement, HALT, CALM and others*
- Soothing skills for anxiety and trauma
 - *Mindful grounding with 321 Contact, the four elements and other short practices*
- Proven practices for ADHD, Executive Function and Impulse Control
 - *Slowing down with SLOW, STOP, SIFT and more*

Making Mindfulness Stick Outside of the Clinical Hour (where it really matters!)

- Top tips for starting and encouraging a home practice
- Tap into intrinsic motivation for change and growth
- Who has the time? 100 times of day clients (and you) do have to practice
- Dozens of effective skills that take less than a minute
 - *5 senses, sound countdown, sensory breathing, RAIN, and more*
- Matching practices to the place: home, work, performance and social situations
- Bringing mindfulness to walking, movement and daily activity
- Checking in, not checking out: Mindfulness and technology
 - *Mindful social media, mindful walking variations, brief and informal practices*

Enlightened Livelihoods

- Enhance clinical performance in yourself and your staff by bringing mindfulness into your own personal life and professional life
- Effective advocacy for mindfulness in clinics, hospitals and schools
- Resources for yourself, your institution, and your clients
 - *Compassion practice, decision practice, reflections*