

THE MINDFULNESS COMBO:

Innovative Mindfulness Techniques for Emotional Eating, Weight Loss, Smoking Cessation, Substance Misuse, Breaking Problematic Habits, Impulse Control, Anxiety and Depression

Presented by
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LEARNING OBJECTIVES

- Describe how to apply metacognitive distancing to control food- and substance-related cravings
- Articulate the rapport-building and treatment-compliance enhancing benefits of the Middle Way/Harm Reduction Philosophy of Acceptance and Moderation
- Demonstrate an understanding of how to use Pattern Interruption techniques to help promote a greater baseline of day-to-day presence and mindfulness
- Describe how to use mindfulness of breath (anapanasati) and metacognitive distancing to facilitate the onset of sleep
- Describe the relevance of non-discursive/non-labeling attitudes towards one's symptoms of anxiety and depression so as to break the "narrative impasse" of chronicity
- Demonstrate an understanding of "mindful emotional eating" concept

PROGRAM OUTLINES:

Part 1: Rethinking Mindfulness

- a) Secular and non-secular traditions of mindfulness
 - Beyond "paying attention" and "raisin meditation"
 - Western "Buddhas" – Gurus, Rascal Sages & Psychologists (G. I. Gurdjieff, Adrian Wells, Andrew Tatarsky).
- b) Metacognitive Distancing :
 - Experiential Into Metacognitive Distancing
 - "Dots & Spaces," "Riverbank Attitude"
- c) Change Equation Map
 - Change = Reason to Change + Freedom to Change + Method to Change
 - Mind on Autopilot, Mind off Autopilot
 - Choice Awareness as a Method-to-Change modality
 - Choice Awareness as a Pattern Interruption
 - Choice Awareness as a Mindfulness modality
 - Experiential Intro to Choice Awareness Training
 - "Circle-Drawing/Enso of Awareness" exercise
 - "Open Your Hand to Open Your Mind" exercise
 - "Monkey Wrench" exercises
 - Choice Awareness Hygiene – A Habit of Breaking Habits
- d) Narrative Transcendence – Non-Discursive Indifference
 - Witnessing Impermanence of Mind-forms without Labeling
 - Experiential Demo ("4 Dots" exercise)

- Witnessing Mind-forms Without Labeling
 - Breaking Through a Narrative Impasse
 - Non-discursive Indifference: Not Minding One's Own Mind
- e) Anapanasati-Style Breath Mindfulness
- Managing Breath (Pranayama) vs. Letting Breath Be (Anapanasati)
 - Stress-Free Somatic Anchoring at a Time of Stress
- f) Updated Mindfulness Toolbox: a Review

Part 2: Compulsive Spectrum Applications

- a) Eating Compulsions: Mindless Eating
- Differentiating Need from Want, Hunger from Craving
 - Metacognitive Distancing as Craving Control
 - Pattern Interruption to Maintain Eating Mindfulness
 - Middle-Way/Harm Reduction to Assure Non-Perfectionistic Progress
- b) Coping Compulsions: Emotional Eating
- Depathologizing/Normalizing Emotional Eating
 - Leveraging More Coping per Calorie
 - Mindful Emotional Eating Protocol
- c) Slip & Lapse Prevention in the Abstinence Context: Drugs, Alcohol, Tobacco
- Slip, Lapse, Relapse
 - Metacognitive Distancing for Craving Control
 - Use of Metacognitive Craving Control in the Context of Exposure/Response Prevention Training
 - Metacognitive Distancing for Cultivating Lapse-resistant Identity
 - Choice Awareness/Pattern Interruption training to facilitate Slip Prevention
- d) Abuse Prevention in the Context of Harm Reduction and Controlled Use
- Metacognitive Distancing for Craving Control
 - Harm Reduction/Middle Way Philosophy of Acceptance and Moderation to facilitate Recovery-resistant Identity and long-term treatment compliance

Part 3: Worry, Dysthymia, DFA Insomnia

- a) "Recyclic" and "Ruminatory" Thought Style
- Differentiating Anxiety and Worry
 - Anxiety – linear; Worry - cyclical
 - Differentiating Depressive Sadness from Ruminatory Melancholia
 - Sadness – linear, Rumination - cyclical
- b) Metacognition/Mindfulness options for managing recurrent thought style
- Riverbank attitude – "notice the current to step out of the re-current"
- c) Symptom/Illness Identity & Self-Pathologizing Narratives

- The “4 Dots” exercise to showcase selective filtering
 - Narrative Transcendence
 - Noticing the “-ing” – the Gerundive Nature of Reality
 - “Depressing, not Depressed”
 - “Angsting, not Anxious”
 - Transcending “Depressogenic” narrative
 - Transcending the “Worrywart” Narrative
- d) Managing DFA (Difficulty Falling Asleep) Insomnia
- What Keeps Us Awake – Day-Review (Dwelling), Bracing for Tomorrow (Worry)
 - Taps & Spaces (“Dots & Spaces” modified to bedtime)
 - Anapanasati – stress-free somatic anchoring in breath

Part 4: Non-Perfectionistic Approach to Recovery, Self-Change and Treatment Adherence

- a) Cultivating Self-Acceptance
- the attitude of Motive-Focus (Motivational Innocence/“I meant well”)
 - the attitude of Effort-Acceptance (Ordinary Perfection/“I did my best”)
- b) Clinical Benefits of Middle-Way/Harm Reduction Philosophy of Acceptance and Moderation
- Therapist-Client Rapport Based on Acceptance
 - Realistic Treatment Goals
 - Clinical Decatastrophizing for Lapse/Relapse Prevention
 - Harm Reduction as a Step on the Way to Abstinence
 - Non-Perfectionistic Approach to Clinical Homework
 - Treatment Compliance
- c) Stress- and Trauma-Resilient Identity:
- Metacognitive Distancing to Facilitate Dis-identification from the Inessential
 - Developing a stable relationship with oneself that can withstand the ebb and flow of circumstance
 - “I am not what passes, I am what remains”
 - Neti, Neti – an ancient Vedic trick of resilience
 - “Neti It Out!”