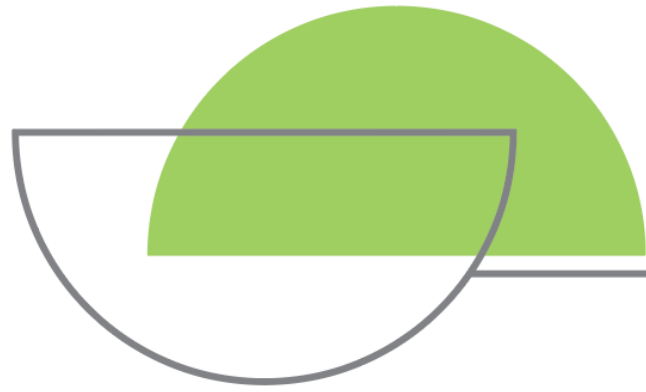




BALANCE

with **the**BHPN



Practitioner-Centered:
Mindfulness Basics
for the ABA Practitioner

theBHPN
behavioral health provider network

Objectives

Be able to:

- Describe the basic components of mindfulness.
- Describe non-judgmental observations.
- Describe at least 2 research studies that support the beneficial outcomes for mindfulness practice.
- Describe the relationship between self-compassion and mindfulness for parents of children with ASD.
- Describe the effect of mindfulness-based stress reduction on healthcare workers.
- List at least 3 ways that mindfulness concepts can be used in supervision and treatment.
- List 2 ways you can use mindfulness in your own life.





What is **Mindfulness?**

Mindfulness is Many Things!

BEING IN THE MOMENT
NOTICING
QUIETING YOUR MIND
BEING OPEN TO NEW THINGS
OBSERVING
SELF-REGULATION OF EMOTIONS
ACCEPTING
THINGS YOU
CANNOT CHANGE
ACKNOWLEDGING
WHAT YOU WANT
TO CHANGE
DOING ONE THING AT A TIME
NOT TAKING THINGS FOR GRANTED
BEING NON-JUDGMENTAL
PARTICIPATION

**Mindfulness
Isn't...**

JUDGMENTAL **RELIGION**
HARD **JUST**
RIGID **ONE**
PERFECTION **THING**
SHOULD AND SHOULDN'T
MULTITASKING
GETTING EVERYTHING RIGHT



Different Paths

There are different types of mindfulness techniques.

You can practice mindfulness without meditation.

Mindfulness can be used in a group or individually.

You can add meditation to your mindfulness routine.

There is not one way to do mindfulness!

Research

- Self-Compassion and Well-Being in Parents of Children with Autism
(Neff & Faso, 2014)
- Benefits of Mindfulness at Work: The Role of Mindfulness in Emotion Regulation, Emotional Exhaustion, and Job Satisfaction
(Alberts & Lang, 2012)
- Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial
(Shapiro et al., 2005)

Self-Compassion and Well-Being in Parents of Children with Autism

(Neff & Faso, 2014)

”

...self-compassion
universally predicted
parental well-being over
and above the effects of
child symptom severity.

”

I would try to stay in the
present moment. I am right
here, right now. Rowan is
safe and happy... Let me
focus on calming and
comforting myself...

Benefits of Mindfulness at Work

The Role of Mindfulness in Emotion Regulation, Emotional Exhaustion, and Job Satisfaction

(Alberts & Lang, 2012)

- Mindfulness self-training.
- Participants in the mindfulness intervention group experienced significantly less emotional exhaustion and more job satisfaction than participants in the control group.
- Attending to (noticing and describing) and accepting negative emotions appeared to be effective in reducing negative than trying to change the emotion or suppressing the emotion.



Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial

(Shapiro et al., 2005)

MBSR is an educationally
based program

**Mindfulness-Based
Stress Reduction
(MBSR)**

MBSR reduced stress in
healthcare professionals

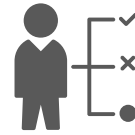
Mindfulness Basics



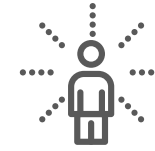
Observe



Describe



Don't
judge



Be in the
moment



Acceptance



Observe

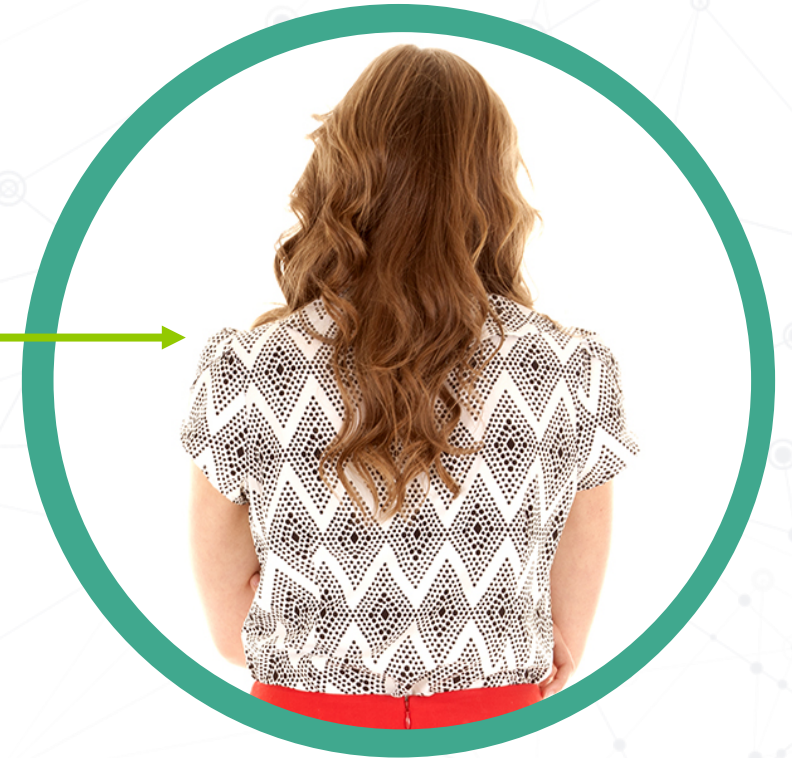


Observe

Observing is bringing your attention to something.
It's noticing.

Try it!

Bring your
attention to
your shoulders





Observe

Did you get distracted?

If you did this is a good thing!



Observing is
about practicing
bringing your
attention back.



Describe



Describe

**Just the
facts!**



**Don't judge
the facts.**



Describe

Describing Throughout the Day

Stepping back and describing what is happening during your day is a great way to practice mindfulness. Do this a few minutes each day. Try describing:

- How you felt when your client was having a meltdown and you were trying to do supervision remotely.
- How your body feels when taking a walk.
- What thoughts are coming into your mind when you feel worried and how worry feels in your body.
- What the plants in your yard look like.

**Remember,
always
describe in a
non-judgmental
way!**



Describe



Practice



Don't Judge

Being Nonjudgmental: Focusing on the Facts

Judgmental	Nonjudgmental (just the facts)
"I shouldn't cinch my shoulders like that."	"I noticed I cinch my shoulders."
"I'm so stupid I forgot to talk with my client's mom about the new goals!"	"I didn't talk with my client's mom yesterday; I need to prioritize this discussion today."
"I'm keep screwing up and smoking again."	"I smoked last night."
I'll never be a mom like my friend, she never seems to be stressed and I can't get it together!"	"I feel more stressed right now and I'm having a hard time focusing."
"It's my fault my sister is mad at me."	"My sister told me I hurt her feelings."
"This new BT doesn't know anything; did he really pass the RBT exam?!"	"I notice my new BT is not understanding what I'm saying."

Being non-judgmental is not the same
as saying something is healthy or that
you are endorsing it.





Be in the Moment



Be in the Moment

- ✓ Focus on what's in front of you
- ✓ Focus on what you are doing in the moment
- ✓ If you lose focus gently bring your mind back to the what you are doing in the moment
- ✓ Don't judge



Acceptance



Acceptance

Acceptance isn't

Endorsing something.

Liking it.

Saying it's okay.

Saying it's good.

Saying it's bad.



Acceptance

Acceptance doesn't mean

**Change isn't
possible.**

**You or
someone
else is weak.**

**You don't
feel bad.**



Acceptance

Acceptance is:

- Observing and describing your experience.
- Simply acknowledging what is rather than judging it as good or bad.
- Acceptance is the foundation for saying how something can change or improve.

**There are limits
to what you can
and what you
can't change.**

You can't cope with, change or improve something if you don't accept it first

”

Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.

Michael J. Fox

”

Self-acceptance also means accepting one's individual reality and combating perfectionism and unhelpful thinking habits.

Lee A. Wilkinson

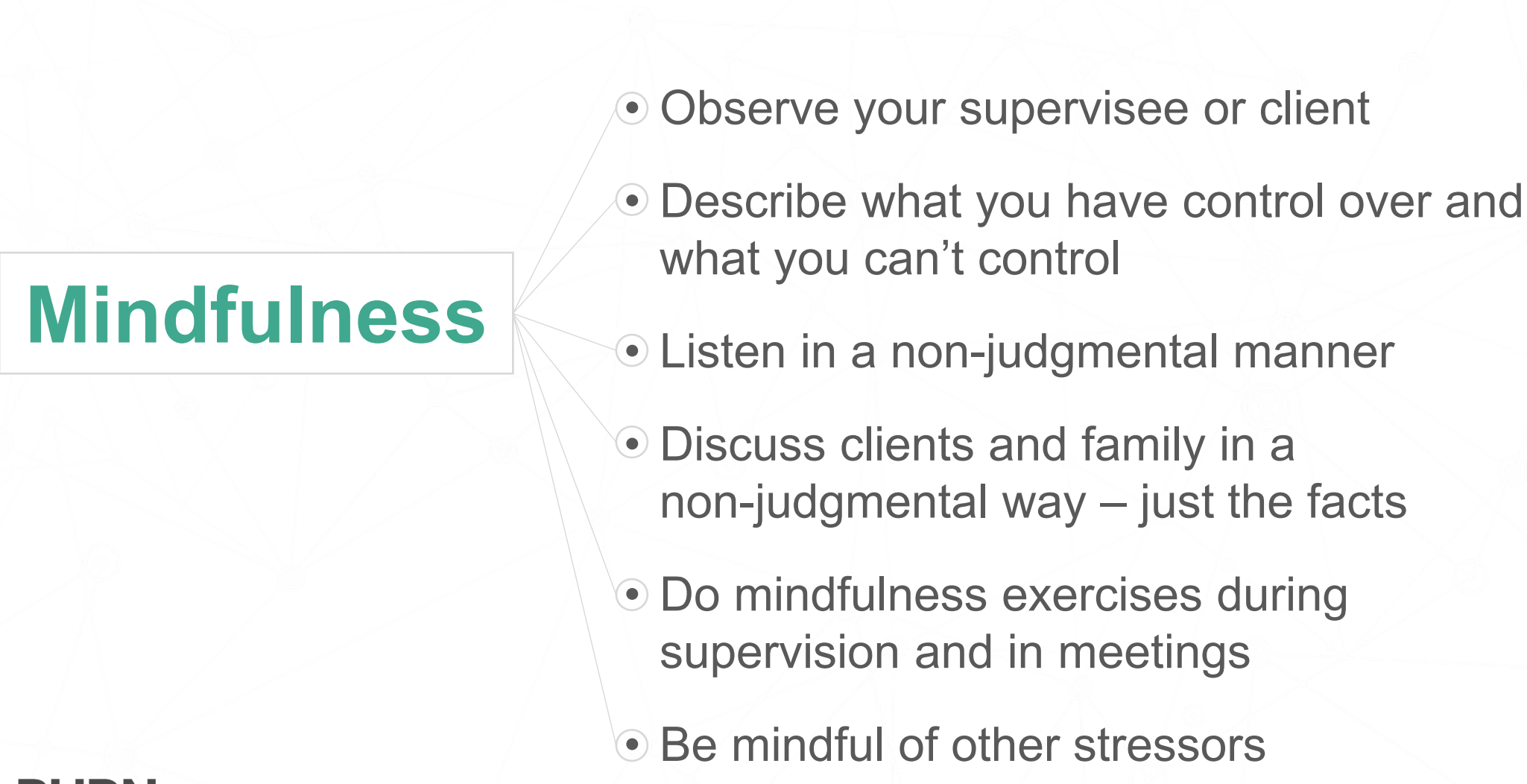
Autism and Acceptance

joint echolalia unashamed
best practices Universal Design following my IEP
knowing my rights real jobs for real pay stimming together natural
self acceptance still a cause that needs attention a basic human right communication
listening to behavior working with my headphones on talking to me and not my aide integrated classrooms
getting the help I need listening to me when I am hard to understand not telling people to look at you
helping my child use his AAC device for everybody paying my autistic employees a real wage
respecting my rights welcoming the world love inclusion
knowing joy autism acceptance is allowing my child to stim
providing sensory-free rooms proud loud hands unconditional presuming competence
allowing people to stim treating Autistic people as people
the radical notion that autistics are people listening understanding what will allow my child to flourish
respect unapologetic diversity where normal is self-defined
working on the floor scripting respecting all forms of communication
a community affair stimming in public without shame
open mindedness



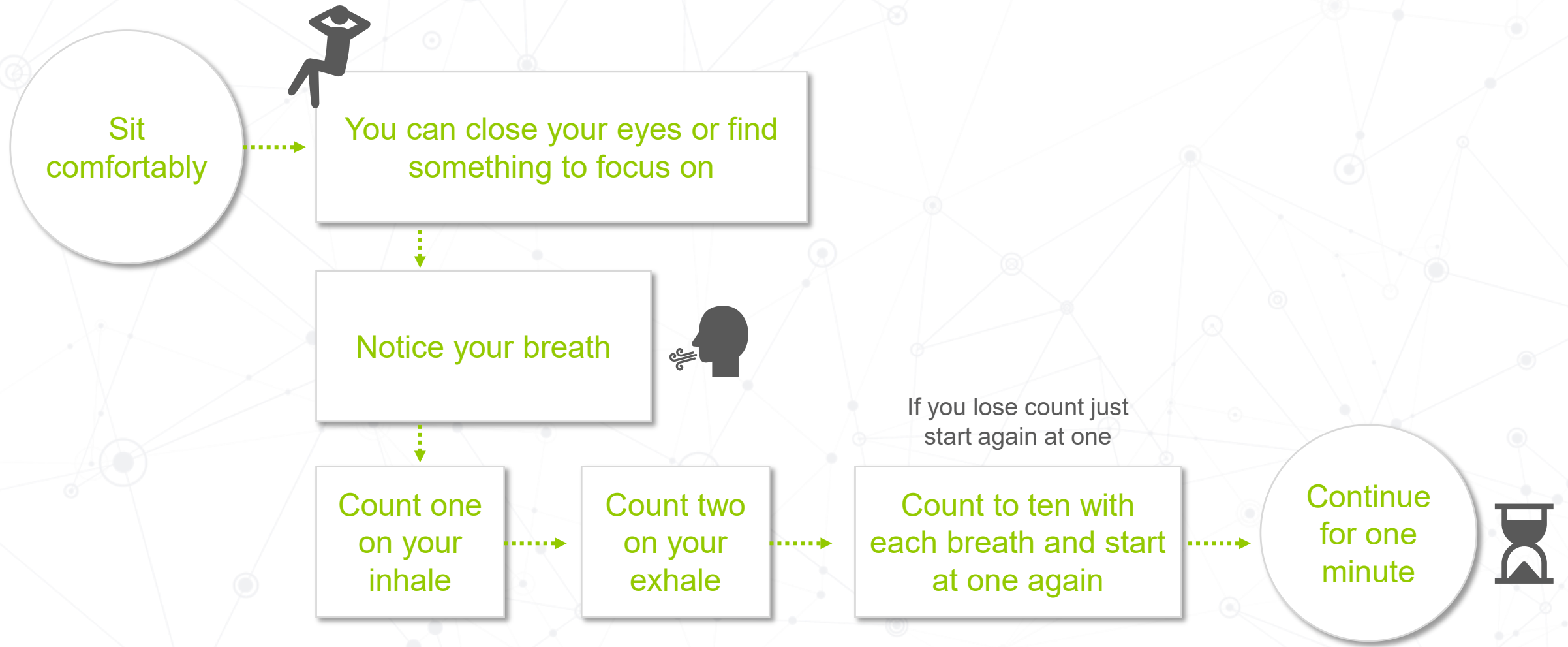
Practicing Mindfulness in Supervision

Mindfulness



- Observe your supervisee or client
- Describe what you have control over and what you can't control
- Listen in a non-judgmental manner
- Discuss clients and family in a non-judgmental way – just the facts
- Do mindfulness exercises during supervision and in meetings
- Be mindful of other stressors

Mindfulness Breathing Exercise





Committing to **Mindfulness**



Make a commitment to **practice** mindfulness each day.



Set a **goal** for amount of time each day you will practice and what your will practice will be.



Take **data** – keep a journal, set up a calendar, etc.

Questions & Comments

theBHPN
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Reminder

the BHPN July Connections Meeting

Topic

Practitioner-Centered Supervision:
A Discussion on Ethics and Stress Management

Tuesday, July 14
2:00 P.M.

Wednesday, July 15
10:00 A.M.

Qualifies for 1 unit Ethics CE credit through BACB



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