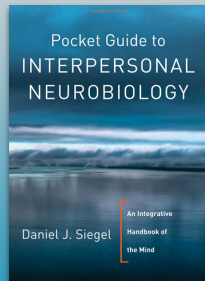
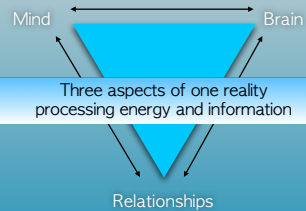


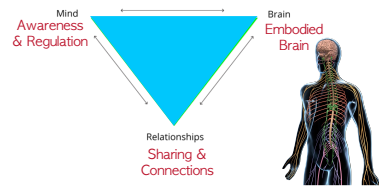
"How do you know the world?"



ALL OF THESE ASPECTS ARE INTERWOVEN
IN A PHYSICAL WAY INTO WELLBEING



INTEGRATION



TRIANGLE OF WELLBEING



The way we **FRAME**

a situation can either open or shut down our ability to meet it effectively, creatively, and successfully

2009



PERSPECTIVE

"Don't turn away.
Keep your gaze on the bandaged place.
That's where the light enters you."
- Rumi

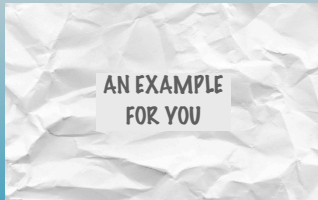
Mindfulness

Teaching the **skill** of mindful awareness could enhance our clients' ability to face, and change, the painful reality of their choice/desire to engage in harmful behavior.



There is a real difference between what you observe—what is actually happening—and the narrative that you create and invent around it that can lead to perceptual errors and cause personally created distress.





WHAT IS MINDFULNESS?

PAYING
ATTENTION

WITHOUT
JUDGEMENT


Mindfulness

ON PURPOSE

TO THE
PRESENT
MOMENT

"Paying attention, on purpose, in the present moment without judgement."

—JON KABAT ZINN, MD



Mindfulness is a quality of attention

Neuroscience research confirms the practice of intentional, nonjudgmental awareness moment-to-moment cultivates integration and well-being



MBSR

Mindfulness Based Stress Reduction: "MBSR"


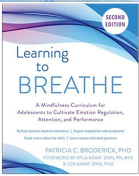


Jon Kabat-Zinn

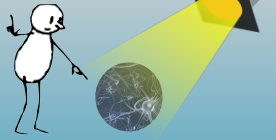
"Dot b"



Learning to BREATHE



SPOTLIGHT OF ATTENTION



Your experience of this moment, like your experience of every moment of your life is profoundly shaped by **WHERE** you place your attention and **HOW** you place your attention.

It starts with YOU PRACTICING BEING A MINDFUL THERAPIST

"My own awareness and intentions regarding the authentic human connection lay the framework for client receptivity."

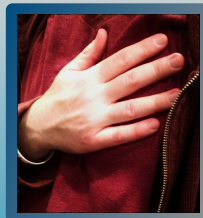
EMBODY & FACILITATE A MINDFUL MODEL OF THERAPY

Beginner's Mind

As a therapist make a formal intention to be aware of your own experience — thoughts, feelings, sensations— while conducting therapy and in relationship to the client

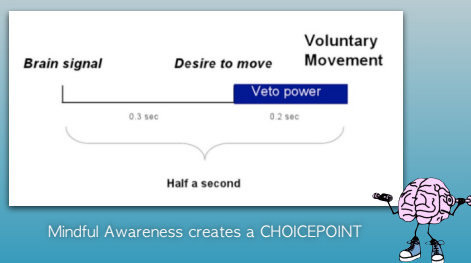
Embracing Impermanence and the Truth of Suffering

AWARENESS



"Awhere-ness"

CREATE SPACE FOR CHOICE



WORKING WITH EMOTIONS



BODILY SENSATIONS

Learn to the clouds
of emotion roll by

SIFT
Sensations
Images
Feelings
Thoughts

- Dan Siegel

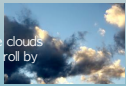
Sensations
and



- Tara Brach

DISTRESS TOLERANCE

Learn to the clouds
of emotion roll by



SIFT

Sensations, Images, Feelings,
and Thoughts within



Widen the window
of tolerance

DISTRESS TOLERANCE

Learn to the clouds
of emotion roll by



Widen the window
of tolerance

SIFT

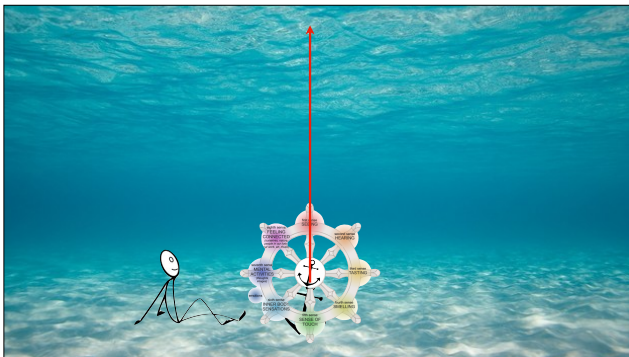
Sensations, Images, Feelings,
and Thoughts within



Wheel of Awareness

Practice Tuning In

I can explain it to you but
I can't understand it for you.

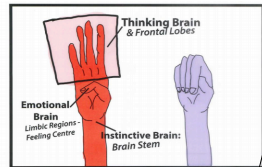




.b GROUNDING EXERCISE



Dan Siegel's Hand Model of the Brain



EMOTIONAL AROUSAL and the HAND MODEL OF THE BRAIN



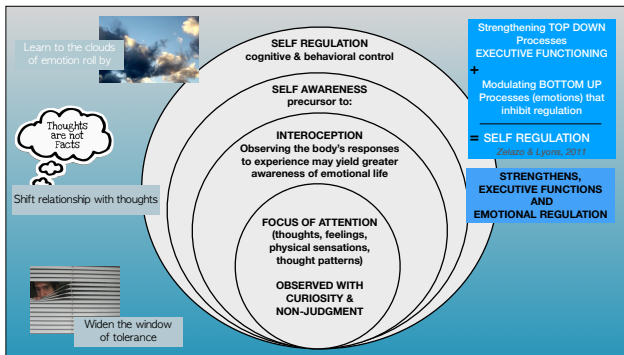
MINDFULNESS IS NOT USED AS A TECHNIQUE (i.e., SOLUTION TO A PROBLEM)



ASSUMPTIONS

- Basic human goodness
- Authentic - Attuned Human Relationship
- Therapist is mindful of the underlying process level of therapy
- Intention for Human Connection
- Maintain an Authentic Stance on Behavior Change- Authentic Choicefulness

"You are perfect the way you are . . .
You need to change!
and you could use a little improvement."



TAKING IN THE GOOD - PRACTICE GRATITUDE



"The capacity is there in everyone—
if you create the right environment,
it will emerge,
you will grow into the good."

ENHANCE WELL BEING

By taking time to **breath**.

By being more **mindful**.

By creating space for **choice**.

"Our clients want better lives,
not just the promise of less harmful ones."

—Ward, Mann & Gannon, 2006 cited by David Prescott 2018



Contact Information



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