

“Train Before The Drain” *

*Jon Carson, York Regional Police, Mindfulness Training

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The School of Continuing Studies. Applied Mindfulness Meditation (AMM-MIND)

Welcome and an Attitude of Gratitude

“I (we) wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca, and most recently, the Mississaugas of the Credit River. Today, this meeting place is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land.”

Your land Statement

- When we meet online, each of us will be in a location that will be unique to your own situation. We include a link to a map so that you might explore what First Nation's ancestral land you are habituating. It is your choice, to search for this, offer gratitude for the land you now live on, and recognizing it's First People's ancestral heritage.
<https://www.whose.land/en/>
- Please note and reflect on where you find yourself as instructor and/or learner.



Learning Outcomes for this Course

- Begin, to identify the knowledge and skills necessary to have a mindfulness meditation (MM) practice.
- Develop greater discernment about mindfulness and mindful meditation literatures and research.
- Outline the scaffolding for the practice of mindfulness meditation.
- Consider mindfulness and mindfulness meditation as means to attend to y/our/their suffering.
- Reflect on the possibility that mindfulness and mindfulness meditation is a model for human flourishing even in the presence of dying and death.



Recommended Readings

- Begin where you wish.
- Literatures fall into two categories which inform each other. These include **research based evidence** to be found in books, articles, lectures , podcasts on the practice of mindfulness and mindfulness meditation. These can include authorship by:
 - Dr Richard (Richie) Davidson (Harvard trained psychologist, now at Keck Institute, Wisconsin),
 - Dr Daniel Siegel (UCLA child, adolescent and adult psychiatrist),
 - Dr Shawna Shapiro (UCLA psychologist),
 - Dr Rick Hanson (positive psychologist),
 - David Treleavan (master trained social worker) Trauma Informed M,MM.

Secondly, any **practice based evidence** from 2600 years of contemplative practice by contemplative practitioners such as : The Dalai Lama (Tibetan lineage working with science and contemplatives),

Pema Chodron (contemplative nun),

Thich Nhat Hahn (Vietnamese monk who walked with Martin Luther King for peace),

Mattheu Ricard (Tibetan physicist and contemplative).



Recommended Readings/Resources

Dr Elli Weisbaum is our first PhD in M,MM to graduate with mentorship from the AMM-MIND Program, Institute of Medical Science (IMS) and Dalla Lana School of Public Health at University of Toronto.

Elli worked with a group of University of Toronto physicians to cultivate a practice of wellness through M,MM. Her research was conducted through the Institute for Medical Science (IMS). Her protocol link:

- <https://www.frontiersin.org/articles/10.3389/fpubh.2022.807792/full>
- Operationalizing Mindfulness (lit review) Link:
- <https://www.ingentaconnect.com/contentone/aupha/jhae/2022/00000038/00000004/art00008;jsessionid=2lhvbi6rn9dj1.x-ic-live-01>

Elli Weisbaum, PhD

She/Her

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Dalla Lana School of Public Health | University of Toronto



Recommended Readings/Resources

A global Canadian lead in M,MM is:
Michael Apollo MHSc,
Graduated from Dalla Lana School of Public Health,
University of Toronto.

Michael was co-director of Applied Mindfulness Meditation (AMM-MIND). He has worked with the corporate world, federal government etc. teaching M,MM as a form of human flourishing, wellness and health. He founded the Mindful Society and The Mindful Global Institute.

Mindfulness, Mindfulness Meditation

Can be practiced to achieve many things. This includes :

- a training of one's *attention*, which can reduce error.
- to refine *intentions* (intentions are less goals and more wish and will).
- to cultivate and or curate one's *attitude* towards a situation.

Attention + Intention + Attitudes = the practice of mindfulness and mindfulness meditation (Dr Shawna Shapiro, UCLA).

Mechanisms of Meditation

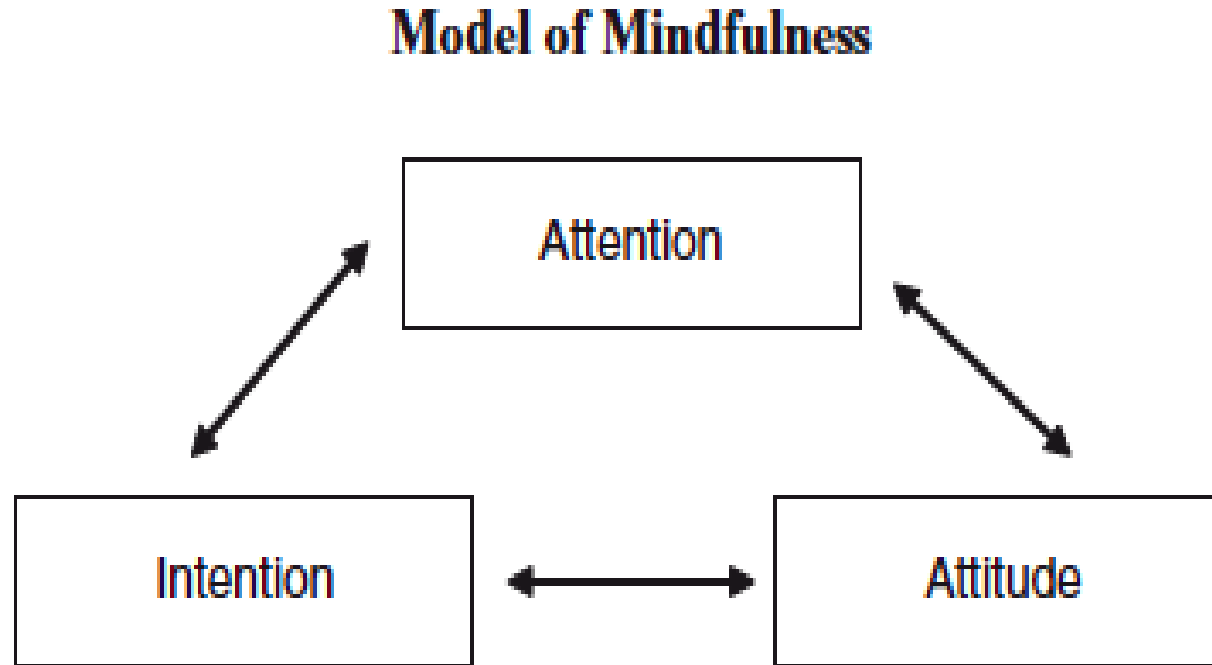


Fig. 3.1 The three axioms of intention, attention, and attitude (IAA) are not sequential, but rather are engaged simultaneously in the process of mindfulness (Shapiro et al., 2006).

A contemplative view of M,MM

The primary intention and challenge :

“How do we grow better people?”

The Dalai Lama to Dr Richard Davidson @ Keck Institute

How does a practice of mindfulness and mindfulness meditation impact on the practitioner?

- **Enhanced error orientation (skillful responding to errors) and enhanced mindfulness.**
University Health Network 2013 randomized control trial of 200 healthcare professionals. Study led by Ellen Choi PhD et al.
- **Enhanced team climate, increased resilience and decreased perceived stress in healthcare leaders.**
UHN Laboratory Medicine Program healthcare leadership 2017 pilot study. Study led by Michael Apollo MHSc.
- **Significant reduction in perceived stress and increase in present moment awareness and attention (mindful awareness).**
Toronto General Hospital nursing staff 2011 pilot study of 37 nursing staff utilizing pre and post surveys (PSS, MAAS). Study led by Michael Apollo MHSc

Two applied practices of mindfulness and mindful meditation you can use throughout your day : Bring your attention to the quality of your presence in listening and speaking to others (embodied presence).

Mindful Listening is a practice , so please begin by listening fully and deeply to our lecture, to others, to your own voicing of opinion.

Mindful speaking is a practice. Try to be discerning in how you speak to this practice and your experience with it, honoring the experience of others.

An example of applied mindfulness meditation is mindful speaking. When describing this practice : mind, mindfulness, mindfulness meditation are not the same thing. Practice discernment by speaking to the practice skillfully.



A few definitions to help us be more discerning in our discussions...

What is Mindfulness?



What is Mindfulness?

“It is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment.”

-Jon Kabat-Zinn (JKZ)



Definitions and Discernment

What is Mindfulness Meditation?

What is Mindfulness Meditation?

*“It is neither a belief, an ideology or a philosophy.
Rather it is a coherent phenomenological description of the nature of mind, emotion, and
suffering
[with practices] aimed at systematically training
and cultivating various aspects of mind and heart
via the faculty of mindful attention.”*

-Jon Kabat Zinn (JKZ)

Mindfulness

- Mindfulness is not the same as mindfulness meditation.
- Mindfulness is all that Jon Kabat-Zinn says mindfulness meditation is...but it is an **awareness** that we bring to moments of our day, and perhaps one day, with practice, it will be an awareness we bring to every moment of every day (from state to trait, through practice, over time).
- You transition from state to trait by **practice, practice, practice**. The more you practice the more you will have a mindful response (connect rather than correct, respond rather than react, compassion rather than aversion or avoidance, attitudinal changes due to intention.)

Mindfulness and Mindfulness Meditation

- Mindfulness (M) is....
 - attention,
 - awareness,
 - relationship with self, other, world.
- Mindfulness Meditation (MM)...
 - is the exercises, the methodology and or scaffolding we use to practice mindfulness.
 - eg. mindful eating, walking, speaking, listening, metta, etc.

Mindfulness Meditation Practices

Integrating Mindfulness/Mindfulness Meditation practice into the everyday

- Mindful Speaking,
- Mindful Listening,
- Mindful Presence,
- Mindful Communication,
- Mindful Walking,
- Mindful Eating,
- Seated Practice,
- Retreats.

Mindfulness Meditation

***methodological* practices include:**

- Bare Awareness
- Single focus meditation on breath, mantra, light etc.
- Body Scan (toe to head, head to toe)
- Loving Kindness
- Compassion/Self-compassion
- Ton glen etc.

Mindfulness Meditation evidence based protocols (for research and practice)

- Mindfulness Based Stress reduction (MBSR),
- Mindfulness Based Cognitive Therapy (MBCT),
- Dialectical Behavioral Therapy (DBT),
- Google Search Inside Yourself (SIY),
- Potential Project,
- Multiple educational and corporate protocols,
- Multiple health applications of protocols such as for pain and symptom management, disordered eating, depression, parenting, self regulation/co-regulation.



Mind is not
brain



Mind Is Not Brain

- Brain is a collection of inter-connected neurons and other cells in the head that interact with the whole body and the environment.
- Mind is how we monitor and manage energy and information flow up through the body (within self or intra-personally) and out into the world of other (between and beyond self/selves or inter-personally).

Source: Dr Daniel Siegel



Contemplative Science

**Mindfulness and Mindfulness Meditation's
first research**

In mapping out the brain, science discovered the mind

- 1990 was declared the era of the brain.
- Scientists began mapping out the brain with the use of MRI's as well as qualitative , descriptive research from participants.
- In using quantitative and qualitative research, while intending to map out the brain, scientists discovered the mind.
- Dr Dan Siegel was the first scientist to boldly offer a definition of mind from which all disciplines could dialogue/dispute : what is mind?
- Poly scholars stepped into the discussion ie physicians (psychiatrists and neurologists), researchers, philosophers, theologians, educators etc.



The First Studies: MM and MRI*

- Left Pre-frontal Lobe Is Associated with Positive Feelings of Joy And Happiness
- Increase In Left Pre-frontal Lobe Activity During Mindfulness Meditation on MRI
 - (DAVIDSON, 2000; DAVIDSON & IRWIN, 1999)
 - (GOLEMAN, 2003, DAVIDSON, 1992, DAVIDSON, EKMAN, SARON, SENULIS & FRIESEN, 1990)

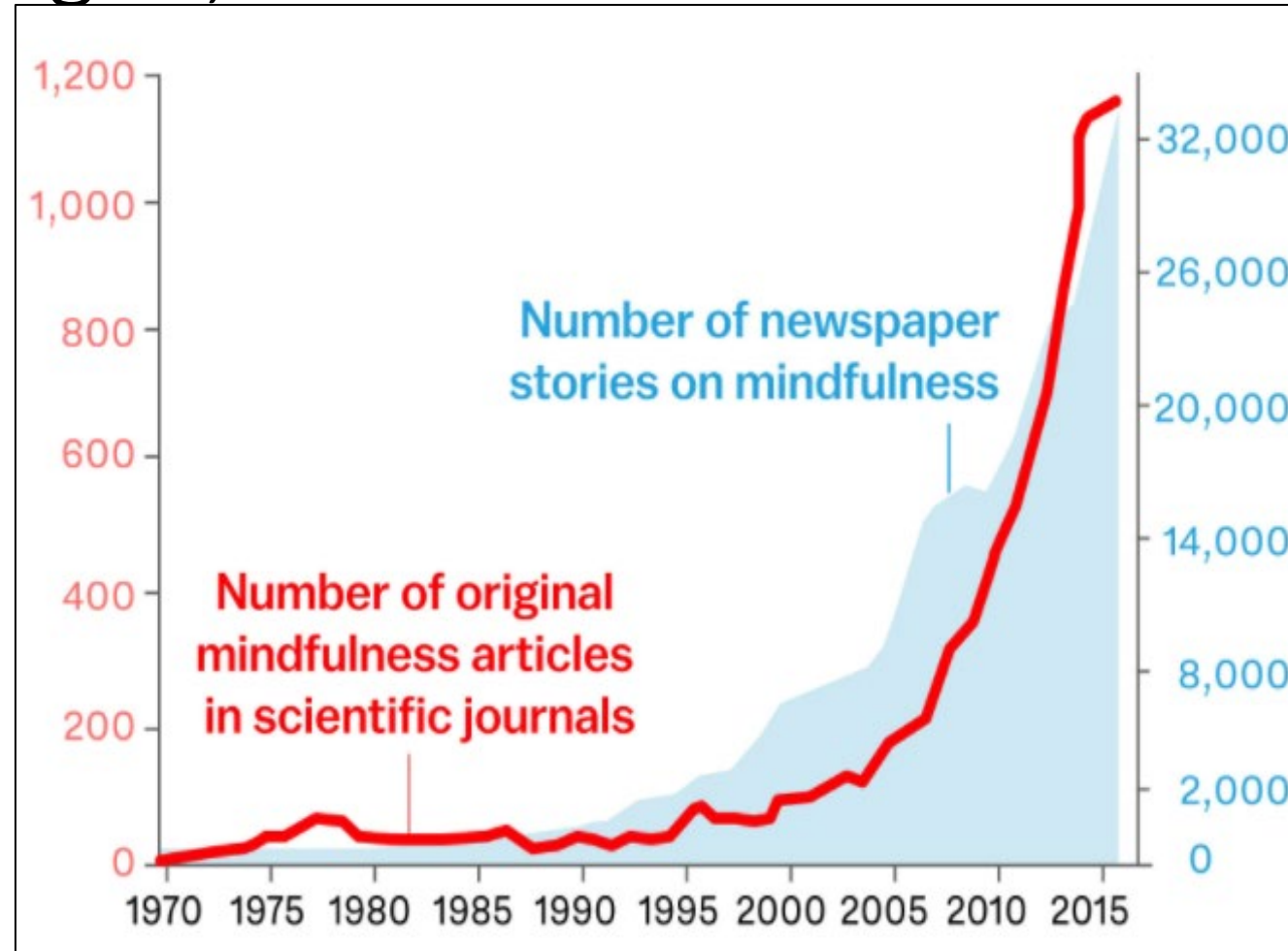


What Does Science Have To Say To Us?

MM and Mri Studies

- Right Pre-frontal Lobe Is Associated With Anger, Anxiety And Depression
- Increase In Right Pre-frontal Lobe Activity When Not Practicing Mindfulness Meditation
(Davidson, 2000; Davidson & Irwin, 1999)

Since the 1970's, the number of articles researching M,MM have increased.



Source: Perspectives on Psychological Science

Retrieved from Article: Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation

Why Meditate?

Wellness and Health

- Attentional training,
- Cultivation of awareness,
- Increased error identification,
- Reduced error,
- Mood regulation (monitor and manage what arises, treating depression, respond rather than react),
- Mind-body awareness (within and beyond self)
- Increased immune response (Davidson)
- Fewer sick days (Barrett)

Other applications

- Used in educational settings (child care – university) for teachers and learners.
- Used in business to enhance endurance, cultivate resiliency, human flourishing.
- Used in politics for decision making, to enhance presence, to express opinions without judgement towards others.
- Used in public health to look at greater good.

How M,MM can be used in H/P/EOLC

- To enhance well being of person who is dying, his/her/their family members, familial and professional care team.
- Reflective practice for all on what is unfolding and what is arising within self and others.
- A form of reflective decision making that integrates the whole self (3 ways of knowing : enskulled brain, passionate heart, gut reaction/threat system).
- Pain and symptom management.
- Life review on difficult situations.
- Grief and bereavement model.
- For treatment decision making-reflective rather than solely analytic.
- Practicing dying
- Attending to trauma
- Practicing altered states of consciousness and or non-ordinary states of consciousness .

Two methods of Practice of M,MM

- Classic and traditional mindfulness meditation is practiced in contemplative, monastic settings, on a cushion, in a sangha.
- Contemporary mindfulness and mindfulness meditation can be practiced in a classical setting and with a classical method, but it can also be practiced as an integrated practice in the everyday.

Integrated Practice of M,MM – Exercise 1 : 3 breaths

- Attention : Awaken 10-15 minutes early, stay in bed or sit up at the edge of the bed, slowly take 3 deep breaths, noticing where breath arises in your body(nasal passages, throat, shoulders, abdomen, elsewhere?). Notice direction or paths of breath-some up and down, some out and in). Now notice the symphony of your breath...how many parts of your body are involved in this breath of yours. From birth until death, there is breath, the complexity of breath....yet it unfolds naturally. Does it unfold with ease or discomfort for you?
- Center yourself in yourself....as HOME.
- Now notice how are you carrying the night, as you awaken, what one word would you use to describe how you spent the night, awakening to the day? Try to describe and not analyze. (Chaban)
- Intention : what one thing will you endeavor to accomplish today (Rick Hansen) , this “one sacred day” of your life (Mary Oliver).

Integrated Practice of M,MM

Exercise 2 : Body Scan

- Awaken 10-15 minutes before your usual time.
- Lying in bed, bring yourself HOME wherever home may be for you.
- What one word would you use to describe how you feel as you awaken (Chaban). This is an exercise of attention.
- Begin with your toes –maybe wiggle them. They are the end of your physical body. Imagining them as 10 air vents, draw breath in through your toes to your toe/foot joint. Breathing in, you breath in. Now, breathing out, you breath out.
- Drawing breath from your toes, now draw breath from toes to ankles. Follow the same practice as above...breathing in, I breath in, breathing out , I breath out....follow this breathing in and breathing out through the body's joint/juncture systems (toes, ankles, knees, hips, organs of the abdomen and chest, ribs front and back, spine, shoulders, jaw, face bone, etc.) You may want to send an intention/attitude to each part of your body for love, peace, health, healing, joy, gratitude etc.
- Having connected with your body , what one thing do you now know about your self and and / or others, the world?

Other Applications of Integrated Practices of M,MM

- Be mindful of what you eat for breakfast.
- Mindfully eat breakfast.
- Mindfully bath or shower or brush your teeth. Be attentive and intentional-rather than habitual or raced.
- Walk mindfully to your car or the public transit or ride your bike more than drive.
- As you approach your office, draw your key, pause and breath a breath to prepare you for your day. Set an intention : may today be embraced with compassion and ease for all.
- Practice, Practice, Practice....brings change.

Other Applications of Integrated Practice of M,MM

- Pause and breath as you turn on your office lights, your computer etc.
- Pause and breath between clients to re-oxygenate yourself.
- Monitor and manage your energy throughout the day. Notice when your energy levels change. What one thing can you do to help stabilize yourself?
- At day's end, how are you now carrying the day? What one word would you give to what and who you are carrying? Set an intention for the evening for yourself and your clients/patients/families.

Another view of Mindfulness and Mindfulness Meditation Practices

- M, and MM are simply brain exercises, brain physio, brain hygiene, brain train (Davidson, Siegel, Shapiro etc.)
- Just as once a public health initiative had us being encouraged to brush our teeth after every meal, we are now being asked to consider practicing M,MM once a day (JKZ) for an hour or several times throughout the day as an integrated model (AMM-MIND) for our health. The more you practice, the more you will see change. The more you practice the more you will transition from state to trait. To struggle with the practice, is the practice.

Other Resources

- There are lots of video presentations and learnings on line.
- The Centre for Mindfulness Studies (Toronto) on site and in person training in MBSR, MBCT, MSC etc.
- University of Toronto, Applied Mindfulness Meditation Program (basic overview of M,MM) on-line.
- Compassion Cultivation Training (origins of all compassion trainings).
- The Mindful Global Institute , Michael Apollo, founder.

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