



Center for Mindfulness
in Public Safety

Mindfulness-Assisted Treatment Tools: Breath & Meditation

**California Association of Collaborative Courts (CACCC)
Conference -- Wellness Track -- October 28, 2019**



City of
SACRAMENTO

SACRAMENTO



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Wellness & Resilience Training:

Cultivating Mindfulness and Emotional Intelligence Skills

**Developing New Assets,
Strategies and Skill Sets,
While Building on the Inherent Strengths of
Criminal Justice and Public Safety Professionals**



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Orientation

- Our Purpose Today
- Who We Are
- Today's Learning Process
- Challenges and Stressors
- Nature of Stress:
 - ✓ Basic Physiology
 - ✓ Basic Brain Science
- Short Documentary Video
- Some Mindfulness-Based Solutions



Our Purpose Today

- This is a Skills Training and Informational Program.
- Our goal is to offer you some perhaps new, science-based information and a simple set of tools and/or skills that can be used, if you choose, to increase overall wellness & resilience while also improving work performance, job satisfaction and overall quality of life.
- We are not here to fix anyone; we don't see people as broken. We see people as whole and high functioning resilient human beings with assets and strengths they can build on.
- Our ultimate purpose is to offer options that may help you have a long and healthy career and a long and healthy retirement.
- As Justice professionals, you perform an incredibly critical role in protecting the community. Our purpose in this training is to give you and your colleagues some new information and useful tools to better protect yourselves and your families throughout your career and beyond.



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Who We Are

Center for Mindfulness in Public Safety • mindfulpublicsafety.org

A non-profit training agency based in Massachusetts providing mindfulness-based professional development and wellness programming for corrections & public safety professionals throughout North America.

- Mindfulness-Based Wellness & Resiliency (MBWR)[®] Training
- Mindfulness-Based Emotional Intelligence (MBEI)[™] Training
- Mindfulness-Based Trauma-Informed Care (MBTIC)[™] Training
- Mindfulness-Based Correctional Leadership Training (MBCL) Training

Fleet Maull, PhD, CMT-P, CMPS Director of Training & Research

Kate Crisp, MA, Executive Director

John MacAdams, CMT-P, Program Manager, CMPS Senior Trainer, Senior Chaplain Los Angeles County Jail

Communities of Practice Facilitators – Locally-Based CMPS Trained Facilitators

Facilitators in Training – Agency Employees



Who's in the room?

- Judges
- Attorneys
- Court Room Support Staff
- Social Workers
- Justice Involved Persons
- Probation & Parole Officers
- Service Providers



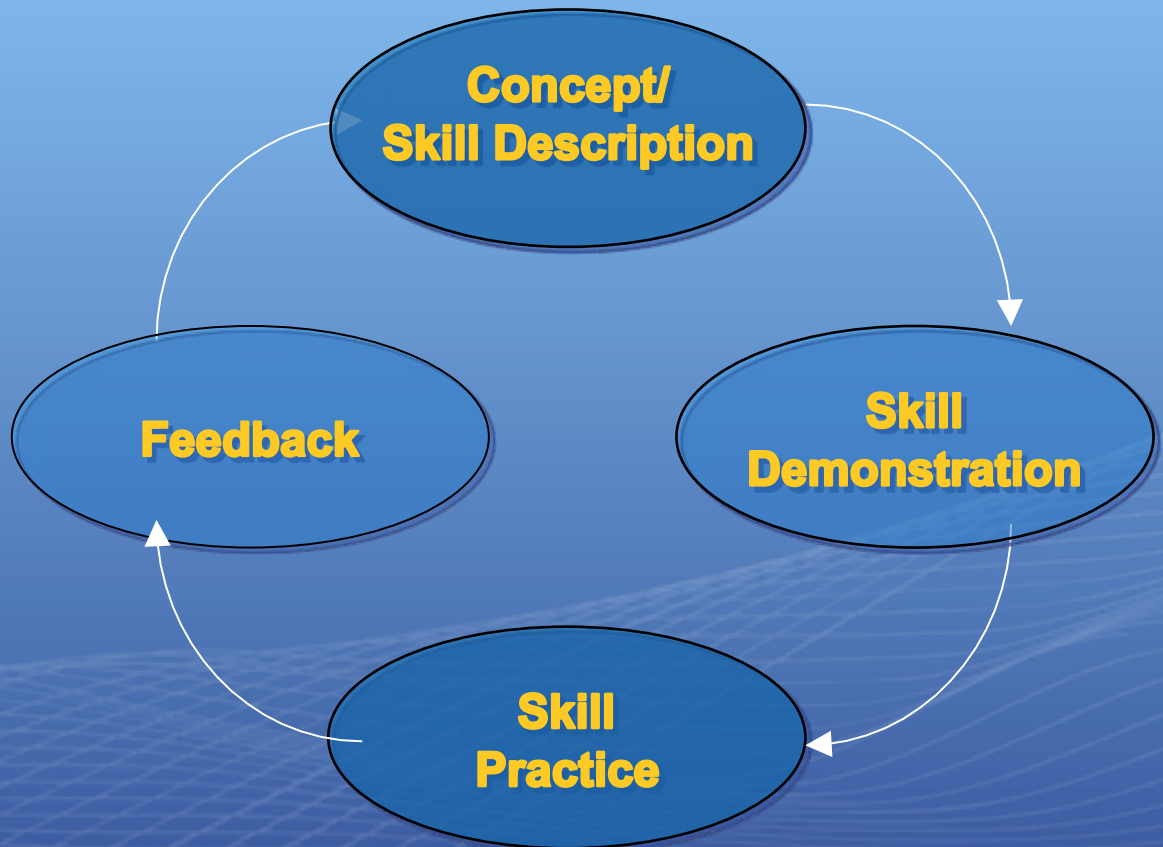
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Transformational Learning





Method of Learning





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Let's Practice

Simple Mindfulness Exercise - Please lower your gaze or close your eyes for a moment, if that's comfortable for you, and ... (you can keep the eyes wide open and gaze up if you like)

- 1) Feeling the contact between your body and the chair, between your feet and the floor, just feeling the actual physical sensations with interest and curiosity.
- 2) Feeling your breathing in your belly, chest or both, notice it's rhythm and texture, appreciating this gift of life.
- 3) Noticing whether you have any feeling states present: peace, contentment, expectation, anxiety, boredom, irritation, impatience ... or all the above.
- 4) Noticing your thoughts ... few thoughts, lots of thoughts, thoughts about your present experience, the past, the future?
- 5) Simply accepting all these experiences as they are in the moment with curiosity and with appreciation for your own, very human experience.



Challenges in Collaborative Courts

- ✓ High Stress
- ✓ Secondary & Vicarious Trauma Exposure
- ✓ Role Conflict / Moral Distress
- ✓ Health Risks
- ✓ Burnout - Empathy Fatigue



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Collaborative Court Judiciary, Professionals and Staff are at High Risk for:

- Secondary Traumatic Stress (STS) and Vicarious Trauma (VT)
- Burnout – Empathy Fatigue
- Bench Stress among Judges
- Post Traumatic Stress Disorder (PTSD)
- Depression
- Marital discord, family conflicts and divorce
- Alcohol and substance abuse
- Overeating, weight gain, obesity, diabetes
- Hypertension, heart disease and stroke
- Early death



Prevalence of Judicial Stress

- **Secondary or Vicarious Trauma Among Judges and Court Personnel**

(D. Wood Smith, 2017)

“DSM-5 May 2013 for the first time included vicarious trauma defined as ‘repeated or extreme exposure to details of event(s).’ Exposure through pictures or media to someone else’s trauma did not qualify unless it was related to work. This is exactly what happens to a court every day. The repeated exposure to detailed accounts, pictures, and videos of traumatic events that affected someone else is a daily occurrence for judges and other court personnel.”

- **Secondary Traumatic Stress – What lawyers can do to minimize its effects.**

(L. Jennings, C Barela Graham 2016)

“Hearing clients recall, in extensive detail, the emotional and physical abuse they have endured can cause an attorney to experience STS, especially when these stories involve child abuse, neglect, or manipulation.”



Prevalence of EF / STS / PTSD in Service Providers

- **Social Workers** (Bride, 2007; Bride & Lee, 2012)
 - 48 - 55% met at least one of the core criteria for PTSD
 - 24% scored above the clinical cutoff.
 - 11 - 15% met the core criteria for PTSD.
- **Substance Abuse Counselors** (Bride et al., 2009; Bride & Roman, 2011)
 - 54 -57% met at least one of the core criteria for PTSD.
 - 26% scored above the clinical cutoff.
 - 13 - 19% met the core criteria for PTSD.
- **Domestic/Sexual Violence Social Workers** (Choi, 2011)
 - 66% met at least one of the core criteria for PTSD.
 - 21% met the core criteria for PTSD.
- **Child Welfare Workers** (Bride, Jones, & MacMaster, 2007)
 - 92% experienced some symptoms of STS.
 - 34% met core criteria for PTSD.



Empathy & Compassion

Empathy:

- Capacity to feel the pain and suffering of others

Compassion:

- Willingness to be with the pain and suffering of others
- Motivation to relieve the pain and suffering of others





Empathy Fatigue – Burnout

Empathy fatigue, sometimes called compassion fatigue and also known as ***Secondary Traumatic Stress (STS)***, is a condition characterized by a gradual lessening of empathy and capacity for compassion over time. It is common among trauma victims, and individuals who work directly with trauma victims such as nurses, psychologists, and first responders. It was first diagnosed in nurses in the 1950s.

Adams, R., Boscarino, J., Figley, J. (2006). Compassion Fatigue and Psychological distress among social workers: a validation study. American Journal of Orthopsychiatry, 76, 103-108



Professional Reactions to Empathy Fatigue

Burnout / Secondary Traumatic Stress (STS)

- **Job Performance** – decrease in quality or quantity of work, low motivation, avoidance of job tasks, minimization of problems & consequences
- **Morale** – decrease in confidence, loss of interest, dissatisfaction, negative attitude, apathy, burnout, overwhelm
- **Relationships with Peers** – impatience, decrease in quality of relationships, poor communication, staff conflicts
- **Behavior** – absenteeism, exhaustion, faulty judgment, irritability, tardiness, overwork, rigid black & white thinking



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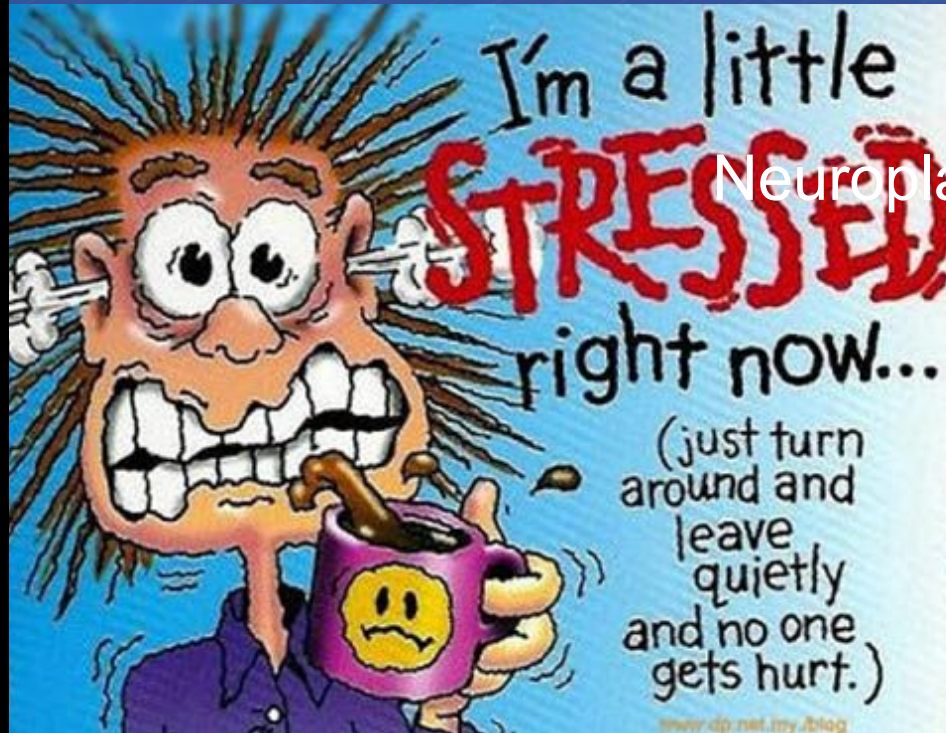
How and Why

Would You Like To Know How We Got Here
and Why We Face Such Extreme Health Risks in our Professions?

- Nature of Stress
- Basics of Physiology
- Basics of Brain Science
- Negativity Bias
- Neuroplasticity



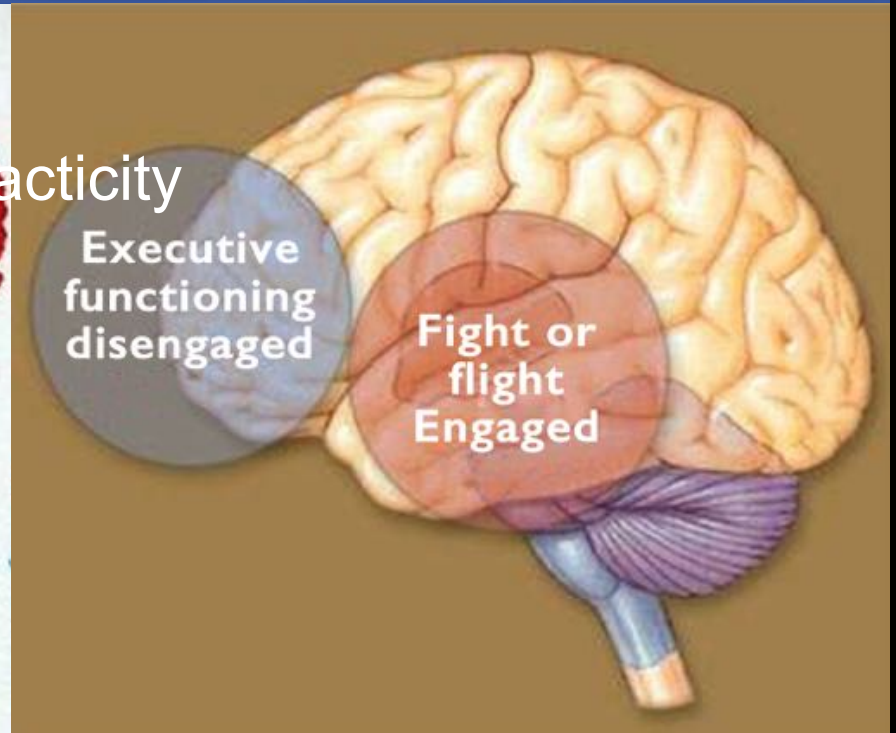
What is Stress?



Neuroplasticity

Executive
functioning
disengaged

Fight or
flight
Engaged





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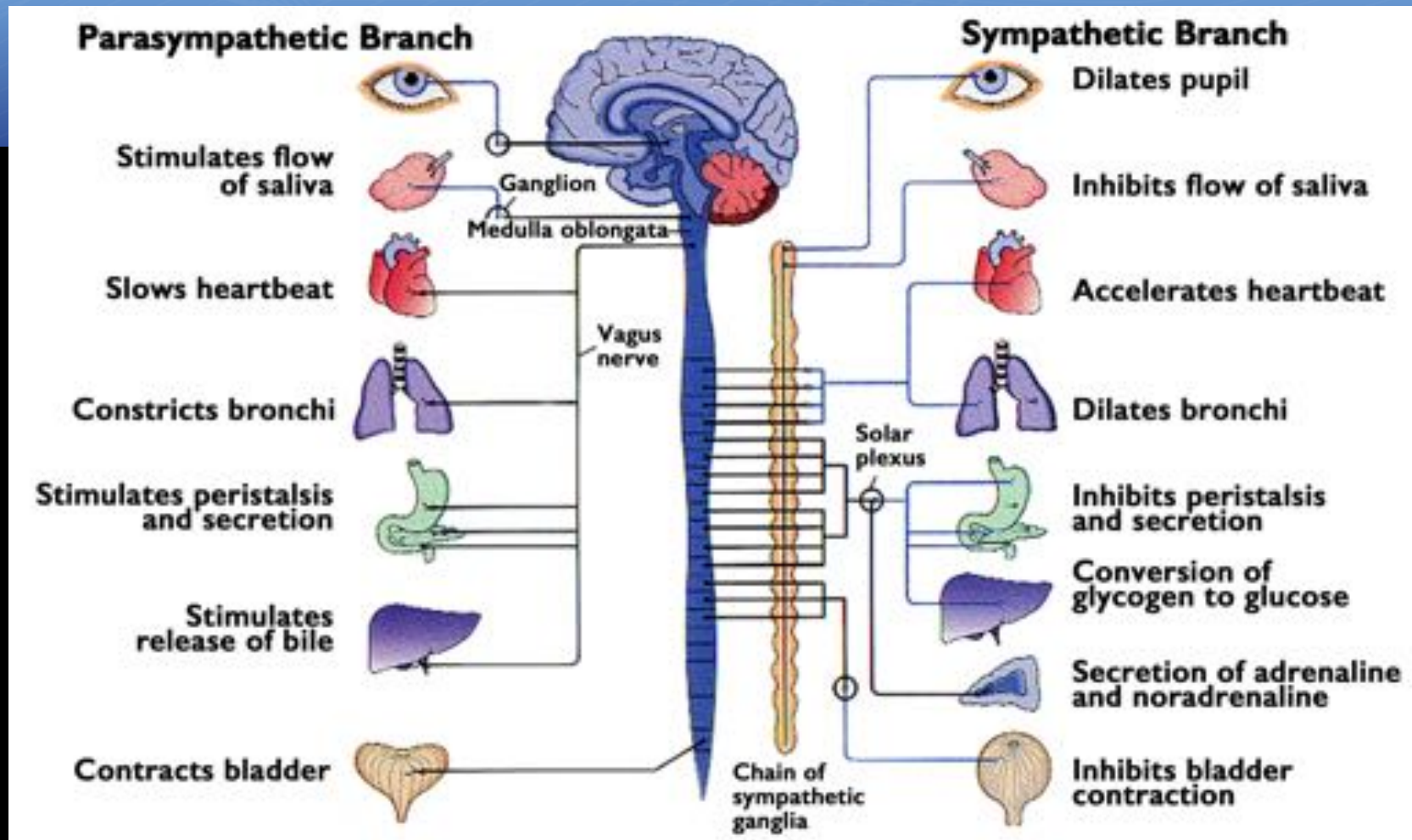
© Yongqing Bao

“The Moment” - Yongqing Bao

Natural History Museum's - Wildlife Photographer of the Year, 2019



Autonomic Nervous System





Chronic Stress

Definition:

Chronic stress results from a state of ongoing physiological arousal. This occurs when the body experiences stressors with such frequency or intensity that the autonomic nervous system does not have an adequate chance to activate the relaxation response on a regular basis. This means that the body remains in a constant state of physiological arousal, which affects virtually every system in the body, either directly or indirectly. We were built to handle acute stress, which is short-lived, but not chronic stress, which is steady over a long term.



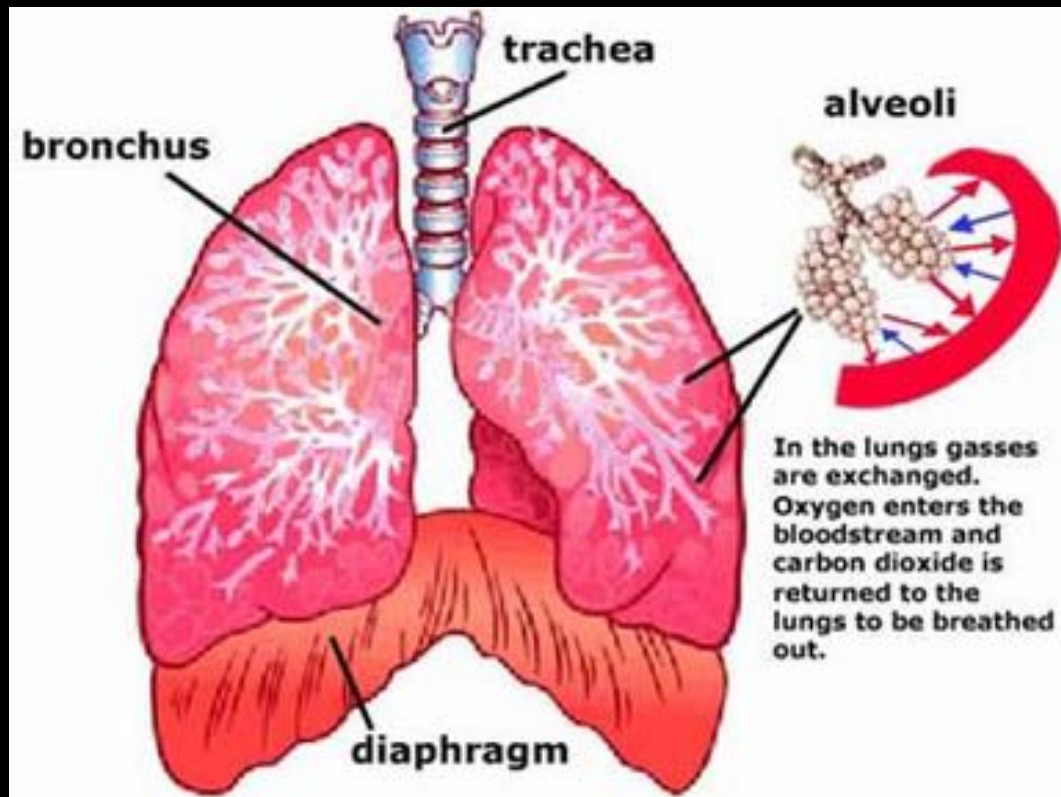
Stress Warning Signs & Symptoms

Stress Warning Signs and Symptoms	
Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none">• Memory problems• Inability to concentrate• Poor judgment• Seeing only the negative• Anxious or racing thoughts• Constant worrying	<ul style="list-style-type: none">• Moodiness• Irritability or short temper• Agitation, inability to relax• Feeling overwhelmed• Sense of loneliness and isolation• Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none">• Aches and pains• Diarrhea or constipation• Nausea, dizziness• Chest pain, rapid heartbeat• Loss of sex drive• Frequent colds	<ul style="list-style-type: none">• Eating more or less• Sleeping too much or too little• Isolating yourself from others• Procrastinating or neglecting responsibilities• Using alcohol, cigarettes, or drugs to relax• Nervous habits (e.g. nail biting, pacing)



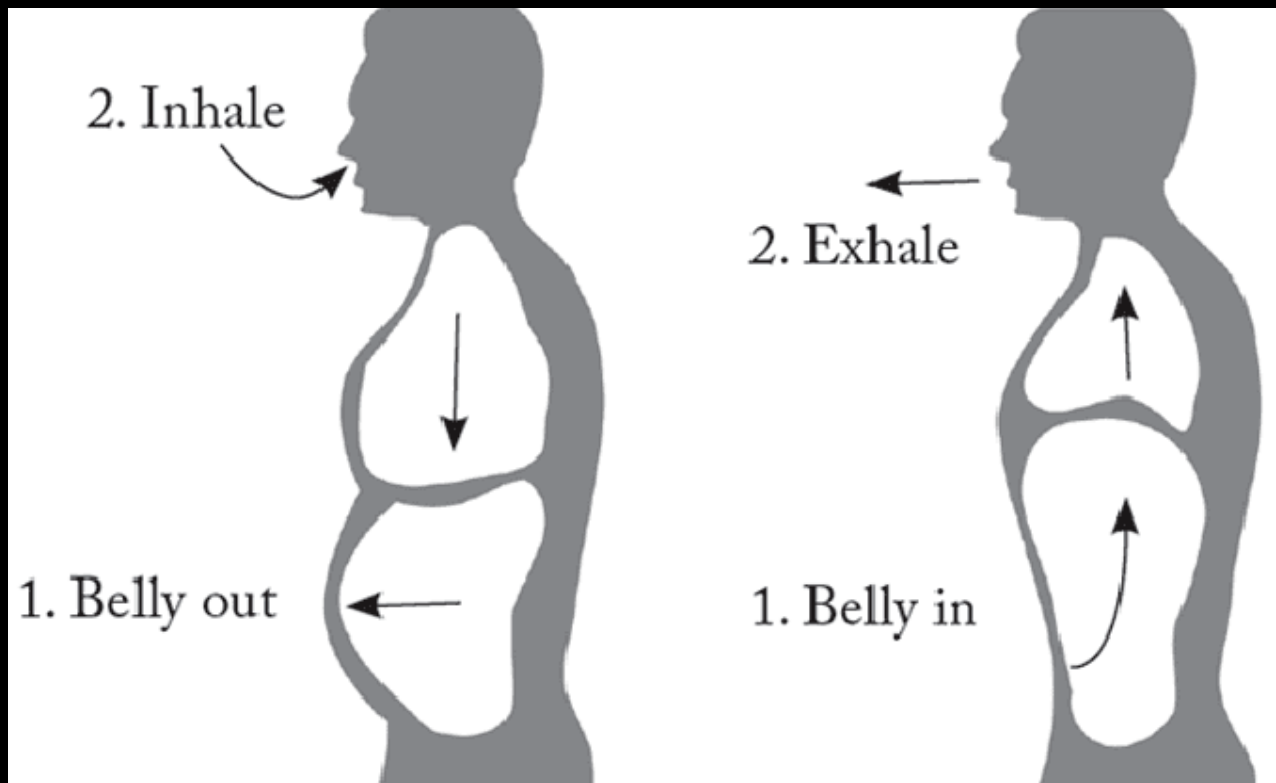
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Diaphragmatic / Abdominal Breathing





Diaphragmatic / Abdominal Breathing





Let's Practice

Straw Breathing:

Simple “Relaxation Response Activation” Breathing Exercise

Note: This can be done sitting, standing, lying down, eyes open or closed, whatever feels comfortable for you and appropriate to your surrounding and activity.

- 1) Breathing in through your nose for a count of four (4).
- 2) Breathing out through pursed lips, as if through a straw, for a count of seven (7).
- 3) Continuing for three to five minutes, repeating the cycle and increasing the count to 5 in & 8 out, 6 in & 9 out, 7 in & 10 out...
Only extending the count as far as feels comfortable for you.
- 4) Whenever you feel ready, allowing your breathing to return to its normal rhythm.



Your Brain – The Technical Specs

Size:

- 3 pounds of tofu-like tissue
- 1.1 trillion brain cells
- 100 billion gray matter neurons

Activity:

- Always on: 24/7/365 – Instant access to information on demand
- 20% – 25% of blood flow, oxygen and glucose

Speed:

- Neurons firing around 5 - 50 times per second or faster
- Signals crossing your brain in a tenth of a second

Connectivity:

- Typical neuron makes 5000 connections with other neurons – 500 trillion synapses





4 Activities of Brain's 'Default Mode Neural Network' when Attention is Un-Directed

Wandering/Ruminating Mind (creates stress and anxiety):

- Running commentary on experiences (mostly critical, negative and dissatisfied)
- Time Travel: dwelling on the past and worrying (or fantasizing) about the future
- Self-Referenced Processing: Identity formation around likes and dislikes, opinions, etc.
- Thinking about other people and what they think about us, or whether they are a threat to us, etc.

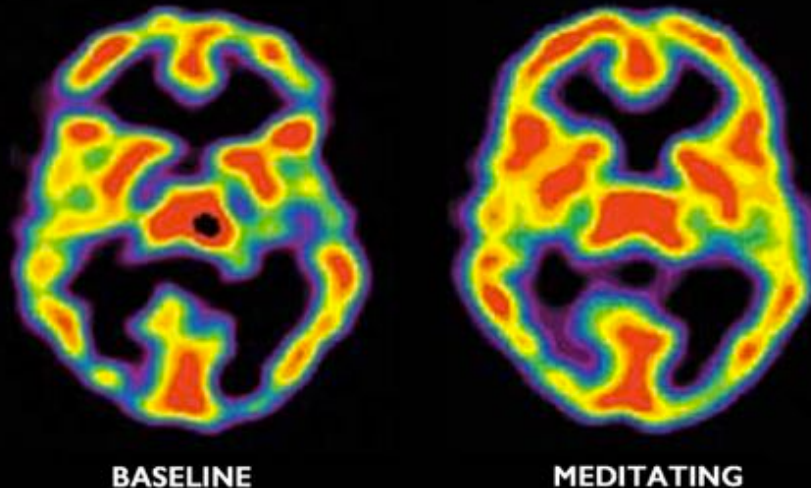


Negativity Bias

- The ***negativity bias*** is the psychological and neurological phenomenon by which humans pay more attention to, and give more weight to, negative experiences rather than positive experiences or other kinds of information.
- Negative experiences produce more neural activity than equally intense (e.g., loud, bright) positive ones. They are also perceived more easily and quickly.
- Negative experiences are immediately stored in long term memory, whereas positive experiences must be held in awareness (short term memory) for 12 or more seconds to transfer from short to long term memory.
- Our brains are set up to act like ***Velcro*** for negative experiences and like ***Teflon*** for positive experiences. ***Dr. Rick Hansen.***



Neuroplasticity – positive structural changes in the brain produced by regular mindfulness practice



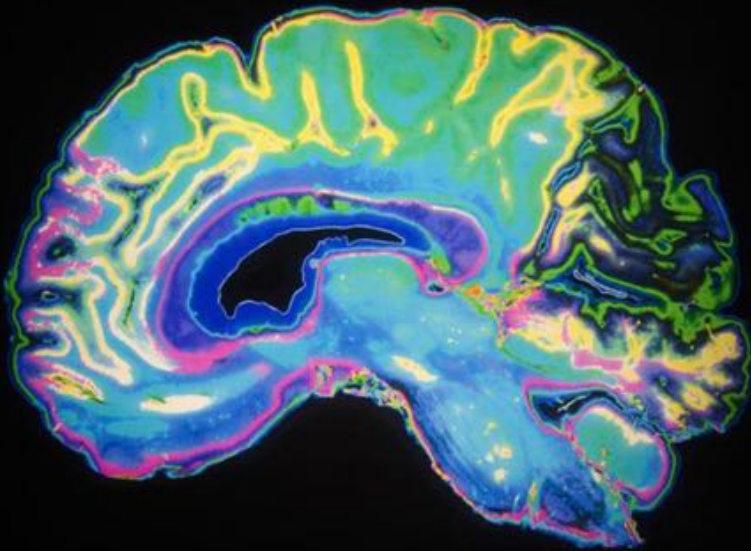
Two functional brain scans of the author's brain: a baseline scan and one done while meditating. These show metabolic activity – red is most active, black is inactive. The one done while meditating shows a different pattern of metabolic activity. "This shows that meditation doesn't just affect our mind – it changes the way the brain works," Michael Baime says.

- Increased grey matter density in the hippocampus (learning, memory & emotion regulation) and in areas associated with self-awareness, introspection and empathy
- Decreased grey matter in the amygdala (associated with fear, anxiety & stress)
- Increase in protective tissue surrounding axons in anterior cingulate cortex (self-regulation)



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Mindfulness Training Changes the Brain



MRI brain scans confirm how the brain actually changes in 8 weeks when practising Mindfulness.





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What is Mindfulness?

Paying attention in a particular way:
on purpose,
in the present moment,
and non-judgmentally.

(Jon Kabat-Zinn, 1994)



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Mind-less-ness

“Life is what happens to you while
you are busy making other plans.”

Lyrics from *Beautiful Boy* by John Lennon



Positive Impacts of Mindfulness Training

- **Attentional Balance** – sustaining active, stable, effortless, nonjudgmental attention = enhanced presence & executive control (capacity to prioritize and manage tasks and goals)
- **Emotional Balance** – resilience, equanimity, positivity, empathy with self and others, understanding and compassion
- **Cognitive Control** – guide thought and behavior in accord with intention, override habitual responses, emotion regulation, mental flexibility, insight reframing, and reappraisal
- **Health & Resilience** – stress reduction & stress management, trauma recovery, enhanced immune response



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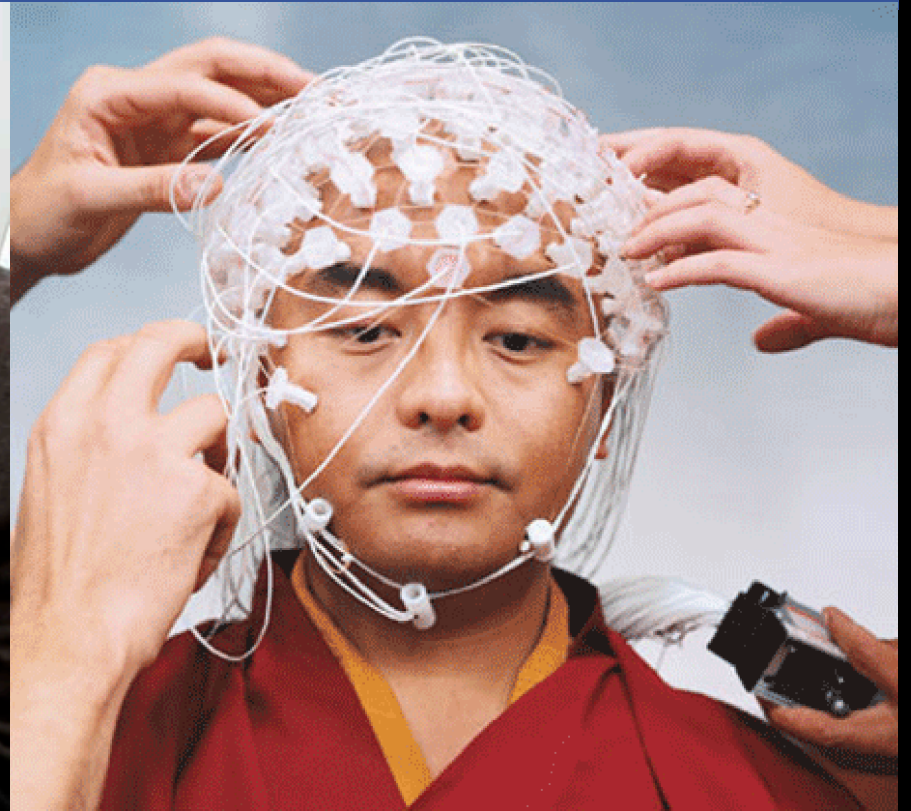
Let's Practice Basic Mindfulness Practices

- Body Scan
- Close Placement Mindfulness
- Breath Counting
- Open Awareness



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Mindfulness Research





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Mindfulness Research Centers

- Harvard University
- Stanford University
- MIT
- University of Wisconsin
- Yale
- UC Los Angeles
- UC San Diego
- University of Toronto
- University of Ottawa
- McGill University
- Brown University
- Cornell
- Emory University
- Mayo Clinic - Minnesota





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National Institutes of Health Funded Mindfulness Research

There are currently
over 100 active NIH
funded mindfulness
research projects.

National Institutes of Health
[ClinicalTrials.gov](https://clinicaltrials.gov)





Mindfulness Research Findings

Brain/Body benefits:

- The cortical regions of the brain related to attention and sensory processing are strengthened.
- The symptoms of Attention Deficit Hypersensitivity Disorder (ADHD) (i.e., lack of focus, sustained attention, and follow through, disorganization) are reduced.
- Our brain responds to mindfulness by making positive changes in its density and structure. Mindfulness is good for brain plasticity, or flexibility.
- There is evidence that mindfulness meditation *strengthens our immune system*.
- Awareness allows the body to recover sooner from stressful situations because **cortisol** (the primary human stress hormone) levels decrease more quickly than in those who do not practice mindfulness.



Mindfulness Research Findings (cont.)

Emotion/Mood Benefits:

- The frontal cortex of the brain that picks up on emotional cues is activated and becomes sharper.
- Long term mindfulness practitioners show *higher levels of empathic awareness*. (Empathic awareness is sensing another person's feelings, emotions, and perceptions.)
- A person's affect becomes generally more positive.
- *Symptoms of anxiety and depression are reduced or minimized.*
- People prone to depression are less likely to relapse.



Benefits of Mindfulness Practice

Practicing mindfulness helps you:

- to be fully present, here and now
- to experience unpleasant thoughts and feelings safely
- to become aware of what you're avoiding
- to become more connected to yourself, to others and to the world around you
- to increase self-awareness
- to become less disturbed by and less reactive to unpleasant experiences
- to learn the distinction between you and your thoughts
- to have more direct contact with the world, rather than living through your thoughts
- to learn that everything changes; that thoughts and feelings come and go like the weather
- to have more balance, less emotional volatility
- to experience more calmness and peacefulness
- to develop self-acceptance and self-compassion



Mindfulness is

Intentionally directing one's attention to the present experience without being overcome by:

- judgment (rejecting experience)
- internal dialogue (internal noise)
- emotional reactivity (triggers)
- physical reactivity (impulses)
- clinging onto pleasant experiences



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Mindfulness Training App's

- Provider Resilience
- Head Space
- Calm
- Insight Timer
- 10% Happier: Meditation
- The Mindfulness App
- Mindfulness Meditation for Pain
- Breath2Relax





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