

Mindfulness

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A Christian Framework of its practice, implications and
Quantitative study with Christian University students

Mindfulness defined


- A meditative practice that cultivates present-moment awareness and attention, a non-judgmental stance, intentional observation of one's thoughts, heightened sense of experience and self-awareness
- It is also a theoretical concept rooted in Buddhist religious philosophy-eightfold path



Lastly, it is a practice that Christians can use both personally and professionally, drawing from our own faith traditions

Emotion & Mindfulness

- Neurological studies show better attunement and decision-making capacity
(Hayes et al., 2010; Hansen, Lundh, Homman, & Wangby-Lundh, 2009)
- DBT, CBT and MBCT In clinical work: reduction in levels of stress, depression, anxiety, OCD, PTSD
(Evans et al., 2008; Felder, Dimidjian, & Segal, 2012; Hayes, Follette & Linehan, 2004; Howells, 2010; Smith et al., 2011; Springer 2011; Twohig et al., 2010; Warnecke, Quinn, Ogden, Towle, & Nelson, 2011)
- DBT has shown promise in treating difficult and complex clinical cases of complex trauma, PTSD and Borderline Personality Disorder
(Harned, Jackson, Comtois, & Linehan, 2010; Harned, Korslund, Foa, & Linehan, 2012; Lynch, Chapman, Rosenthal, Kuo, & Linehan, 2006)
- Prevention of burnout, increased resiliency and increased empathy in the SW
(McCarrigle, 2011; Shier & Graham, 2011)



Mindfulness Practices

Deep breathing with guided imagery-
Genesis 2:7

Reflective journaling after a period of
attunement and quiet
Psalm 26:3

Yoga practice, Tai Chi, Martial Arts

Christian traditions: guided imagery with
Christian symbols *Lectio Divina*; centering
prayer-Keating

- It is practical
- It can be done in any agency setting
- It can be enfolded in therapies: DBT, ACT, MBCT
- It is accessible anytime
- It does take practice

Theoretical roots

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graph TD; A[Subject Philosophy] --> B[Buddhism]; A --> C[Christianity]; B --> D((Mindfulness practice)); C --> D;
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- Four Noble truths from the Four truths and Eightfold path
- Attainment of Nirvana as the highest goal
- Jesus is one of many buddhas
- Christian monks have the goal of becoming monks through discipline
- Jesus is the path to salvation

Christian Integration

Christian Mindfulness

- St. Hildegard de Bingen-1179 – sacred imagery
- St Ignatius of Loyola-Jesuit 1491 Spiritual Exercises
- Centering Prayer-Keating modern Trappist
- *Lectio Divina*-Merton, Keating

Mindfulness Intervention

Worry is a constructed reality that decreases with mindfulness practice

Contemplative skills leads to acceptance and awareness. Equanimity replaces feelings of worry.

Buddhist view: Enlightened state leads to a reframed view: with detachment, construct a new reality

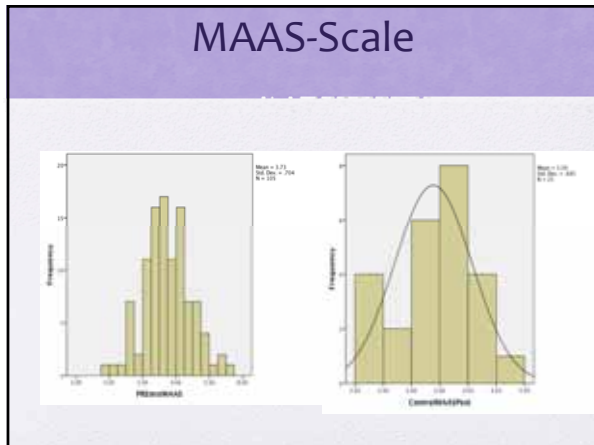
Christian view: A focus on God's truths leads to a reframed view with the peace that comes from God (Phil. 4:7), construct a new reality

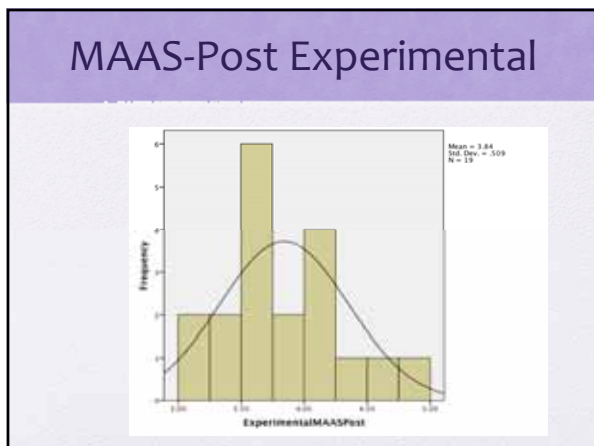
Study of Christian University Students

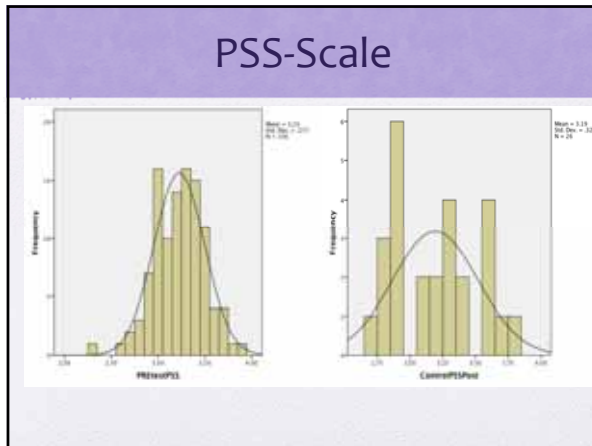
- Mindfulness-Attention and Awareness Scale - 15 questions
- Perceived Stress Scale – 10 questions
- Delivered online
- Training Modules via MP3 files -12
- Randomized Controlled, Experimental

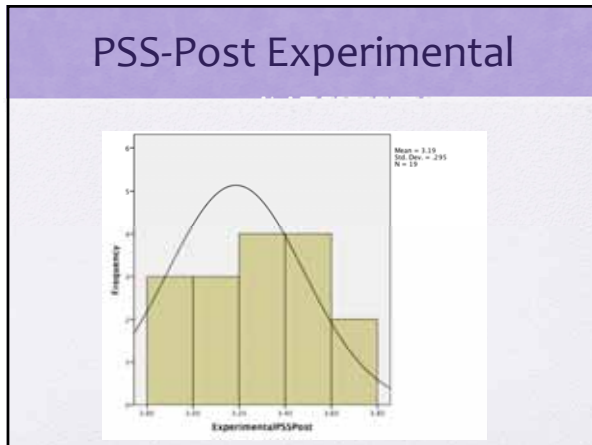
Descriptive Statistics

| | N | Minimum | Maximum | Mean | Std. Deviation |
|----------------------|-----|---------|---------|--------|----------------|
| PretestMAAS | 105 | 1.93 | 5.60 | 3.7348 | .70449 |
| ControlPSSPost | 26 | 2.70 | 3.80 | 3.1923 | .32610 |
| ExperimentalMAASPost | 19 | 3.00 | 4.93 | 3.8411 | .50884 |
| PREtestPSS | 106 | 2.30 | 3.90 | 3.2264 | .27056 |
| ExperimentalPSSPost | 19 | 2.80 | 3.70 | 3.1858 | .29487 |
| ControlMAASPost | 25 | 2.33 | 4.67 | 3.3860 | .68521 |



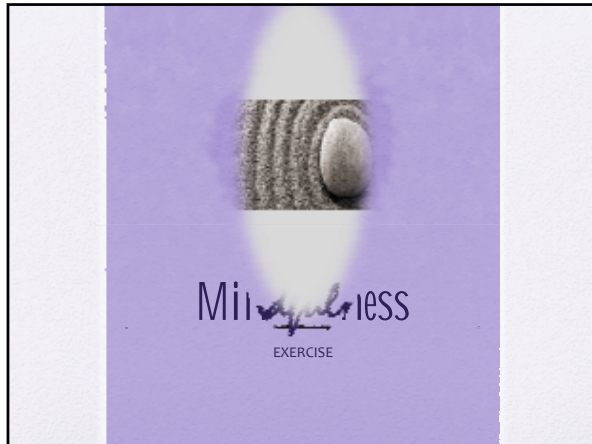






Implications

- An online delivery can bring about mindfulness skills
- Stress reduction?
- Utility in SW practice enfolded into DBT, ACT, MBCT—CEU trainings
- SW first, then client to practice the skills
- Provides a model where a faith integration can be more explicit
 - Issues of informed consent here



Debrief

- What did you picture?
- What did you feel?
- Any concerns?
- Feedback and questions

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