

What is the relationship between Mindfulness and Psychotherapy?

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\*\* Disclaimer: These ideas are offered for personal reflection and are not to be considered professional advice. They do not take the place of questions you should or could be addressing with appropriate professionals (Family Physician, Therapist, Mental Health services in your area )

In this talk, we will explore the following questions:

- What is the difference between Mindfulness and Psychotherapy?
- Do they overlap and in what ways?

<b>Similarities</b>	<b>Mindfulness</b>	<b>Psychotherapy</b>
Goals	<ul style="list-style-type: none"> <li>• Personal growth</li> </ul>	
Process	<ul style="list-style-type: none"> <li>• Commitment to work and practice</li> <li>• “On purpose, moment to moment, nonjudgmental awareness by paying attention”</li> </ul>	
Elements	<ul style="list-style-type: none"> <li>• Trust/Patience/ Curiosity</li> <li>• Attention/ Presence/ Vigilance</li> <li>• Observing/ Letting Go/ Awareness</li> <li>• Acceptance/ Non-Striving</li> <li>• Not Knowing /Engagement</li> <li>• Non Judgment /Beginner’s Mind</li> <li>• Non-Attachment</li> </ul>	
How got there	<ul style="list-style-type: none"> <li>• Willingly</li> </ul>	
Method	<ul style="list-style-type: none"> <li>• Guidance required</li> </ul>	
Results	<ul style="list-style-type: none"> <li>• Varies</li> </ul>	
Time frame	<ul style="list-style-type: none"> <li>• Varies</li> </ul>	
Challenges	<ul style="list-style-type: none"> <li>•</li> </ul>	
	<ul style="list-style-type: none"> <li>•</li> </ul>	

<b>Differences</b>	<b>Mindfulness</b>	<b>Psychotherapy</b>
Goals	<ul style="list-style-type: none"> <li>• Many callings (quiet, peace including some clinical)</li> </ul>	<ul style="list-style-type: none"> <li>• Deeper often more clearly identified disorders</li> </ul>
Process	<ul style="list-style-type: none"> <li>• Can be done on own</li> </ul>	<ul style="list-style-type: none"> <li>• Usually not on own</li> </ul>
How got there	<ul style="list-style-type: none"> <li>• Voluntary</li> </ul>	<ul style="list-style-type: none"> <li>• May be “Have to”</li> </ul>
Method	<ul style="list-style-type: none"> <li>• Generic Universal skills</li> </ul>	<ul style="list-style-type: none"> <li>• Specific to the person/ style/ preferences/ training of therapist</li> </ul>
Results	<ul style="list-style-type: none"> <li>• May be less definable but still significant</li> </ul>	<ul style="list-style-type: none"> <li>• Often well-defined at the start</li> </ul>
Time Frame	<ul style="list-style-type: none"> <li>• Often lifelong if wished for</li> </ul>	<ul style="list-style-type: none"> <li>• Time limited depending</li> </ul>
Challenges	<ul style="list-style-type: none"> <li>• Generic (mind wandering, tired)</li> </ul>	<ul style="list-style-type: none"> <li>• Specific to person and can be</li> </ul>

	<ul style="list-style-type: none"> <li>• Less cost in time and money</li> </ul>	<p>painful and challenging</p> <ul style="list-style-type: none"> <li>• “That’s where the money is”</li> <li>• Higher cost in time and money</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

How are Mindfulness Based Therapies different from other therapies?

- MBCT (for many disorders) emphasize process and less on content
- Both are taught and complementary
- Research continues to build and support its use

How do I know if I should just stick with Mindfulness or maybe consider therapy?

- You are not getting results you were hoping for
- Intense and sometimes intolerable material is coming up
- Feeling out of control or overwhelmed during practice
- You get the feeling that you know you were looking for a “quick fix” or a “short cut” but and thought you could get away with it