

Mindfulness as a Resource for Health Homes

August 12th, 2015 – Airport DoubleTree Hotel – Wichita, KS

Daniel Lord, PhD, LCMFT

Friends University Professor Emeritus,

Marriage and Family Therapy

Session Plan

1. Build a shared understanding of mindfulness
2. Identify some of the backgrounds, benefits and applications of mindfulness
3. Identify possible uses within the PCMH framework – as an individual and organization



Wichita in Mind

join the conversation



VETERANS

CHILDREN

TEACHERS

HEALTHCARE

LEADERS

Wichita in Mind

A community comes together to live happier and more fulfilled lives through mindful living.



Wichita in **Mind**

join the conversation   

VETERANS



CHILDREN



TEACHERS



HEALTHCARE



LEADERS





HomeFront Initiative

■ ■ ■ Basic training for leading and living well at home for veterans and their family and community members

Mind-Body Selfcare Skills Groups (MBSS) developed and researched by the Center for Mind-Body Medicine are used around the globe to heal the effects of traumatic stress. (cmbm.org)

Groups include 8-10 people who practice proven mind-body skills to reduce the effects of stress and trauma through information, group support, self-awareness, biofeedback, breathing/meditation, visualization/imagery, relaxation, nutrition, and self-safety.

Trained, volunteer, veteran group facilitators lead this initiative. The community-based, 8-week Mind-Body Selfcare Skills Groups are free to participants.

Your help and support are needed now!

- Host a group at your organization
- Support HomeFront community outreach
- Fund a veteran for facilitator training

Next Steps Needed:

- Community Outreach
- Individual Sponsors for Veteran Training
- Community Sponsors for MBSS
- Partner Organizations/Donors

INSPIRATION — May 2014

A small group of community leaders and educators form Wichita in Mind to pursue a community expression of Rep. Tim Ryan's book *A Mindful Nation*, with veteran outreach as urgent priority.

PARTNERSHIP — August 2014

Wichita in Mind forms its Veterans Project with the Center for Mind-Body Medicine's (CMBM) Healing our Troops program and funding from the Mindful Nation Foundation.

FIRST ACTION — Fall 2014

Eight community veterans complete CMBM's 5-day Mind-Body Skills professional training in October (San Francisco) and work at home to shape a Wichita community-based initiative.

VISION AND INITIATIVE — December 2014

HomeFront Initiative is formed to offer veteran led, community-based Mind-Body Selfcare Skills groups for vets and their family/community members, to teach evidence-based selfcare skills for leading and living well at home.

SECOND ACTION — Spring 2015

Six Wichita veterans complete MBS Facilitator Training through CMBM's 5-day Advanced Instruction (San Francisco) and trial of the 8-week group design in Wichita with CMBM faculty supervision.



wichita.mindfulnation.com

For information and updates, contact: Dan Clifford (dclifford11@gmail.com) or Dan Lord (dlord@friends.edu)

Wichita in
Mind

A Wichita grass-roots vision becoming real in 2015

***For veterans and
their family and
community
members***

HomeFront Initiative

***Basic training for leading and living well
at home***

**Volunteer, Trained,
Veteran Group
Facilitators**

**Veteran-led, Community-based,
8-week, Mind-Body Selfcare Skills
Groups free to participants**

**Research-
supported**

**Partner
Organizations**

**Community Hosts
and Sponsors of
MBSS Groups**

**Individual
Sponsors**

Mind-Body Selfcare Skills Groups (MBSS) developed and researched by the Center for Mind-Body Medicine are used around the globe to heal the effects of traumatic stress (www.cmbm.org).

Mindfulness in today's U.S Culture:

Fringe?

Fad?

Future?

FEBRUARY 3, 2014

Fleeing Syria Photographs by James Nachtwey / Peyton Power / Steve McQueen

TIME

THE
MINDFUL
REVOLUTION

The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERT

time.com

Cover Credit: PHOTOGRAPH BY PETER HAPAK FOR TIME

Parade

SUNDAY, JANUARY 11, 2015 | PARADE.COM



THE #1 HEALTH-BOOSTER IN 2015

POLITICIANS, CHILDREN & CELEBRITIES ARE DOING IT—

Shouldn't You?



Just-for-fun Quiz!

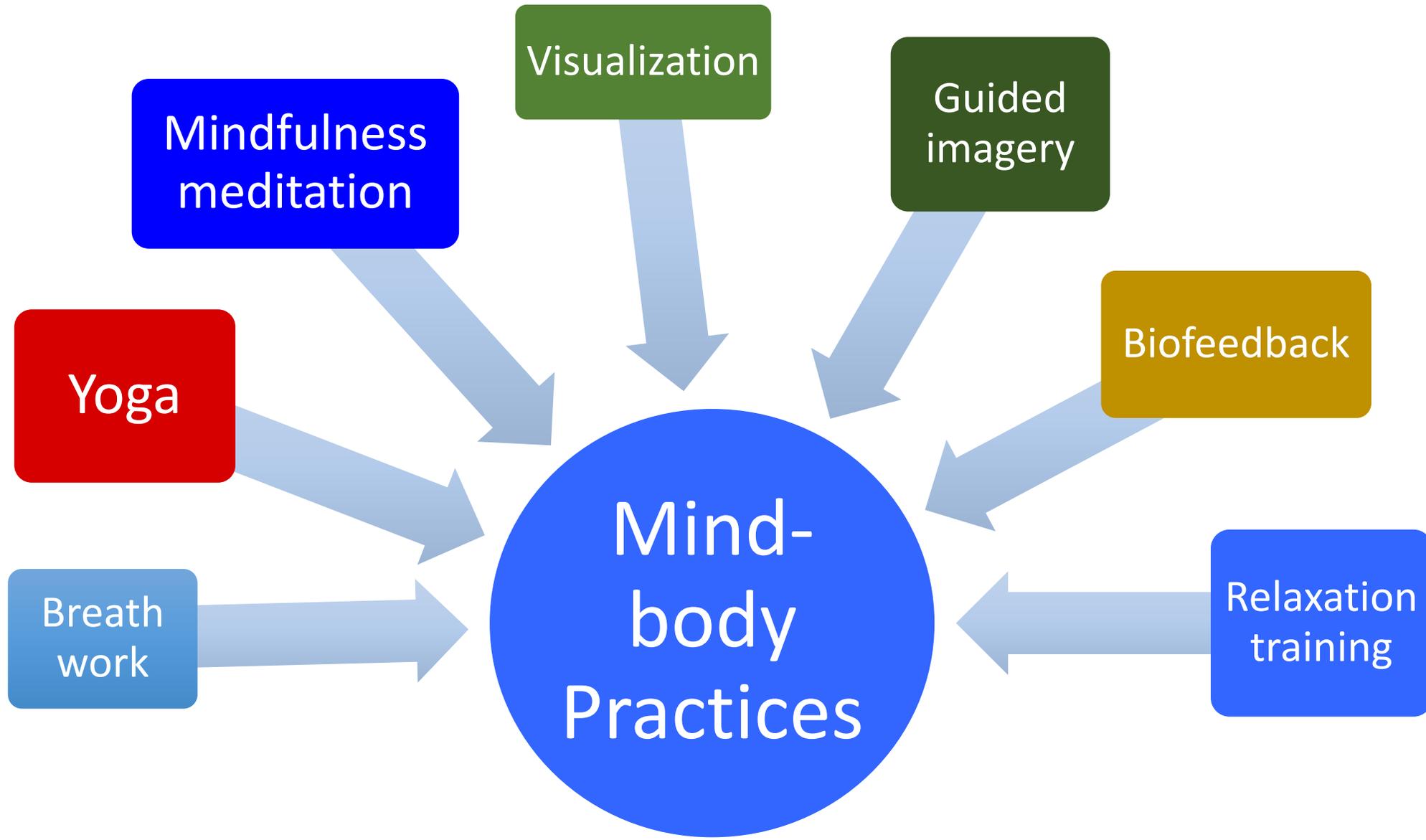
1. Amount U.S. adults spend annually on mindfulness programs **1. \$8 billion**
2. Percentage of U.S. population that practice mindfulness meditation techniques **1. 10%**
3. Number of certified instructors worldwide teaching Mindfulness Based Stress Reduction (MBSR) **1. 1,000**
4. Number of medical schools in North America that teach mindfulness **1. >100**
5. Number of scientific papers and books on mindfulness meditation **1. 9,300**

Check in:

In your organization, is any training provided for...

- Mental or mind fitness
- Resilience or self-empowerment
- Self care practices
- Personal stress management
- Emotion regulation
- Post-Traumatic Stress syndrome management
- Burnout or secondary traumatization
- Yoga, Qi-gong, or other bodymind health practices

What is mindfulness?



http://www.oxforddictionaries.com/us/definition/american_english/mindfulness

noun

- 1 The quality or state of being conscious or aware of something.
- 2 A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Psychology Today -

<http://www.psychologytoday.com/basics/mindfulness>

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

Jon Kabat-Zinn, PhD
University of Massachusetts Medical School

"paying attention on purpose, in the present moment,
and nonjudgmentally, to the unfolding of experience
moment to moment. "

<https://www.youtube.com/watch?v=HmEo6RI4Wvs>

American Psychological Association -

<http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

We define mindfulness as a moment-to-moment awareness of one's experience without judgment.

In this sense, mindfulness is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them. ... Researchers theorize that mindfulness meditation promotes metacognitive awareness, decreases rumination via disengagement from perseverative cognitive activities and enhances attentional capacities through gains in working memory.

These cognitive gains, in turn, contribute to effective emotion-regulation strategies.

Michael Blaime, MD

<http://www.pbs.org/thisemotionallife/blogs/practicing-mindfulness>

Sit down and take a minute to just be here.

Stop, breathe, and feel.

Let the past be over and done with,

...let what has not yet happened be off in the future.

This practice is about feeling where you are right now.

Two Experiential Examples . . .

Stand please...

Just Breathe

https://www.youtube.com/channel/UCyZQAU2_I5hprxbE18LA8RA

Awareness – Intentional use of attention

Intentional body regulation

I will slow and deepen my breathing
I will soften my abdomen and belly
I will relax my muscles
I will slow my heart rate
I will extend my blood flow
I will accept and release pain
I will accept and be grateful for pleasure

Intentional mental-stream regulation

I will notice and let go of what my senses bring me
I will notice and let go of what my thinking brings me
I will notice and let go of what my judging brings me
I will notice when I go somewhere past or future, and
return to now
I will notice when my emotion is fear or worry, and
return to my safety now

Intentionally focus attention

Notice loss of attention

Intentionally refocus attention

Influences on mindfulness today

Religious belief systems and teachings

(Buddhist, Hindu, Taoist, Native/Indigenous, Christian, Jewish, Islamic)

Buddhist psychology

Alternative-holistic-integrative medicine

Psychotherapy

Neuroscience

Buddhist thought and practice

<http://www.shambhalasun.com/>

The screenshot shows the homepage of the Shambhala Sun website. At the top, there is a navigation bar with the site's logo (a sun with a geometric pattern) and the title "SHAMBHALA SUN" in large white letters on an orange background. Below the title, it says "BUDDHISM | CULTURE | MEDITATION | LIFE". To the right of the title, there are links for "CURRENT ISSUE", "SHAMBHALA SUN HOME", "SUBSCRIBE & SAVE HALF", "GIVE A GIFT", and "RENEW". A small image of the current issue, "The Wisdom of Anger", is shown with a "FREE GIFT with order" banner. Below the navigation bar is a search bar with a "Go" button and the text "Search entire site".

On the left side, there is a sidebar with various links: "SunSpace Blog", "Buddhist News", "Calendar of Events", "Find a Center", "Search Archives", "Spotlight Sections", "Sun Newsletter Sign-up", "Online Auction", "Reader Services", "Store/Gallery/Back issues", "Advertise", "About Us", and "Online Auction".

The main content area features a large speech bubble graphic with the text "That's not very Buddhist of you!". Below this, there are two article teasers:

- Have you ever had *that* accusation thrown in your face? BRAD WARNER has, and it's made him think about what it really means to act like a Buddhist. It's not as simple as right and wrong.**
- The Poison Tree: How to Transform Anger in 4 Steps**
Using the traditional metaphor of the poison tree, JUDY LIEF teaches us four Buddhist techniques to work with our anger.

On the right side, there are two promotional boxes:

- buddhistgeeks CONFERENCE**
Oct 16-19 BOULDER, CO
- SUNSPACE**
FEATURED POSTS

Below the featured posts, there is a list of featured articles:

- Jazz legend Jerry Granelli: The Real Stuff
- Video: Hector (Simon Pegg) goes to Tibet
- Like Thangkas You Can Hear: Buddhism & the Metal Underground
- Noah Levine on Buddhist practice as "engaged rebellion"

At the bottom left, there is a "Subscribe Now" button and a small image of a magazine cover with the text "FREE Gift!" and "Get a free digital booklet: BUDDHISM FOR THE 'SPIRITUAL BUT NOT RELIGIOUS'".

*There is no greater danger than the mind unmanaged.
But once mastered, there is no greater source of help,
not even your mother or father.*

Jack Kornfield

<http://www.jackkornfield.com/>



Jack Kornfield

Home About Events Audio Books Blog Press Meditations Links

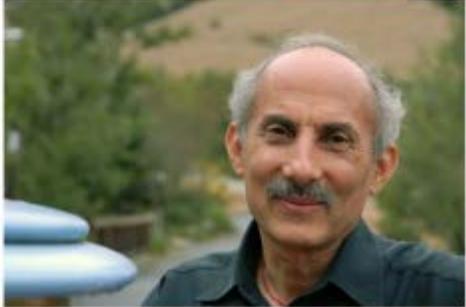


Awareness of the Dance

The third principle in working with altered states can be called Awareness of the Dance. When such experiences arise, the practitioner's primary responsibility is to open to...

Search site...

A BOW OF WELCOME TO YOU



Jack Kornfield is one of the leading Buddhist teachers in America. A practitioner for over 40 years, he is one of the key teachers to introduce mindfulness and vipassana meditation to the West. His approach emphasizes compassion, lovingkindness and the profound path of mindful presence, all offered in simple, accessible ways in his books, CD's, classes and retreats.

JOIN JACK'S MAILING LIST

Jon Kabat-Zinn, PhD

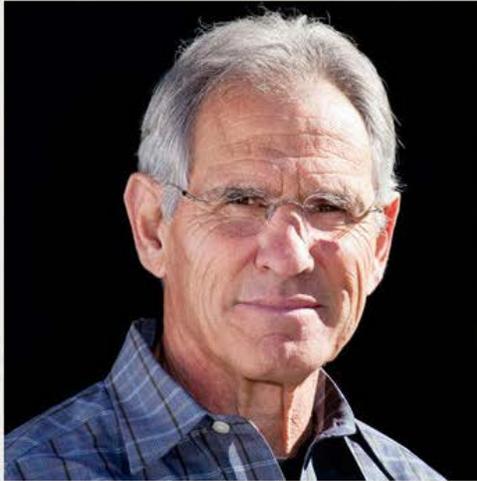
www.mindfulnesscds.com

Guided **Mindfulness Meditation** Practices with Jon Kabat-Zinn



- Home
- About ▾
- CDs
- MP3s
- Wholesale
- FAQ
- MP3 FAQ
- Cart

Check Out Videos of Jon Teaching



Jon Kabat-Zinn

This website is the official outlet for three series of guided mindfulness meditation practices, Series 1, Series 2, and Series 3 developed and voiced by Dr. Jon Kabat-Zinn. Dr. Kabat-Zinn is internationally known as a meditation teacher, author, researcher, and clinician in the fields of mind/body medicine, integrative medicine, lifestyle change, and self-healing. He is the founder of mindfulness-based stress reduction (MBSR) and an expert in stress reduction, relaxation, and the applications of mindfulness meditation in everyday living to optimize one's capacity to face stress, pain, and illness across the lifespan. MBSR programs are now offered in over 720 medical centers, hospitals, and clinics around the world.

[Learn More](#)





The Connection Official Trailer (HD)



News and Updates

September 2014

[Career Openings](#) for Two MBSR Teachers at the Center for Mindfulness

September 16, 2014

["The Connection" Film Premiere - SOLD OUT, tickets for Boston screenings](#)

October 16, 2014

[Guest Lecture by Dr. Ronald Epstein on Cultivating Resilience: Clinician Well-Being and Quality of Care](#)

October 19-20, 2014

["Labor of Love" Fall Conference for MBSR Teachers - Registration Open](#)

"The Connection" Film Premiere at the Center for Mindfulness

Stress Reduction (MBSR)



Mindfulness-Based
Stress Reduction

Professional Education & Training

Oasis Institute

Mindfulness-Based Professional Education and Training

Research

Therapeutic
Neuroscience Lab

Typical MBSR Course Outline

The course schedule consists of eight weekly classes and one day-long class on a Saturday or Sunday. Morning or evening courses are available. This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at enhancing awareness in everyday life
- Individually tailored instruction
- Daily home assignments
- Four home practice CDs and a home practice manual

<http://umassmed.edu/content.aspx?id=41254>

Alternative-Holistic-Integrative Medicine

A Paradigm of Health & Healing:

Mind-Body Connection

Practical skills to influence Mind-Body Activity

Self-Leadership and Self-Empowerment

Nutritional Power

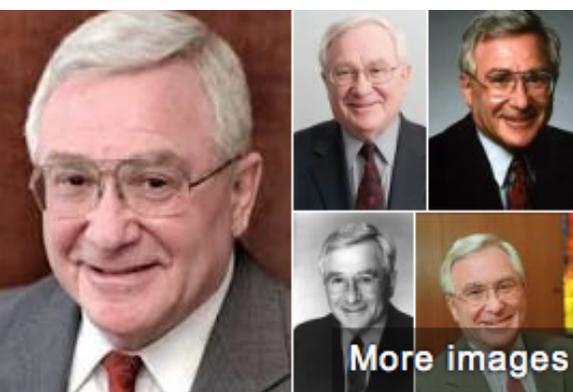
Ancient and Indigenous Knowledge

Contemporary Science

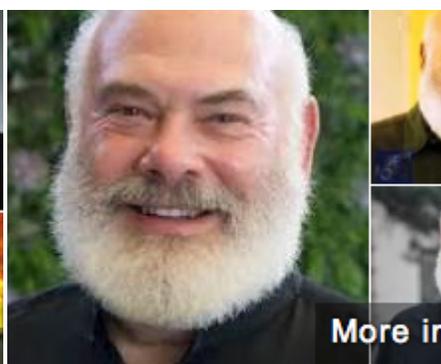
Reality of Spiritual and Social/Community Connection

SelfCare as Primary Care

Healing Partnerships



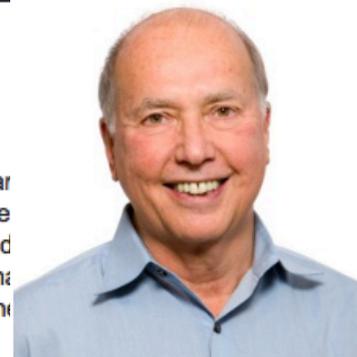
More images



More images

Founder & Executive Director

James S. Gordon, MD, a Harvard educated psychiatrist, is a world-renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the Founder and Executive Director of The Center for Mind-Body Medicine and a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School. Dr. Gordon served as the first Chairman of the Program Advisory Council to NIH's Office of Alternative Medicine and as Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush.



Herbert Benson

Herbert Benson, is an American medical doctor, cardiologist, and founder of the Mind/Body Medical Institute at Massachusetts General Hospital in Boston. [Wikipedia](#)

Born: 1935, Yonkers, NY

Education: Harvard Medical School, Wesleyan University

Fields: Medicine, Physiology

Andrew Weil

Medical doctor · [drweil.com](#)

Andrew Thomas Weil is an American medical doctor, teacher, and best-selling author on holistic health. He is found professor, and director of the Arizona Center for Integrative Medicine at the University of ... [More Wikipedia](#)

Born: June 8, 1942 (age 73), Philadelphia, PA

Spouse: Sabine Kremp (m. 1990–1991)

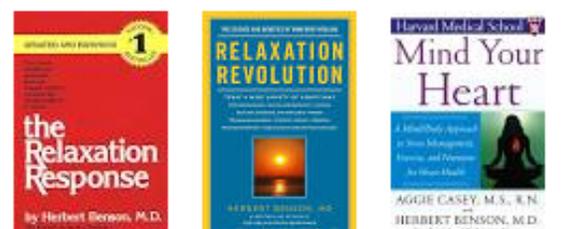
Partner: Kathy Goodman

Dr. Gordon has created ground-breaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; for people with cancer, depression and other chronic illnesses; and for traumatized children and families in Kosovo, Israel, Gaza, Haiti, post-9/11 New York City and post-Katrina southern Louisiana; and for US Military returning from Iraq and Afghanistan.

Dr. Gordon is the author of [Unstuck: Your Guide to the Seven Stage Journey Out of Depression](#); [Comprehensive Cancer Care](#); [Manifesto for a New Medicine](#); and more than 120 articles in professional journals and mainstream publications, among them the *American Journal of Psychiatry*, *Clinical Psychiatry*, *The Journal of Traumatic Stress*, *The American Family Physician*, *The Atlantic Monthly*, *The Washington Post*, and *The New York*

Books

View 5+



Profiles



Books

View 10+



Harvard Medical School – Interaction with Timothy Leary and Richard Alpert (Ram Das)

Mindfulness in Psychotherapy

Google Scholar search = 36,000 articles

3 categories:

Mindful therapist

Mindfulness-informed therapy

Mindfulness-based therapies

Dialectical Behavioral Therapy (DBT)

Marsha Linehan – late 1980s

Acceptance & Commitment Therapy (ACT)

Steven Hayes, Kirk Strosahl,

Kelly Wilson – 1999

Mindfulness-Based Cognitive Therapy (MBCT)

Zindel Segal, Mark Williams, John Teasdale

based on MBSR - 2000

Explosion of Neuroscience Research



More im

Stephen Porges

Stephen W. Porges is a Professor in the Department of Psychiatry at the University of North Carolina in Chapel Hill, North Carolina. [Wikipedia](#)

Born: 1945, New Brunswick, NJ

Education: Michigan State University

Residence: Chapel Hill, NC

Fields: Behavioral neuroscience



More image

Richard Davidson

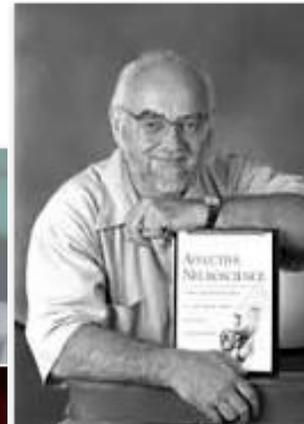
Professor

Richard J. Davidson is professor of psychology and psychiatry at the University of Wisconsin–Madison as well as founder and chair of the Center for Investigating Healthy Minds at the Waisman Center. [Wikipedia](#)

Born: December 12, 1951 (age 63), Brooklyn, New York City, NY

Influenced by: William James

Books: [The Emotional Life of Your Brain](#)



More images

Jaak Panksepp

Neuroscientist

Jaak Panksepp is an Estonian-born American psychologist, a psychobiologist, a neuroscientist, the Baily Endowed Chair of Animal Well-Being Science for the Department of Veterinary and Comparative Anatomy, ... [Wikipedia](#)

Born: June 5, 1943 (age 72), Tartu, Estonia

Education: University of Massachusetts Amherst

Bessel van der Kolk



Bessel van der Kolk is a Dutch psychiatrist noted for his research in the area of post-traumatic stress since the 1970s. His work focuses on the interaction of attachment, neurobiology, and developmental aspects of trauma's effects on people. [Wikipedia](#)

Born: Netherlands

Books: [The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma](#), [More](#)

RICK HANSON, Ph.D.



Rick Hanson, Ph.D., is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His

books include *Hardwiring Happiness* (in 14 languages), *Buddha's Brain* (in 25 languages), *Just One Thing* (in 14 languages), and *Mother Nurture*. He edits the *Wise Brain Bulletin* and has several [audio programs](#). A *summa cum laude* graduate of UCLA and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he's been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. His work has been featured on BBC, CBS, and NPR, and he offers the free *Just One Thing* newsletter with over 100,000 subscribers, plus the online [Foundations of Well-Being](#) program in positive neuroplasticity.



Barbara Fredrickson

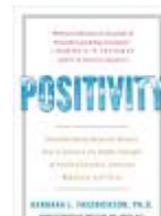
Professor

Barbara Lee Fredrickson is an American professor in the department of psychology at the University of North Carolina at Chapel Hill, where she is the Kenan Distinguished Professor of Psychology. [Wikipedia](#)

Born: June 15, 1964 (age 51)

Education: Carleton College, Stanford University

Books



Allan Schore

Researcher

Allan N. Schore is a leading researcher in the field of neuropsychology, whose contributions have influenced the fields of affective neuroscience, neuropsychiatry, trauma theory, developmental psychology, ... [Wikipedia](#)

Born: February 20, 1943 (age 72), United States of America

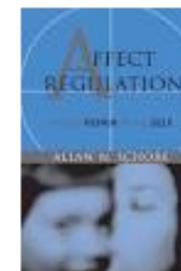
Education: University of Pittsburgh

Fields: Neuropsychology

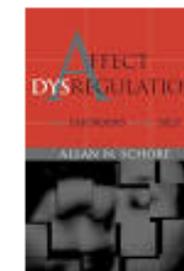
Books



The Science of the Art of...



Affect Regulation and the R...



Affect Dysregula... & Disorde...



Daniel Amen

Psychiatrist

Daniel Gregory Amen is an American psychiatrist, a brain disorder specialist, director of the Amen Clinics, and a New York Times bestselling author. [Wikipedia](#)

Born: July 19, 1954 (age 61), Encino, CA

Spouse: Tana Amen (m. 2008)

Education: Vanguard University of Southern California, Oral Roberts University

Profiles

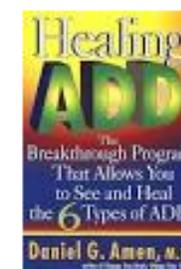
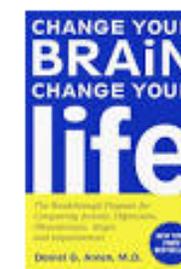


Facebook



Twitter

Books



View 15+



Daniel Siegel, MD

www.drdansiegel.com

inspire to rewire®

Dr. Dan Siegel

Connect with us!



Newsletter signup

[View latest](#)

[HOME](#)

[ABOUT DAN](#)

[EVENTS](#)

[OFFERINGS](#)

[BOOKS & DVDS](#)

[RESOURCES](#)

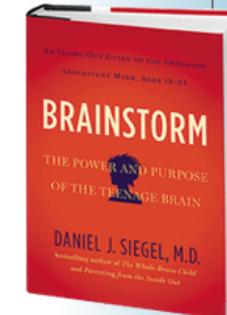
[BLOG](#)

[PRESS](#)

[CONTACT US](#)



Welcome to our worldwide conversation about the human mind and the cultivation of well-being! Discover the **mindsight** approach and the latest science as it emerges in the exciting field of **interpersonal neurobiology**. Our mission here at the **Mindsight Institute** is to provide a scientifically grounded, integrated view of human development for mental health practitioners, educators, organizational leaders, parents, and others to promote the growth of vibrant lives and healthy minds. Join in the collaborative journey to bring more kindness, compassion, and resilience into our world!



- Dr. Dan Siegel, Executive Director, **Mindsight Institute**

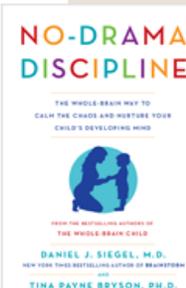
Immersion Weekends



Mindsight
Immersion
Weekends

Happy to announce five new weekend courses available for registration now! [Learn More](#)

No-Drama Discipline



No-Drama Discipline coming September 23, 2014!

[Read More](#)

Mindsight Institute

Join Dr. Dan Siegel and learn about the latest neuroscience research. Now featuring audios and web-based video courses for professionals and the general public. **Register at any time!**

[Learn More](#)

THE
MINDFUL BRAIN



REFLECTION AND ATTUNEMENT
IN THE CULTIVATION OF
WELL-BEING



DANIEL J. SIEGEL



About MARC

Classes and Events

Research and Resources

Certification Program (CMF)

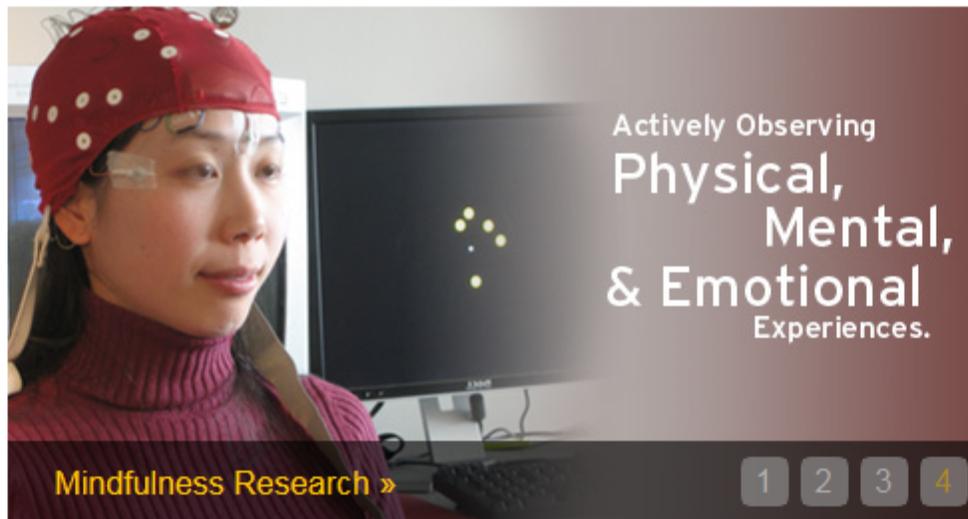
Free Guided Meditations

Subscribe to our **NEWSLETTER**

UCLA Mindful Awareness Research Center



Mindful awareness can be defined as paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. It is an excellent antidote to the stresses of modern times. It invites us to stop, breathe, observe, and connect with one's inner experience. [Learn more »](#)



QUICK LINKS

- Mindfulness Classes
- Cousins Center for Psychoneuroimmunology
- Healthy Campus Initiative
- News and Publicity
- Support us

JOIN US

PROGRAM CALENDAR



FREE GUIDED MEDITATIONS



FEATURED EVENTS



Mindful Awareness Weekend Retreat

Join us for a weekend to practice mindfulness meditation in a beautiful residential setting. We will spend the weekend in sitting and walking meditation, with ongoing guidance, lecture and instruction from the teachers.

Sept 19-21. Royal Way, Lucerne Valley, CA. [Learn more »](#)



Certification in Mindfulness Facilitation 2015

This year-long program provides training, support, and supervision to those wishing to incorporate mindfulness into their occupation or to share mindfulness with individuals, groups, communities, or institutions.

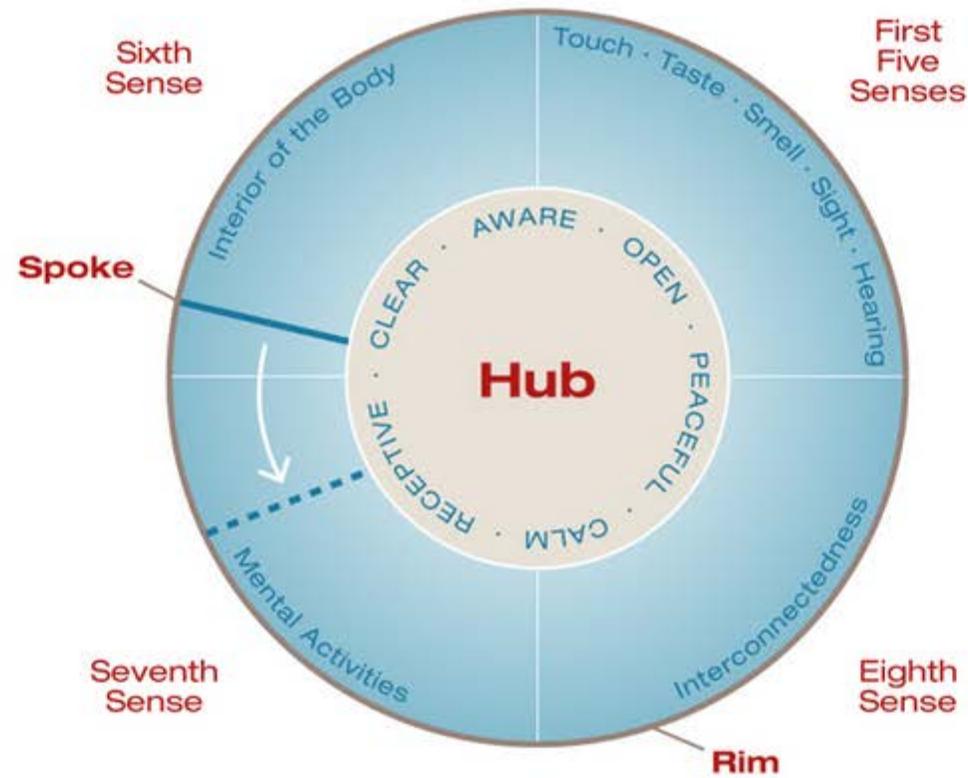
Deadline: Friday, Oct 10. [Learn more »](#)

NEW TO MEDITATION?



[Drop-in Meditation Sessions](#)

Wheel of Awareness



Benefits of Mindfulness Practice

(Siegel)

Enhanced Middle Prefrontal Lobe Functions:

1. Body regulation
2. Attuned communication
3. Emotional balance
4. Response flexibility
5. Empathy
6. Insight, or self-knowing
7. Fear modulation
8. Intuition, or body information processing
9. Morality, or ability to imagine what's best for the whole

MPF Damage from Trauma Injury:

Overwhelming threat event(s)
Chronic emotional/physical *neglect*
Sustained stress exposure
Mental/physiologic re-experiencing
Inadequate buffering resources

Benefits and application of mindfulness
to the PCMH with Behavioral Health
integration

Benefits of Mindfulness Practice

<http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

Summary of empirically supported benefits of mindfulness:

Reduced rumination

Stress reduction

Boosts to working memory

Focus

Less emotional reactivity

More cognitive flexibility

Relationship satisfaction

Numerous health benefits and improved immune functioning

Increased sense of well-being

Increased information processing speed

Benefits of Mindfulness Practice

<http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>

Summary of empirically supported benefits of mindfulness...to therapists and trainees:

Empathy toward clients

Self-compassion

Counseling skills –

attentive to process, comfortable with silence, attuned to self and others

Decreased stress and anxiety

Better quality of life

Help treat disorders, including:

pain conditions

PTSD and other stress disorders

depressive disorders

obsessive-compulsive disorder

substance use disorders

borderline personality disorder

Kerr et al., 2013; King et al., 2013; Hanstede et al., 2008

Help reduce the anxiety found in . . .

generalized anxiety disorder

social anxiety disorder

panic disorder

test anxiety

illness anxiety

depressive disorder with anxious distress

Kraemer et al., 2014; Hoge et al., 2013; Kerr et al., 2013; Koury et al., 2013; Carlson, 2012; Cunha & Paiva, 2012

Research-supported effects of mindfulness:

Mindfulness appears to...

- Improve control over anxiety and related emotions (*amygdala*)
- Promote more peaceful sleep
- Improve functioning of the *autonomic nervous system*
- Produce *alpha rhythm brain waves* tied to an alert, but non-anxious, mental state
- Improve functioning of the *thalamus*, which heightens sensory signaling and consciousness

Research-supported effects, cont'd:

- Lower stress
- Improve decision-making under stress (*frontal cortex*)
- Heighten attention (*basal ganglia*)
- Improve working memory and verbal reasoning (*frontal cortex and hippocampus*)
- Improve functioning and the *immune system*
- Increase enjoyment and experience of music
- Decrease feelings of loneliness among elderly people

Noonan, 2014; Chan, 2013; Plaza et al., 2013

Military Medical Research

[Home](#) > [RESEARCH AREAS](#) > [Military Medical Research](#) > [MMR Focal Areas](#) > [Stress](#) > [Relaxation Response \(RR\) Training for PTSD Prevention in Soldiers](#)

RELAXATION RESPONSE TRAINING FOR PTSD PREVENTION IN SOLDIERS

This is a six-week experimental, repeated-measures clinical trial that will use a two arm parallel design to compare the Relaxation Response (RR) training program to usual care through the RESPECT-MIL program in Soldiers at Fort Bliss, El Paso, Texas.

This design has some important advantages, particularly noting that the proposed pilot study represents the first study of RR training in the military. The most pragmatic and cost-effective

RESEARCH AREAS >

FOR HOSPITALS AND HEALTH CARE >

FOR MILITARY AND VETERANS >

Military Medical Research >

Total Force Fitness >

Program Evaluation >

FOR CORPORATIONS AND WORKPLACES >

ABOUT US >

Military & Veterans

Home > FOR MILITARY AND VETERANS > Total Force Fitness

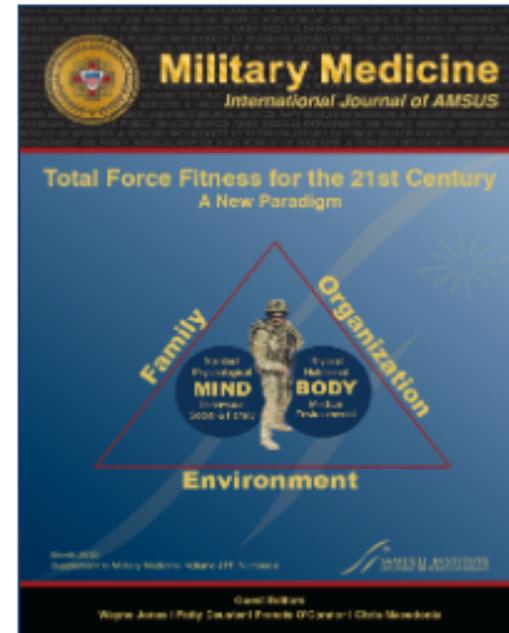
A NEW PARADIGM

In December 2010 "Military Medicine" magazine dedicated its entire issue to a new health paradigm that was then emerging for the U.S. military known as **Total Force Fitness (TFF)**. Samuelli Institute CEO Wayne B. Jonas served as a co-editor and as an author with military health colleagues.



[Download the complete 132-page issue here](#)

TFF has evolved in response to the nature of the Iraq and Afghanistan conflicts and the expectation that the U.S. Armed Forces will be similarly engaged in the years ahead. In an "era of persistent conflict," successful execution of the military mission will require "...continuous optimal performance, resilience and recovery." As issue co-editor Col. Beverly C. Land wrote, not only are "Physical injury patterns from blast and (IEDs) clearly different ... Not so easily identified and treated are the so-called 'hidden' injuries—hearing, vision, and now the more often diagnosed concussions, post-traumatic stress disorder, and anxiety. The personal and professional burden they create for our returning warriors is potentially overwhelming."

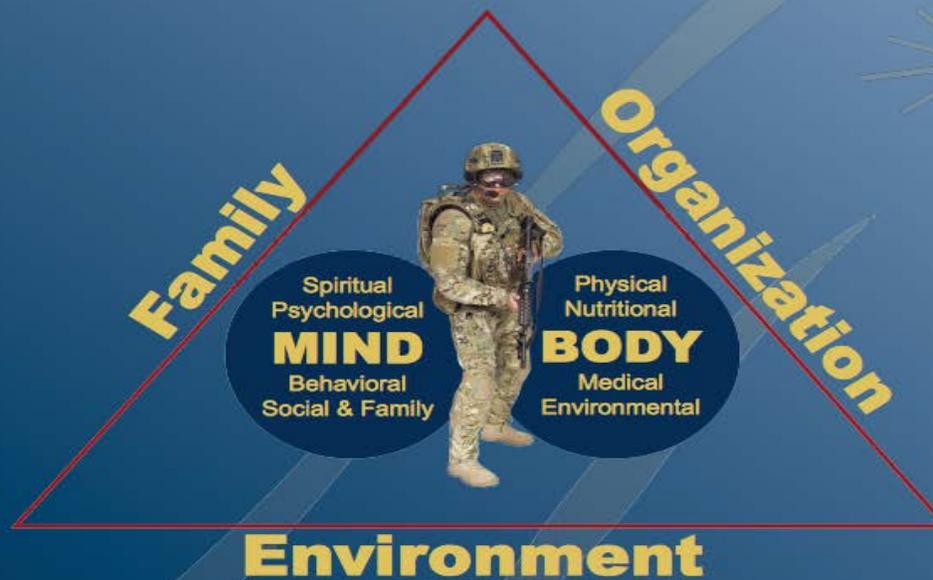




Military Medicine

International Journal of AMSUS

Total Force Fitness for the 21st Century A New Paradigm



August 2010
Supplement to Military Medicine, Volume 175, No 8



Guest Editors

Wayne Jonas | Patricia Deuster | Francis O'Connor | Christian Macedonia

MILITARY FAMILIES ARE FEELING THE STRESS



More than **300,000** service members suffer from PTSD or severe depression *RAND 2008*



Nearly each day of FY2012, one service member committed suicide for a total of **350 deaths**, which exceeds the figure of active duty personnel who died from combat. Through April of FY2013, the numbers increased to nearly one suicide every 18 hours.



7 in 10 deaths are from preventable chronic diseases *Health Affairs, Nolte and McKee, 2008*

UNTRIGGER THE STRESS RESPONSE

By activating the [parasympathetic](#) nervous system, mind-body approaches like meditation, yoga and guided imagery, can teach the body to turn off the stress response.

These treatments are an alternative for those who refuse, delay, or feel stigmatized by conventional mental health treatments.

Samueli Institute's work in this area has centered around evaluating cost-effective mind-body approaches

and skills training, and on the diagnosis and assessment of stress-related disorders.



VIEW TIMELINE

See a selection of related research projects.

QUICK LINKS:

- [Healing Touch & PTSD](#)
- [Evaluation of Stress and Anger Management Programs](#)



7 in 10 deaths are from preventable chronic diseases *Health Affairs, Nolte and McKee, 2008*

UNTRIGGER THE STRESS RESPONSE

By activating the [parasympathetic](#) nervous system, mind-body approaches like meditation, yoga and guided imagery, can teach the body to turn off the stress response.

These treatments are an alternative for those who refuse, delay, or feel stigmatized by conventional mental health treatments.

Samueli Institute's work in this area has centered around evaluating cost-effective mind-body approaches

and skills training, and on the diagnosis and assessment of stress-related disorders.



VIEW TIMELINE

See a selection of related research projects.

QUICK LINKS:

- [Healing Touch & PTSD](#)
- [Evaluation of Stress and Anger Management Programs](#)

30 seconds to let it soak in...

The Medical Home: An Idea Whose Time Has Come ... Again

 PDF  PRINT  COMMENTS

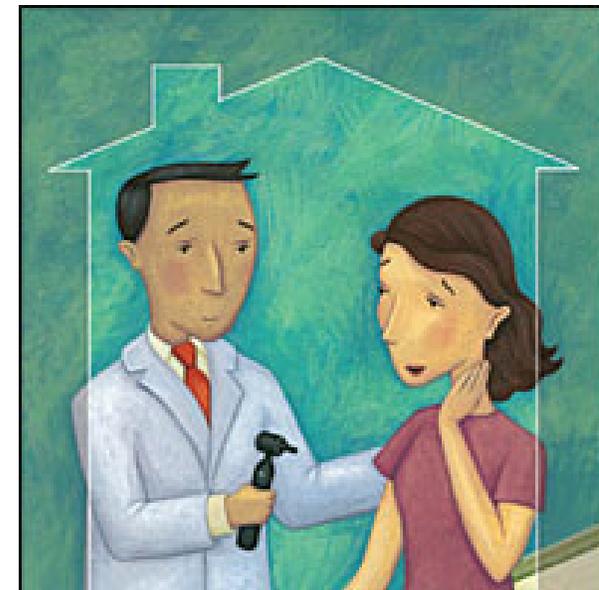
SHARE   

Physicians, employers, legislators and payers think medical homes may be the key to health system reform.

Leigh Ann Backer

Fam Pract Manag. 2007 Sep;14(8):38-41.

Family physicians have always known the value of a medical home, even when there was no term to describe it. Now, 60 years after the AAFP was founded, others are recognizing that medical homes may be the key to getting better value from the U.S. health care system. In recent months, a wide range of stakeholders including legislators, large employers, patient groups and organized medicine have begun championing medical homes as the centerpiece of a primary-care based approach to health care reform.



Impressive history!

1967 – Introduced by the American Academy of Pediatrics (AAP) to enhance the care of children with special needs.

2004 – Future of Family Medicine Project called for “every American to have a personalized medical home.”

2006 – American College of Physicians (ACP) introduced “advanced medical home”

2007 – AAFP and ACP team with AAP and AOP to create “Joint Principles of the Patient-Centered Medical Home

2011 – Joint Principles: Integrating Behavioral Health into PCMH

Impressive leadership from Kansas!

Characteristics of the PCMH (Joint Principles)

Personal physician

Physician-directed medical practice

Whole person orientation

Coordination of care

Quality and safety

Enhanced access

Adequate payment

- **Whole-person orientation:** The care team provides comprehensive care, including acute care, chronic care, preventive services, and end-of-life care, at all stages of life

2007 Joint Principles of the PCMH

Defining the Medical Home...

Patient Centered Primary Care Collaborative (pcpcc.org)

The medical home is best described as a model or philosophy of primary care that is **patient-centered**, comprehensive, team-based, coordinated, accessible, and focused on quality and safety.

It is a place where patients are treated with respect, dignity, and **compassion**, and enable **strong and trusting relationships** with providers and staff.

Patient-centered: A partnership among practitioners, patients, and their families ensures that decisions respect patients' wants, needs, and preferences, and that patients have the **education and support** they need to make decisions and participate in their own care.

PCMH Checklist: Intermediate Concepts

- Practice Culture
- Staffing: Team-Based Care
- Integrated and Coordinated Care
- Population Health Management
- Patient Access to Care
- **Patient Self-Management**
 - Prepare to implement patient self-management support
 - Use and develop patient care and action plans
 - Consider home monitoring for chronic conditions
 - Use motivational interviewing to coach patients

Joint Principles: Integrating Behavioral Health Care into the PCMH (March 2014)

Whole person orientation. More than half of primary care patients have a mental or behavioral diagnosis or symptoms that are significantly disabling, and nearly every medical problem has a **psychosocial dimension**. Given that most personal care plans require ***substantial health behavior change***, a PCMH would be incomplete without behavioral health care fully incorporated into its fabric. A whole person orientation cannot be achieved without including the behavioral together with the physical.

Selected Benefits of the PCMH

Benefits for Your Patients

- Engaged, happier, and more satisfied patients

Benefits for Your Practice

- Joy in practice: increased physician and staff member satisfaction

Benefits for Your Bottom Line

- A practice that is better prepared to participate in accountable care organizations [aka “better outcomes”]

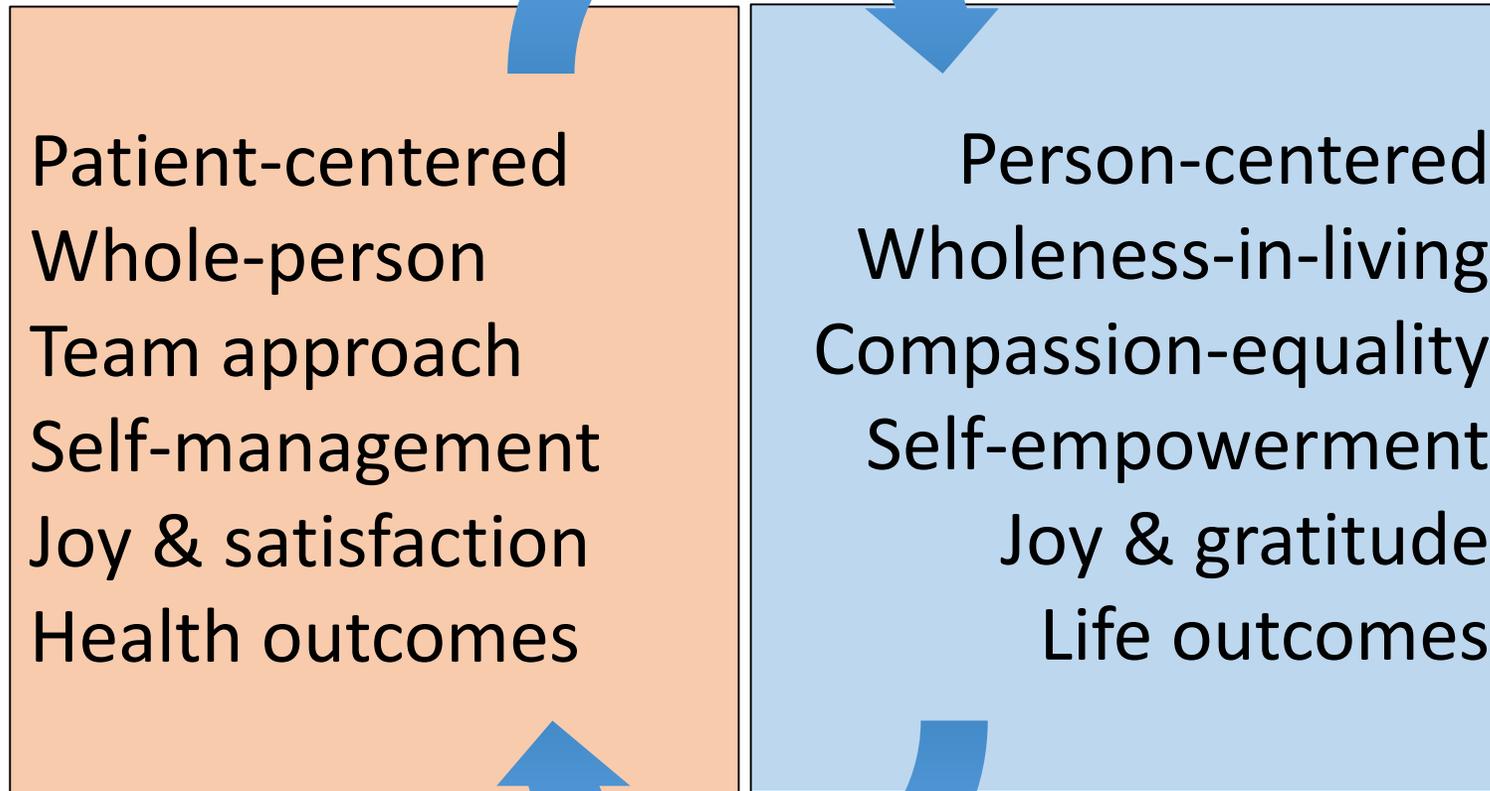
Reality principle...

Survival always takes priority

Is mindfulness relevant to
the Patient Centered Medical Home?

SYNERGY of VALUES

PCMH qualities

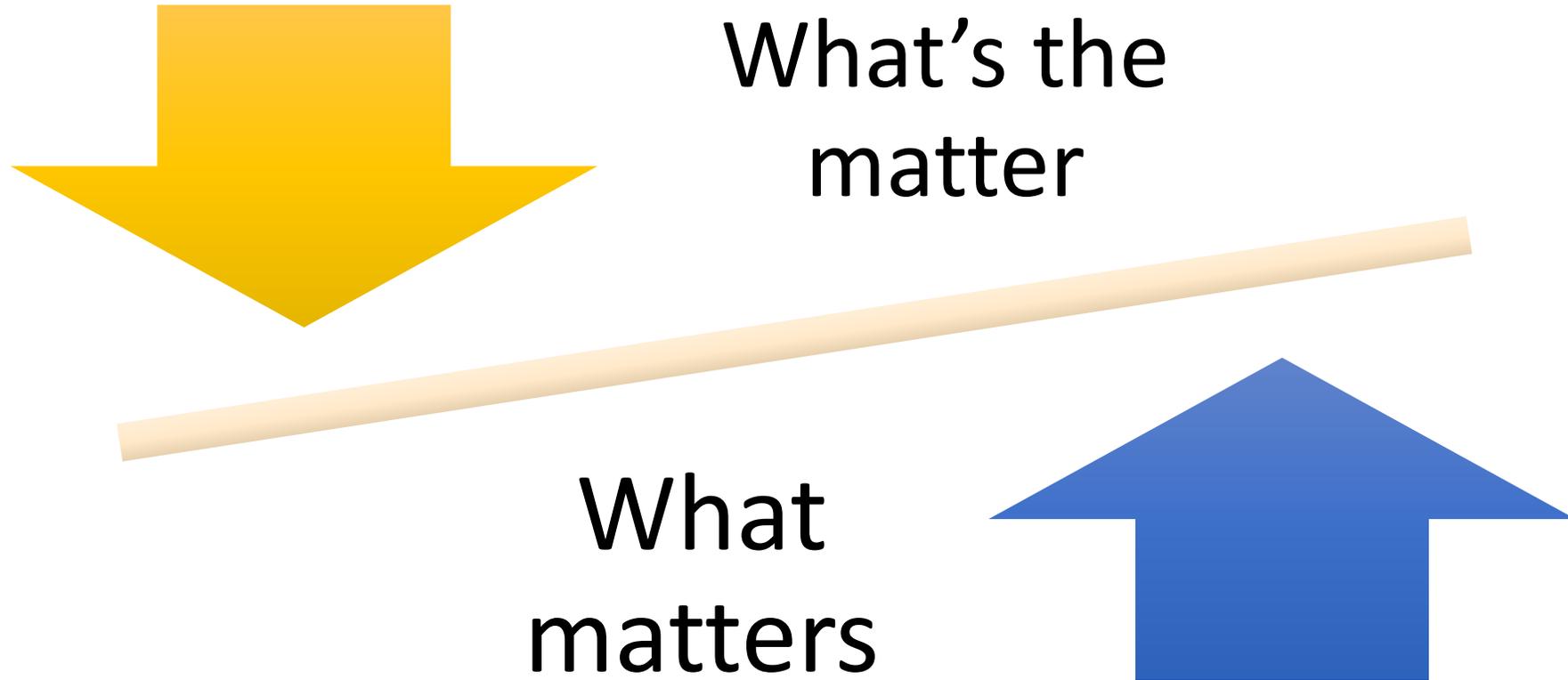


Patient-centered
Whole-person
Team approach
Self-management
Joy & satisfaction
Health outcomes

Person-centered
Wholeness-in-living
Compassion-equality
Self-empowerment
Joy & gratitude
Life outcomes

Mindfulness qualities

BALANCED PURPOSE



HEALING TRAUMA-STRESS

TRAUMA-STRESS ENCOUNTER

Interpersonal Neurobiology of Trauma and Healing

PATIENT GROUP

Poverty

Social/environmental stress

Adverse Childhood Experiences

Acute/chronic stress activation

Compromised down-regulation

Weak social skills/bonds

Loss of meaning/hope

PROVIDER GROUP

Affluence

Profession-related stress

Secondary trauma exposure

Acute & chronic stress activation

Compromised down-regulation

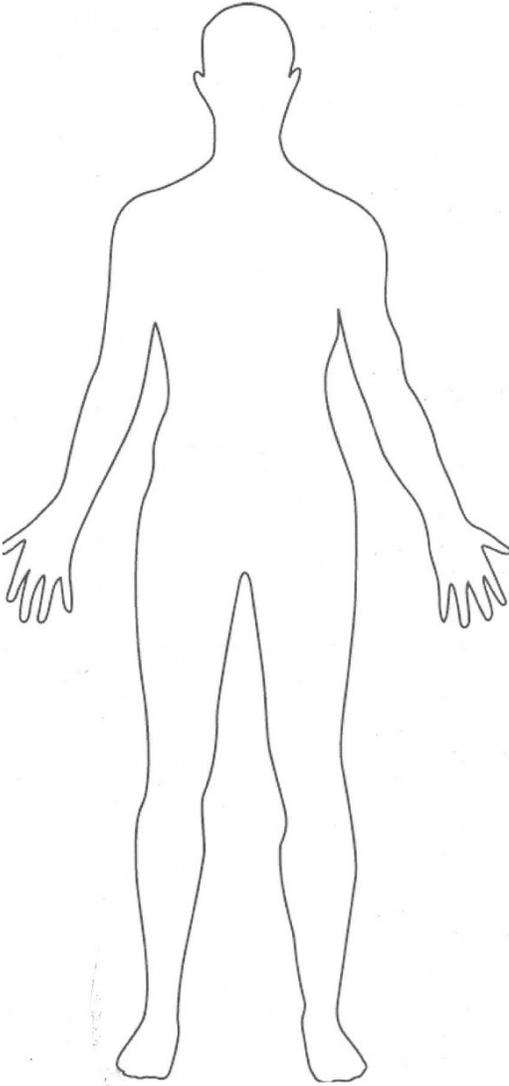
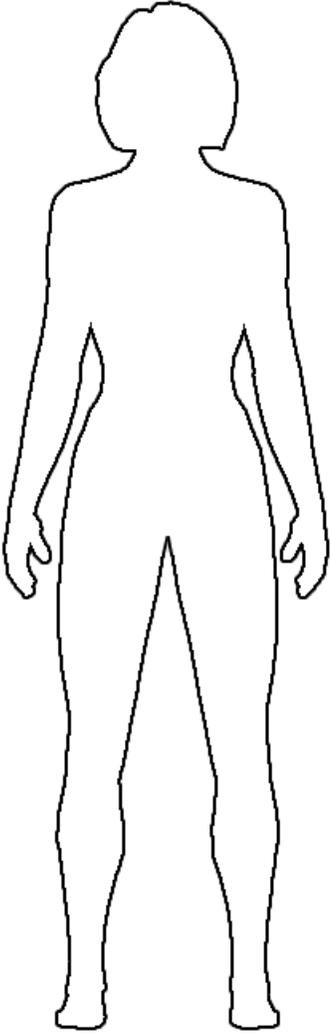
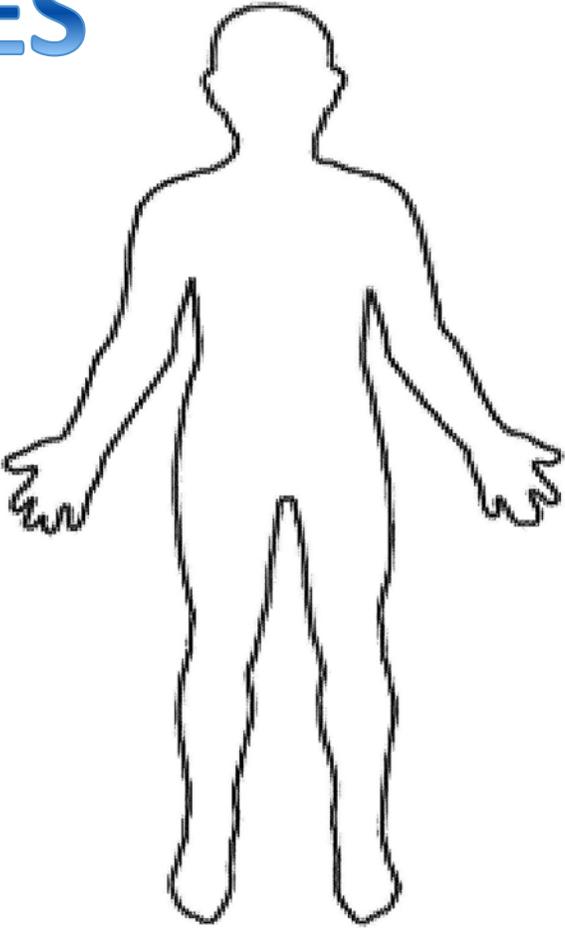
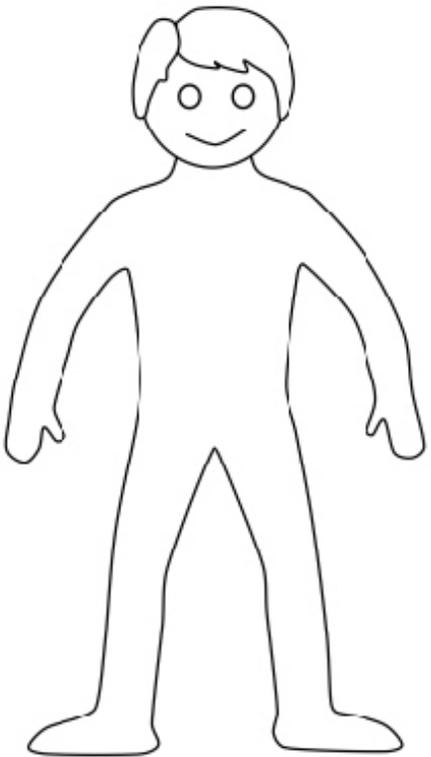
Depleted social bonds

Strained meaning/hope

APATHY

BURNOUT

SHARED SELFCARE PRACTICES



COMMUNITY OF HEALERS

Practical Steps for Cultivating Mindfulness in the Health Home world

Ideas for your Personal-Professional Life:

- 1. Just breathe:** individually – with others – at transitions (before/after encounters or meetings or moving between work and home)
- 2. Set an “intention”:** (day, week) for *HOW TO BE* rather than what to do
- 3. Use short awareness-meditation** to *“untrigger” the stress response* – daily ongoing practice to “breathe – let go – relax – reset”
- 4. Find other interested persons** to talk and learn about this together
- 5. Participate in a group mind-body practice of any kind**

Ideas for your Professional Group:

1. Experiment with **free SelfCare Practice groups** of any kind
 - Yoga
 - Meditation practice – scheduled or drop-in
 - Laughter groups
 - MBSR Groups (8-week Mindfulness-Based Stress Reduction)
 - Mind-Body Skills Groups (8-12 week small group education & skill training)
 - Burnout Prevention for Professionals
2. Become “**trauma informed**” and screen *attitudes*, processes, physical settings, and interpersonal encounters for trauma triggers
3. Train all personnel to use very brief **down-regulating, calming techniques** to enhance person-to-person connection and safety
4. **Diagnose and treat trauma-stress** equally with other difficulties

Ideas for your Patient Group:

1. Invite to participate **free SelfCare Practice groups** of any kind
 - Yoga
 - Meditation experiences – scheduled or drop-in
 - Laughter groups
 - Community gardens and meal preparation
 - MBSR Groups (8-week Mindfulness-Based Stress Reduction)
 - Mind-Body Skills Groups (8-12 week small group education & skill training)
2. Encourage patients and providers to **learn mindful living together** – *create a “community of healers”*
3. ***Equip patients to lead*** your Health Home in developing ***an active and accessible culture of healing***

Thank you for this opportunity to learn with you!

Breathe and be well!