Compassionate Presence: The Role of Mindful Nursing

Presenter
Thomas Roberts, LCSW, LMFT
Innerchange Counseling
1401 Main Street.
Onalaska, Wisconsin 54650
608.783.2186
www.innerchg.com
tom@innerchg.com

The Mindfulness Workbook:
A beginners guide to overcoming fear
and embracing compassion
http://www.innerchg.com/themindfulnessbook.php
Compassionate Presence: The Power of Mindfulness Based Care For You, For Them

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Innerchange Counseling
1401 Main Street.
Onalaska, Wisconsin 54650
608.783.2186
www.thomasrobertsllc.com

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After ten years of apprenticeship, a student achieved the rank of Zen teacher. One rainy day, he went to visit a famous Zen master in another city. When he entered the house, the master greeted him with a question, "Did you leave your wooden clogs and umbrella on the porch?" "Yes, master," he replied.
"Tell me," the master said, "Did you place your umbrella to the left of your shoes, or to the right?"

The student didn't know the answer.

So he stayed with the master and studied Zen another ten years.
Participation in the intervention significantly reduced students’ anxiety \( (p > .05) \). Favorable trends were observed in a number of stress dimensions including attitude, time pressure, and total stress. Two dimensions of empathy—personal distress and fantasy—also demonstrated favorable downward trends. Regular home meditation was correlated with additional benefit.
Participants reported using meditation in daily life and experiencing greater well-being and improved coping skills as a result of the program. Findings suggest that being mindful may also decrease tendencies to take on others’ negative emotions. Coping with stress and fostering the affective domain are important facets of nursing education that may be facilitated by mindfulness training.
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- “Alterations in Brain and Immune Function Produced by Mindfulness Meditation"

- Davidson et. al: *Psychosomatic Medicine* August 2003
This is reportedly the first study to link meditation to changes in brain activity associated with positive feeling and the first to demonstrate that meditation can affect immune function.

By the end of the study the subjects practicing meditation had more electrical activity in the relevant areas of the brain and higher levels of antibodies than the employees who received no meditation training. The researchers concluded that the increased brain activity was also significantly related to the antibody increase among meditators.
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- Cognitive Neurology and Alzheimer’s Disease Center at Northwestern University Feinberg School of Medicine. 2014

- Researchers expected mindfulness to be helpful for dementia caregivers based on previous research in the field. But they were uncertain whether a program would be successful for patients with memory impairments and whether patients and their caregivers could be trained together.
“We saw lower depression scores and improved ratings on sleep quality and quality of life for both groups,” said Paller, director of the cognitive neuroscience program.

The study was the first to show improvement in both the caregiver and the person with Alzheimer’s. Previous studies had focused on the effect on caregivers alone.
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- Reduction in anxiety
- Reduction in subjective report of pain
- Help with coping with dementia.
- Help with regulation of emotions
- Improved sense of self
- Improved cognitive functioning
- Restoring previous functional abilities
- Improved awareness and sense of appreciation
- Improved interpersonal relationships

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- Pilot Controlled Trial of Mindfulness Meditation and Education for Dementia Caregivers


- Both mindfulness and education interventions decreased the self-rated caregiver stress compared to the respite-only control.
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Intention and determination of being present amidst your life:

- As it is occurring
- Without
  - Resorting to fear-based reactions
- Patience Openness Compassion
- Careful
- Not a “technique” rather, a way of being
- Here and now?
Mind Full, or Mindful?
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- **The Box Car Effect**
  - How much of the past do you carry with you
  - People pick up how much you are weighed down
  - Disconnects you from the present.
  - Not present, not compassionate

- **Mindful presence**
  - Unhook your box cars.
  - Connection with compassion
    - Not operating out of fear
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- Shift from *react* to *respond*

- Fear → Patience
- Restrict → Openness
- Mistrust → Compassion
YOU ARE ME
ONLY
WITH A DIFFERENT NAME
AND A DIFFERENT FACE
CENTERPOINT BREATHING

Four step process

Find your pause

Rest there

Best response?

17,280 Breaths per day / 8,640 PAUSES!

Where are all your pauses?
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- Bring mindful presence into your life
  - Start your day with a period of meditation/contemplation
    - Time
    - Place
    - Practice
      - Which is best?
  - Throughout the day take time to reconnect
    - Breaks
    - Lunch
    - On your way home
    - Breathe!
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The degree to which you hold yourself with great compassion is the degree to which you will hold others with the same.
THE DESTINATION IS

“TO BE”

AND NOT TO ARRIVE SOMEWHERE ELSE

Stephen Paul
COMPASSIONATE PRESENCE: THE ROLE OF MINDFUL NURSING

To live your life fully
You will have to stay present
And face your experience

Stephen Paul
If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Dalai Lama

We are not at peace with others because we are not at peace with ourselves, and we are not at peace with ourselves because we are not at peace with God.

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them. Thomas Merton