

Mindfulness Based Intervention (MBI)

Dr.Yongyud Wongpiromsarn

- ❑ Senior Advisor of DMH
- ❑ Past - President of PAT

Faculty Disclosure

<input checked="" type="checkbox"/>	No, nothing to disclose
<input type="checkbox"/>	Yes, please specify:

Mindfulness Based Therapy and Counseling (MBTC)



Western MBI

(MBSR/MBTC etc.)

- focused attention
- open monitoring

Eastern Meditation

(mainly Buddhist)


- tranquility
- mindfulness

consciousness

Basic

- sleep
- awakening

collect  → stress

genetic  childhood /life time exp.

Psychiatric Disorders

Improving basic cons

Higher

- tranquility
- mindfulness

calm, stable, equanimity



Wellbeing

Developing higher cons.

Therapy for improving Basic Consciousness

- Dynamic → resolving conflict
- CBT → relearning
- Humanistic → new value of life

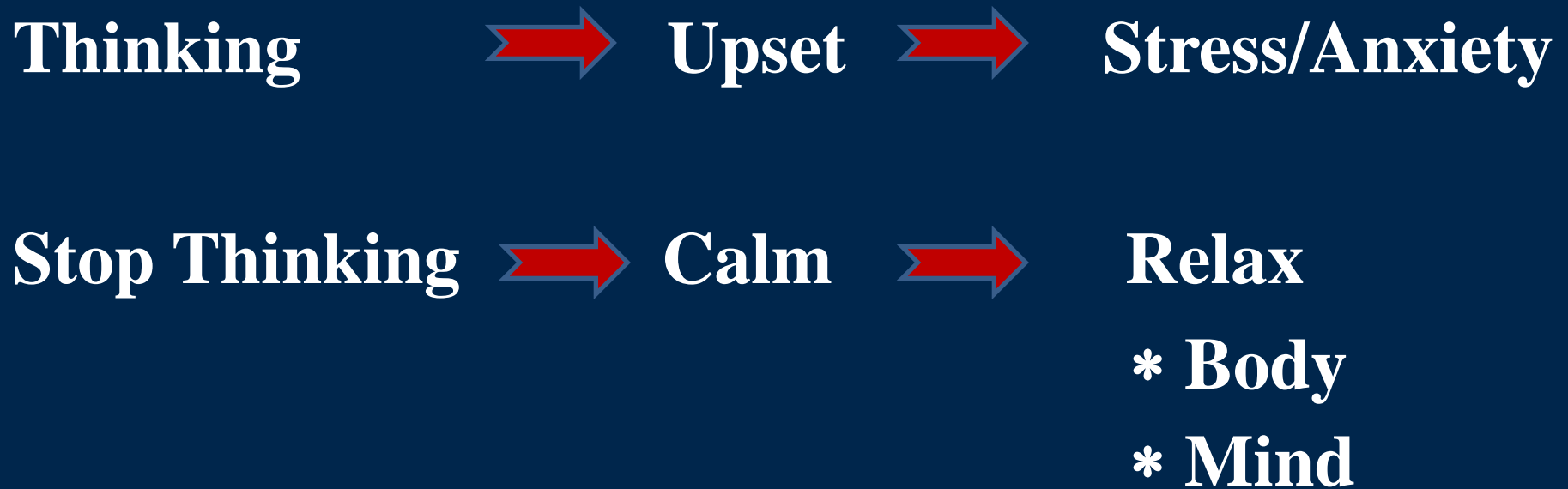
Therapy for developing higher Consciousness (Mindfulness Based Intervention : MBI)

- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Therapy and Counseling (MBTC)



Relaxation , Letting go, Compassion

S₁ Meditation I: Tranquility development (Tranquil meditation)



3 Steps of Practicing Tranquil Meditation

- | | |
|--|-----------|
| 1. Stop Thinking | 2 minutes |
| 2. Managing Thoughts | 4 minutes |
| 3. Managing Thoughts
and Sleepiness | 8 minutes |

End with open-eye meditation for 1 minute

How about your experience?

3 Steps of Practicing Tranquil Meditation

Step 1: Thought Stopping :Observing Breathes

- close eyes**
- long inhale and exhale for 5 times**
- observe the sensation at your nose while inhale and exhale**
- focus at only one nostril (left or right) where you can notice the breathes vividly**
- continue to observe your breathes simultaneously**

Wrong Ways to Stop Thinking

- **Force yourself to stop thinking**
- **Feelings irritate, distraction, or self-blame when thoughts happen in your mind**

3 Steps of Practicing Tranquil Meditation

Step 2: Managing Thoughts

- knowing that thoughts are from unconscious mind that we can't control or stop them**
- what we can do is not to follow all the thoughts that happen**
- aware of your thoughts and remind yourself to return to focus on your breathes again and having long inhale and exhale for 1-2 times**

3 Steps of Practicing Tranquil Meditation

Step 3: Managing thoughts and sleepiness during meditation until you feel calm and relax

- Managing sleepiness by stretching your back, having deep breathes, visualize bright light in your mind to wake you up**
- Managing other internal triggers**

Advantages of Meditation

- **Decrease stress level, including flurry in the subconscious**
- **Increase work quality when begin with calm mind**
- **Easy to practice mindfulness**



S₂ Meditation II: Mindfulness development (Being Present)

Not Being Present ➡ **Distraction** ➡ **Emotional Involvement**

Being Present ➡ **Attentiveness** ➡ **Thoughts and
Emotions under control**

2 Characteristics of Breath in Mindfulness Practice

Difficult to observe ➡ **Stop thinking** ➡ **Tranquility**
Being present ➡ **partial awareness** ➡ **Mindfulness**
of breath help
being present



3 levels Mindfulness Training

- 1. basic mindfulness**
- 2. different uses of mindfulness**
- 3. from mindfulness to letting**

1. Practice Basic Mindfulness

- **1 minute closed eyes meditation**
- **1 minute open eyes meditation**
- **Open eyes, partial awareness of breath and aware what are doing**



Tranquility



Mindfulness

Principle

**Rested state of
mind with full
consciousness**

**Working state of mind without
distractions/emotional
Involoment**

Mechanism

Stop thinking

Focus at present activity

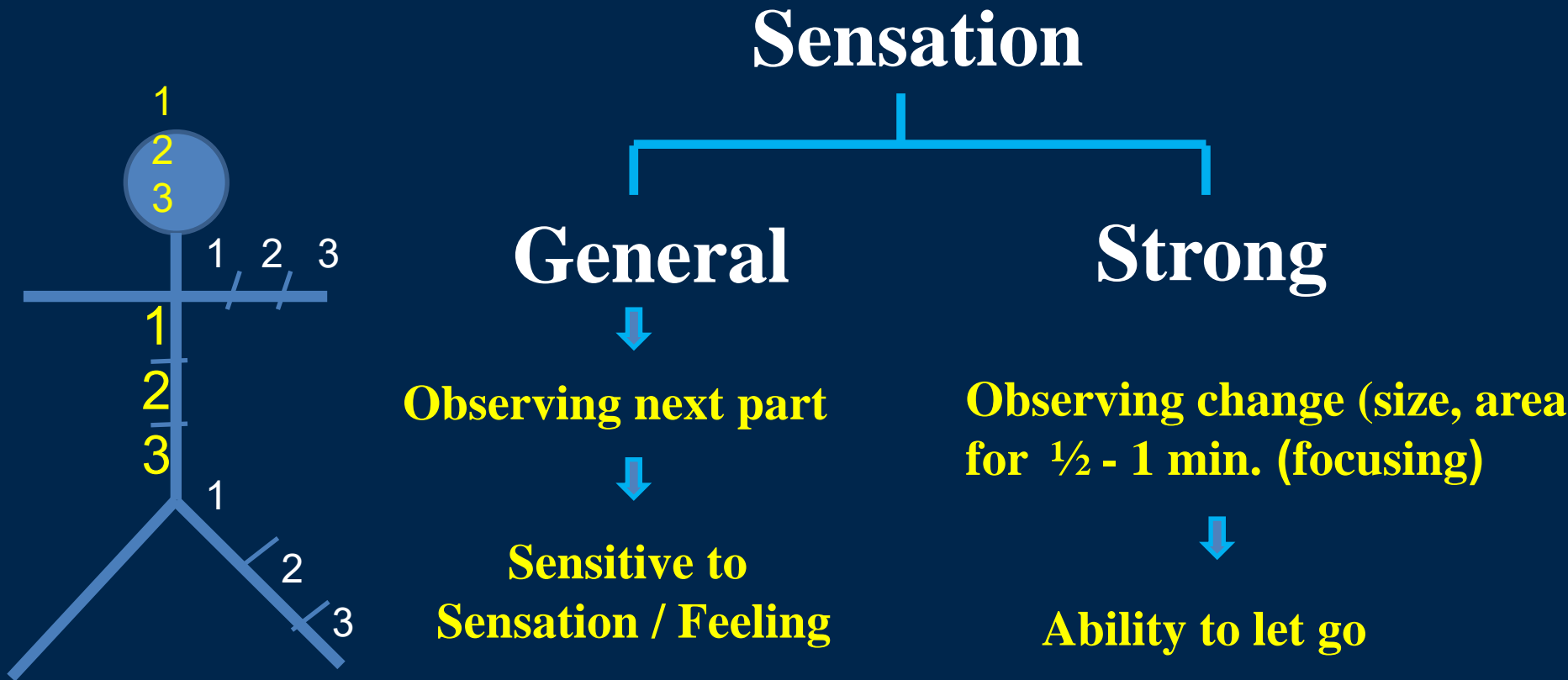
Technique

**Totally observe
all breathes**

**Partial awareness of
breathes , awareness of
present activity**

S₃ Letting Go of ⊖ Sensation and Feeling by




Body Scan : Observing Body Sensation



S₄ Letting go of thought by labeling

(Western) MBCT

(Eastern) MBTC

<p>S1 The mental states of “autopilot.”and” mindfulness First hand experience of mindfulness: the raisin exercise Mindfulness practice: body scan</p>	<p>Orientation of therapy Understanding basic and higher cons. Tranquility practice (awareness of breath)S</p>
<p>S2 Relationship between thoughts and emotions Awareness of pleasant events Mindfulness practice: sitting meditation</p>	<p>Mindfulness in basic activities partial awareness of breath Mindfulness with outer situation Mindfulness with inner situation</p>
<p>S3 Mindfulness practice:3-minute breathing space Mindfulness practice: mindful stretching and walking Awareness of unpleasant events</p>	<p>Mindfulness of feeling/ sensation Body scan practice Apply by mental rehearsal of stress event</p>
<p>S4 Automatic thoughts(autopilot)can lead to emotional distress Practice of meditation techniques learned previously</p>	<p>Understanding  thought Thought labeling practice Apply by mental rehearsal</p>
<p>S5 Sitting meditation focusing on a difficult or stressful situation</p>	<p>Review  thought with relationship Letting go and contemplate  aspect</p>
<p>S6 Thought are not facts Using the 3-minute breathing space in stressful situations</p>	<p>Principle of communication Practice mindful communication</p>
<p>S7 Relationships between daily activities and depression Generate list of pleasure/mastery activities Identifying relapse triggers</p>	<p>Mindfulness compassion to self Mindfulness compassion to other</p>
<p>S8 Course review Keeping a long-term meditation practice going</p>	<p>Courses review Precaution of relapse Long term mediation practice/ mindfulness in daily life</p>

Mindfulness and Treatment

```
graph TD; A[Mindfulness and Treatment] --> B[Stress-related Diseases]; A --> C[Mental Disorders]; B --- D["(combine with pharmacotherapy)"]
```

Stress-related Diseases

(combine with pharmacotherapy)

- DM/HT
- Metabolic syndrome
- ZACVS diseases
- Headache , migraine,
- Chronic pain
- Asthma
- GI problems
- Accelerated aging
- Dementia including Alzheimer's disease
- Autoimmune diseases
- Skin diseases

Mental Disorders

- Depression and anxiety
- Addiction
- PTSD

In Thailand

MBI

```
graph TD; MBI[MBI] --- MBBI[MBBI]; MBI --- MBTC[MBTC];
```

MBBI

Mindfulness Based Brief Intervention

- NCDs
- Mild anxiety, depression
- Stress management

MBTC

Mindfulness Based Therapy and Counseling

- Depressive anxiety disorders
- PTSD
- Addiction

Online course

<https://www.youtube.com/watch?v=Z6XQICK5EX8>

Day 1 **Tranquility development**

Day 2 **Mindfulness in diary activities**

Day 3 **Mindful eating**

Day 4 **Mindfulness of feeling**

Day 5 **Mindfulness of thoughts**

Day 6 **Mindful communication**

Day 7 **Mindful compassion**

Day 8 **Mindfulness as way of life**

Video



Day 8



Day 7



Day 6 Mindfulness of thoughts; Changing...



Day 5



Day 4 Mindfulness with feeling and help...



Day 3 Mindful eating to help taking care...



Day 2 Practice basic mindfulness to help...



Day 1 Stress reduction by tranquility tr...



D 02 ผอ. สุทธิ บุคคลต้นแบบ

Other Topics

- MBTC: A Different Approach to PTSD Psychotherapy.
- MBTC: Integrating Mindful Movement to Improve the Mental Health of Expats.
- Brief MBTC in Clinical Setting.

The image features two highly detailed Thai dance puppets, likely from the traditional Thai dance-drama genre. They are positioned on a large, oval-shaped, reflective silver tray. The puppet on the left is standing on its right leg, with its left leg extended upwards and outwards. It wears a purple and gold costume with large, dark green wings. The puppet on the right is in a similar pose, wearing a gold and red costume with large, dark green wings. Both puppets have ornate golden headdresses and jewelry. The background is a simple, light-colored wall with a green garland hanging along the top. A dark blue rectangular box with the text "Thank You" is overlaid on the right side of the image.

Thank You

E-mail : yongyud1@gmail.com