



Mindfulness Meditation – is it relevant to OCD/BDD?

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Meditation

- Buddhist and other religious traditions
- Some evidence for Mindfulness Based Cognitive Therapy (MBCT) in prevention of depression and Mindfulness Based Stress Reduction (MBSR) for pain
- Part of Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT) & Compassion Focused Therapy
- Health benefits
- Often taught in groups



Evidence for OCD/ BDD

- None
- **Meditation should not be offered instead of CBT/ E & RP or SSRI**
- Principles of mindfulness can be integrated into CBT for OCD or
- During recovery from OCD

Mindlessness (cf Mindfulness)

Doing something mindlessly means....

- 1. Little or no awareness
- 2. Fuse thoughts-actions (e.g. Thinking I am bad, must mean I am bad)
- 3. Emotional reasoning (e.g. If I feel anxious or disgust, then it must be dangerous)
- 3. Doing automatically or like a habit
- 4. Doing something rigidly

1. Concentrative Meditation

Focus on one object (e.g candle flame) or sound (eg gong) or an activity (eg breathing)

Start short periods eg 3 minutes

Keep bringing attention back to the object

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2. Mindfulness Meditation

“Paying attention in the present moment without judgment”

1. Detach
2. Decentre
3. Open to novelty
4. Reducing emotional reactivity
5. Acceptance

Mindfulness Meditation

1. Detach

Awareness of internal events without responding to them - just notice you are feeling anxious or having a thought without taking further action knowing that it is just an event in the mind.

Metaphor of passing traffic

Not doing anything

Not taking special note

Not labelling it "It's my OCD"

...but it's difficult when highly anxious

Mindfulness Meditation

2. Decentre

Observe thoughts & feelings as temporary mental events.

Thoughts by themselves are not facts or reflections of reality or do not define your self

Thoughts often have *associations* from past aversive experiences

Mindfulness Meditation

3. Open to novelty, curious, wonder
NOT blocking or suppressing unusual thoughts and images

Mindfulness Meditation

4. Reducing automatic responding and emotional reasoning

Emotional reasoning – e.g. I feel anxious therefore I must be in danger

Thought action fusion – e.g. If I think I am a paedophile then I must be one

Not doing compulsions automatically e.g. choose to do a compulsion

Mindfulness Meditation

5. Acceptance

Experiencing thoughts and feelings without judgment or avoidance

No self criticism

No thought suppression or blocking

Not doing things to get rid of feelings

- But difficult!

So.....

- **The principle of Mindfulness are consistent with CBT**
- **The research question is does the practice of Mindfulness Meditation enhance CBT?**

2. Mindfulness meditation

Focus on mental events that enter consciousness - just notice, be aware of thoughts and feelings that enter your mind.

The goal of meditation is not to have a goal – it's just to be present

Practice of Mindfulness

- Daily like going to the gym – start few minutes at a specific time.
- 1. Stretch first
- 2. Eyes closed, back straight, sit in chair, or cushion or cross-legged or lie down
- 3. Attention on movement of the abdomen whilst breathing or awareness of breath in nostrils and observe chest, shoulders, rib cage. Rate about 4-5 bpm

Mindfulness Meditation

- 3. Mind wander. Keep returning focus of attention to breath
- 4. Just notice thoughts & feelings
- 5. At end appreciate, compassionate
- 5. The practise is hard – long term practice

Mindfulness practices



- Mindfulness of body sensations
- Mindful daily activities like eating or greeting a family member
- Mindfulness of tactile anchor point (touch)
- Mindful walking

Mindfulness apps, CDs, classes

What is Compassion?

Compassion is:

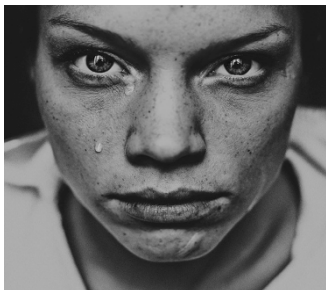
'Sensitivity to the suffering of self and others with a commitment to try to relieve it'

Dalai Lama



Compassion and the reality check

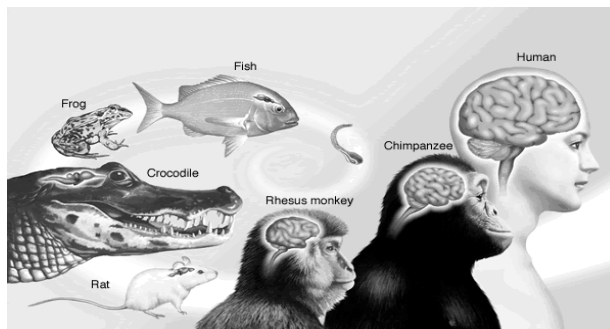
Our lives are limited. We are destined to get older and die. We often suffer illnesses and tragedies. Our lives are influenced by the lottery of our genetic make-up and chance events. Our life is full of change and loss.



- We are designed for survival, not for happiness
- Not your fault that you have OCD/ BDD

Our biological selves

We have minds, brains and bodies developed as the result of millions of years of evolution. Much of what goes on in our minds is not of 'our design' and not our fault. We were designed to feel, want and need certain things.

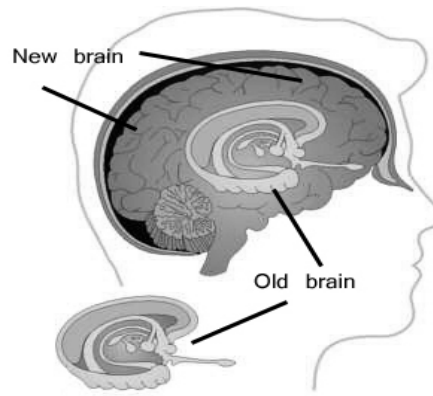


3 systems circle model



Compassionate insight:

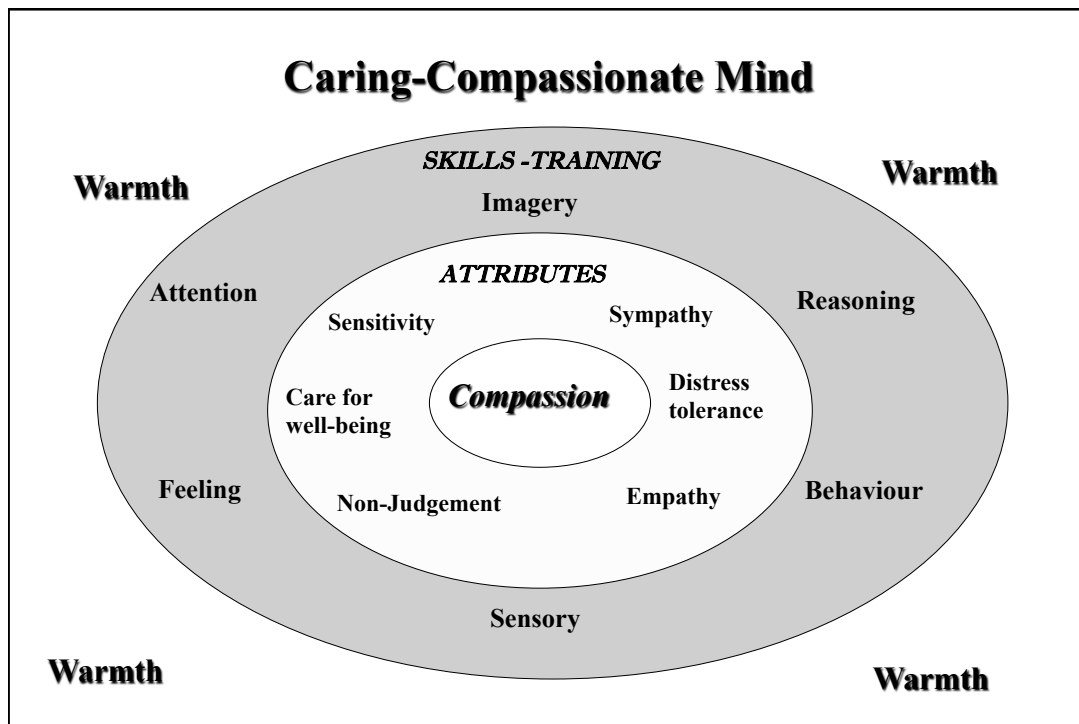
Our brains are 'tricky' and hard to manage



Safeness v Safety Seeking



'The greater safeness we feel, the more we can explore'



Mindfulness & Compassion

- Use evidence based therapy CBT & SSRIs for OCD
- Principle of Mindfulness Meditation & Compassion Focused Therapy may be used in addition
- Easier to practice when recovering

Mary Welford - The Compassionate Mind - Approach to Building Self-Confidence (Robinson)

