

# INSIDE THIS MOMENT I

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## WHERE WE LIVE

BUSY MIND



QUIET MIND



## THE BUSY MIND

- Evolved as a function of language
  - Instills order and predictability
  - Allows us to create cause and effect relationships
  - Allows us to compare and categorize things
  - Allows us regulate behavior via symbolic means
  - Allows us to evaluate impacts and protect us from damage
  - Due to past-future orientation, does not support present moment experiencing!

## THE BUSY MIND

- Gobbles up processing space like a memory intensive software program
- Displays “output” at a constant rate
- Is the first message on the screen
- Is incredibly useful much of the time
- DOESN'T DO THE PRESENT MOMENT!
  - It regards attention to the present moment as a competitor for finite brain resources

## THE PRESENT MOMENT

- Quiet mind contains all non-verbal forms of knowing (acceptance, inspiration, intuition, enlightenment, mystic experience)
- Promotes direct contact with experience, public and private, and experiential integration
- Promotes well being and interconnectedness
- Supports perspective taking
- Allows compassion for self and others
- Is the doorway to radical acceptance and change

## RESULTS OF PRESENT MOMENT DEFICITS

- Symbolic activity dominates experience of being alive
- Symbolically constructed rules govern behavior to an excessive extent (experiential avoidance, sensation seeking, and rule governed behavior)
- Behavior becomes disconnected from it's real world consequences (inflexibility, resistant to change)
- Behavior becomes excessively regulated by culturally instilled morals, conventions (weaker connection to values)
- Being AWARE (centered) is the CENTRAL "pillar" of FACT

## THE MOMENT TO MOMENT DIALECTIC OF THE MOMENT

- There is an ongoing war for "bandwidth" between BUSY mind and QUIET mind, which the human can observe
- One mode of mind "draws" the other mode, therefore, it is not possible to simply "stay" present
- Moment to moment, your attention shifts between these two modes of mind
- AWAREness in FACT is the dynamic, flexible moment-to-moment allocation of attention between BUSY mind and QUIET mind based upon the context and best interests of the human

## SOME COMMON ESCAPE MOVES

*Busy bee*  
*Butterfly*  
*Ostrich*  
*Twiddler*  
*Rationalizer*  
*Busybody*  
*Worrier*  
*Stoic*  
*Numster*

## FIVE STEPS TO TRANSCEND STRESS USING MINDFULNESS AND NEUROSCIENCE\*

1. OBSERVE
  2. DESCRIBE
  3. DETACH
  4. LOVE YOURSELF
  5. ACT MINDFULLY
- BRAIN TRAINING EXERCISES
  - INTEGRATE
    - SELF CARE ROUTINE
    - FAMILY LIFE
    - WORK LIFE

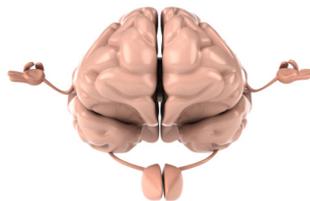
*\*Strosahl, K. & Robinson, P. (2014). In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience.*

## FIVE FACET MINDFULNESS QUESTIONNAIRE & SELF- COMPASSION SCALE

PLEASE COMPLETE THEN  
DISCUSS WITH PARTNER

# INSIDE THIS MOMENT II

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## FIVE FACETS OF PRESENT MOMENT PROCESSING

### NOTICE / OBSERVE

- Enlist top down attention rather than bottom up attention
- Activates brain circuitry related to somatosensory self-awareness and perceptual organization (this allows you to be aware of what is going on in your body and in your environment)
- Three basic actions
  - Orient
  - Focus
  - Shift

# FIVE FACETS OF PRESENT MOMENT PROCESSING

## NAME / DESCRIBE

- Engage non-verbal components of present moment using semantic processing regions of the brain
- Reduces impact of pre-conscious approach-avoidance urges based upon feeling tone of stimulus
- Defuse negative cognitive appraisals by using descriptive language

# FIVE FACETS OF PRESENT MOMENT PROCESSING

## LET GO / DETACH

- Detachment is a specific form of attention rooted in unique brain circuitry (separate neural network from cognitive restructuring!)
- Deactivates “mind wandering”, ruminating, worrying circuitry and establishes a task positive network.
- Involves conscious act of denying personal relevance of whatever is in awareness (It’s here but it doesn’t apply to me)

# FIVE FACETS OF PRESENT MOMENT PROCESSING

## SOFTEN / LOVE YOURSELF

- Soft awareness activates unique brain circuitry seen in various types of meditation practices (Insula, ACC, DLPFC)
- Conscious expansion of awareness from self to all others like self creates sense of belonging instead of aloneness
- Self-compassionate stance overrides dominance of semantic processing and cognitive appraisal.

# FIVE FACETS OF PRESENT MOMENT PROCESSING

## EXPAND / ACT MINDFULLY

- **Repurposing:** Help client form generalized awareness that “things like this” pose no threat to self when re-contextualized as reflections of the personal relevance of “things that matter” (Flip Side of Pain)
- **Agency:** Activates components of executive control network and brain default network responsible for “visioning” (constructing mental representations of various future events, rehearsing responses)

## CLUES IN THE MOMENT

1. Emotion suppression rebound
2. Avoidance behaviors
  - **Non-verbal clues:** Looking down/away, sighing, sudden change of facial expression, lip curling or biting, watery eyes, nervous movements
  - **Verbal clues:** Changing the subject, changes in rate of speech, forgetting questions, not answering questions, direct statements about avoidance (“I don’t let myself think about it”; “I just want this to go away”)

## INTERVENTIONS FOR RADICAL CHANGE

1. Gently and compassionately interrupt avoidance behaviors and instead create emotional amplification:
  - **Non-verbal strategies:** Lean forward in your chair and make commanding eye contact, stay relaxed and look curious and interested
  - **Verbal strategies:** Mention the behaviors you’ve noticed and ask, “What is going on right now, in this moment?”
    - Example: “I just noticed that you looked away, your face seemed to be stressed, that you kind of changed the topic”; When I asked about X, there were tears in your eyes.”)

## INTERVENTIONS FOR RADICAL CHANGE

2. Ask the client to “hold still” and focus attention on present moment experience
  - **Non-verbal strategies:** Often, staying silent and maintaining soft eye contact will slow things down and allow the client to stay with you
  - **Verbal strategies:** Don’t use a lot of words as this activates busy mind. Mostly, offer words of encouragement (“That’s OK”; “Just notice what’s there; I’m here for you”) or alter the pace or function of what the client is doing (“Say this very slowly”; “Let’s try having you stand up and create a physical posture that represents what is happening”)

## INTERVENTIONS FOR RADICAL CHANGE

3. Ask the client to attach verbal labels to assist with discriminating private events.
  - **Non-verbal strategies:** Maintain commanding eye contact, forward leaning orientation, sometimes you can move your chair and sit beside the client
  - **Non-verbal strategies:** Use questions to elicit specific present moment experiences (“Can you describe what is showing up right now?”; “What feelings are present?”; “What kind of thoughts are there?”, “Are there any images or memories?” “What sensations are you aware of in your body?”)

## INTERVENTIONS FOR RADICAL CHANGE

### 4. Try to encourage a non-reactive stance toward painful material

- **Non-verbal strategies:** Make good eye contact; lean forward; maintain soft, low voice tone
- **Verbal strategies:** Encourage client to simply let what is in awareness to just be there and avoid temptation to engage in struggle (“Would you be willing to just let that be here for now?” “No need to do anything at all with this. Just see it for what it is.” “If you notice yourself wanting to run away or struggle, just notice the urge and notice it pass.”)

## INTERVENTION SEQUENCE FOR RADICAL CHANGE

### 5. Encourage client to “hold” self-evaluative content softly

- **Non-verbal strategies:** Lean forward, use soft eye contact, low but assertive voice tone and pace
- **Verbal strategies:** Encourage client to consider self-acceptance instead of self-loathing (“This is maybe the most painful thing you can run into; it is what you fear most about yourself. It might even feel like it will be the end of you if you make contact with it. Can you hold this like you would your own child, crying and unhappy?” “Would you be willing to have this imperfection or flaw and see it as a necessary part of you?” “Is it possible that many souls on planet earth are dealing with the same flaw that is troubling you?”)

## INTERVENTION SEQUENCE FOR RADICAL CHANGE

### 6. Help the client carry the feared, avoided experience forward with new meaning

- **Non-verbal strategies:** Again, assume a relaxed but focused conversational posture, maintaining soft eye contact
- **Verbal strategies:** Explore the connection between current suffering and values. (“If this thing isn’t something you must avoid like the plague, could it grow you as a wiser, bigger human being?” “What would you do differently in your life if you had the wisdom of knowing that your experience of this pain has honor?”)

## DISCRIMINATION TRAINING

### Instructions:

- View 3-5 video clips of interventions for radical change
- Use this checklist on next slide to identify the interventions you observe (for each, consider what strategy was used—non-verbal or verbal or both)
- Discuss with a partner

# RADICAL CHANGE INTERVENTION CHECKLIST

1. Interrupt avoidance behaviors
2. Create emotional amplification
3. Ask client to “hold still” and focus on present moment experience
4. Ask the client to attach verbal labels to assist with discriminating among private events
5. Encourage a non-reactive stance toward suffering
6. Encourage client to “hold” self-evaluative content softly
7. Ask the client to carry the avoided experience forward with a new meaning

# PRACTICE RADICAL CHANGE INTERVENTIONS

## Instructions:

- View 3-5 video clips of patients
- Work in pairs
- A is patient first, B is clinician
- After 5 minute practice, discuss interventions attempted and impact
- Shift patient / clinician roles for each video clip; continue to discuss attempted interventions after each 5-minute practice

# IN SEARCH OF THE PRESENT...



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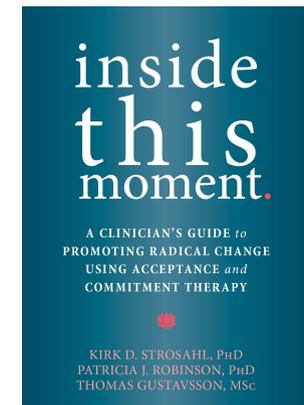
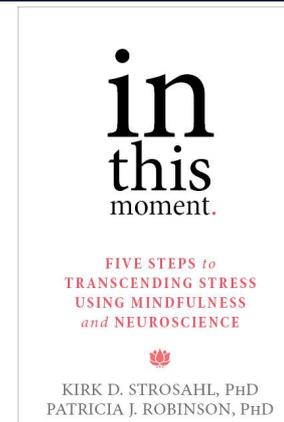
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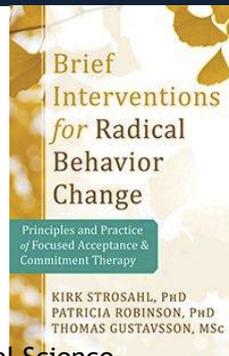
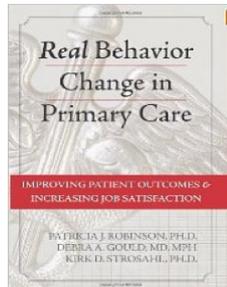
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# FACT PRESENT MOMENT BOOKS



# OTHER BOOKS ON FACT

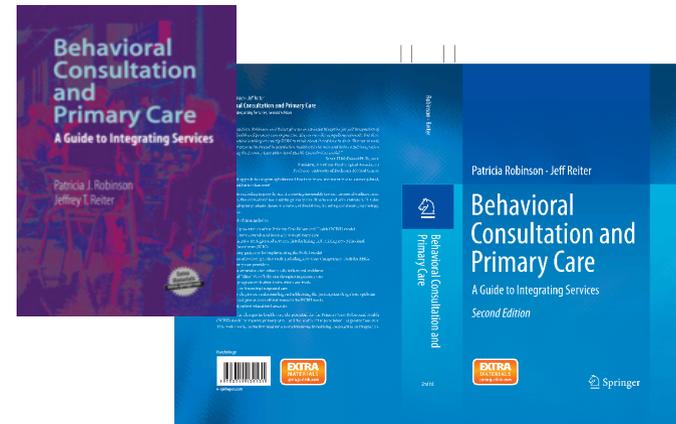


Association for Contextual Behavioral Science

<http://www.contextualpsychology.org/> <http://www.newharbingeronline.com/real-behavior-change-in-primary-care.html>

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# OTHER BOOKS...



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