



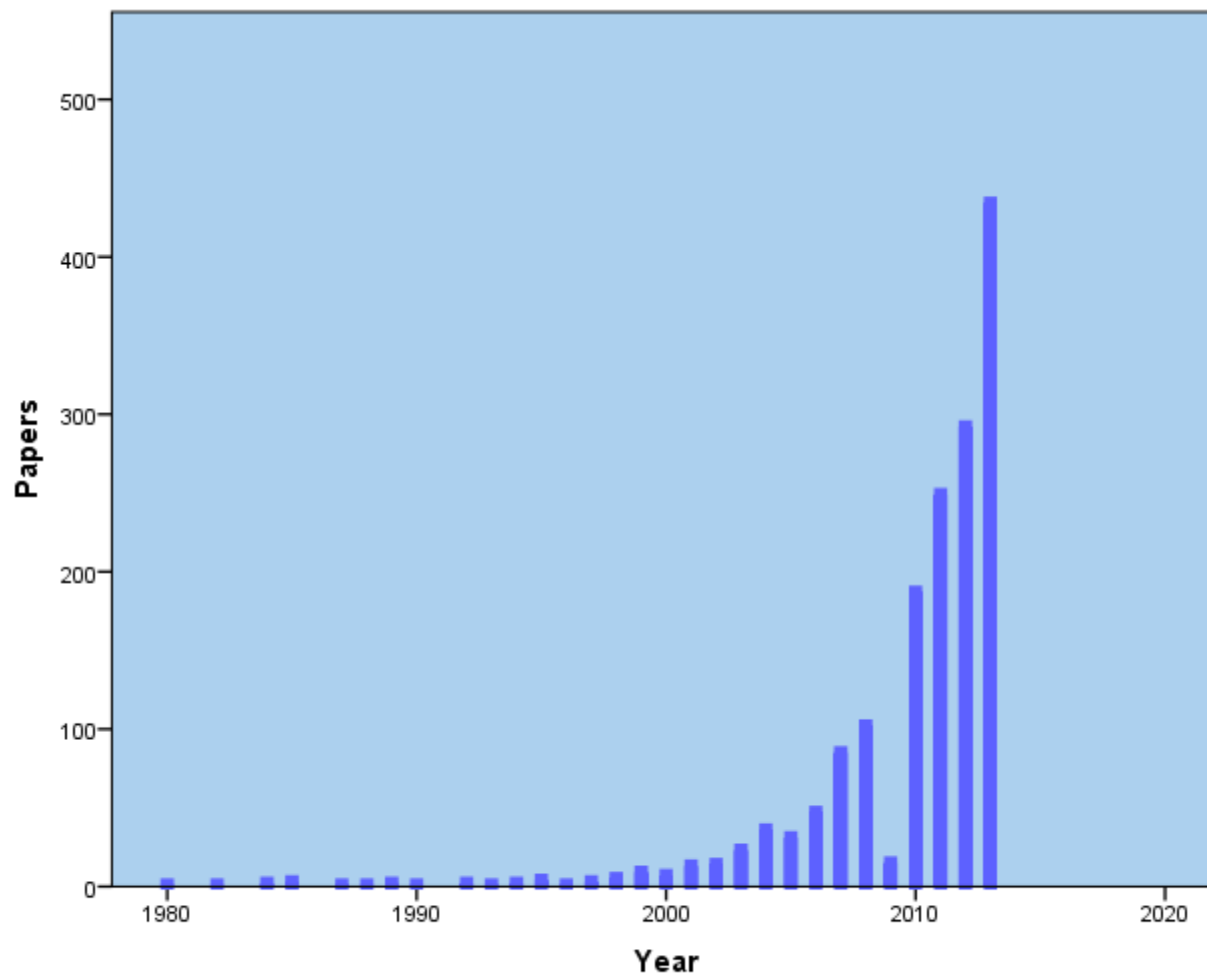
# The Science of Mindfulness

Rhoda Schuling and  
Hiske van Ravesteijn  
Radboud University Medical Centre  
for Mindfulness  
April 2014

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# Research

2013: 434  
publications



Source: [www.pubmed.nl](http://www.pubmed.nl)

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# Mindfulness: what is it?

*Paying attention to the present moment, with a curious, investigative, kind awareness*

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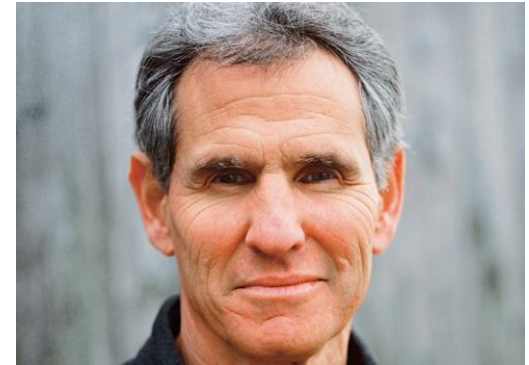
*Paying attention to the present moment, with a curious, investigative, kind awareness*

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# Mindfulness - Origins

Somewhere in the seventies... :

Jon Kabat-Zinn: Mindfulness Based Stress Reduction



Somewhere in the late nineties... :

Segal, Williams & Teasdale: Mindfulness Based Cognitive Therapy

Somewhere 500 B.C. ... :

Buddha: Buddhism



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# How it's set up

## FORMAT

Group training: 8-12 participants

8 weeks, 2.5 hrs per week

Homework: 1 hr per day

## CONTENT

Meditation practice

Inquiry/group exchange

Psycho-education

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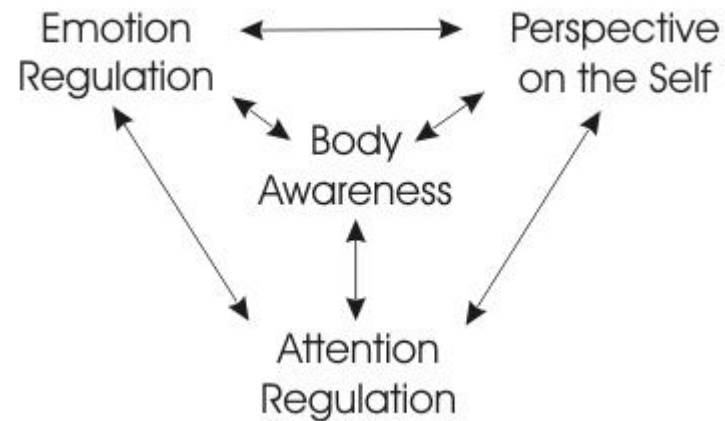
You won't know about playing the piano by only listening to someone talk about it...

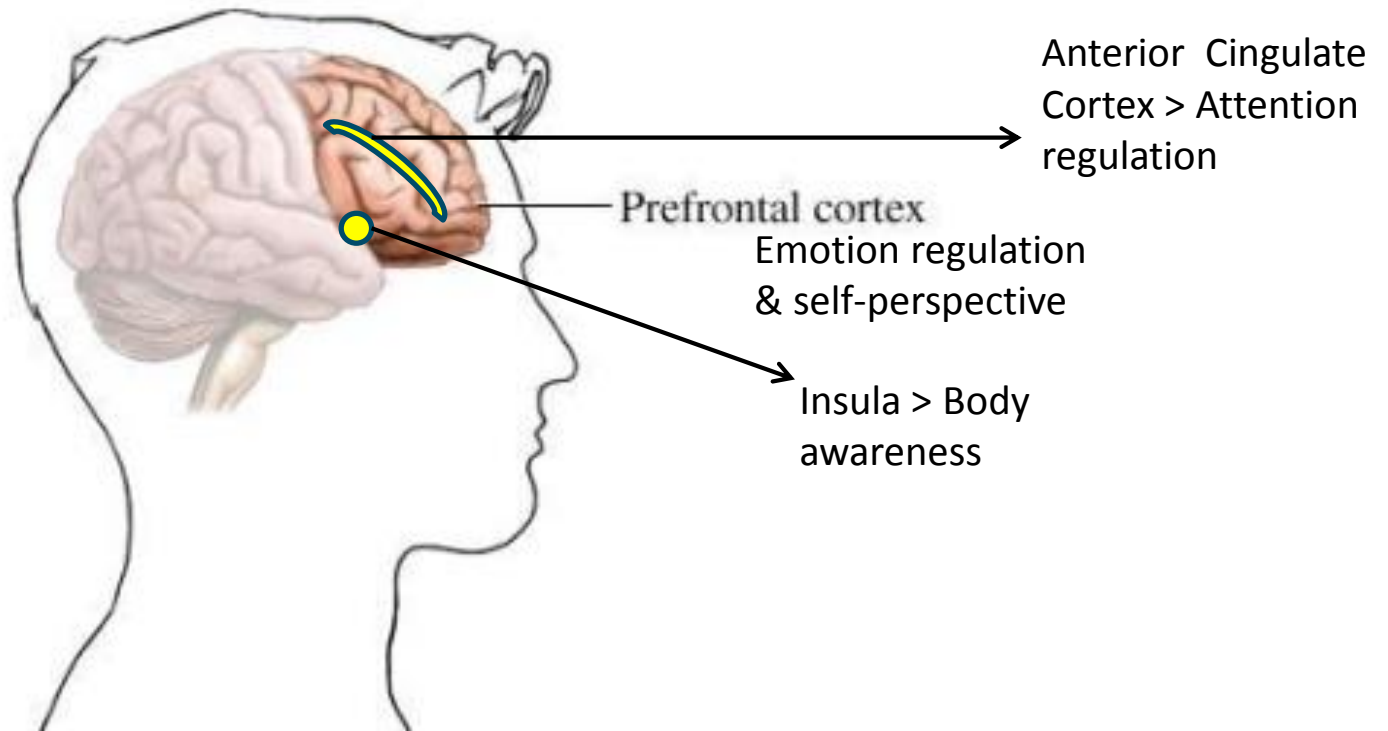
Let's practice!



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# Working mechanisms



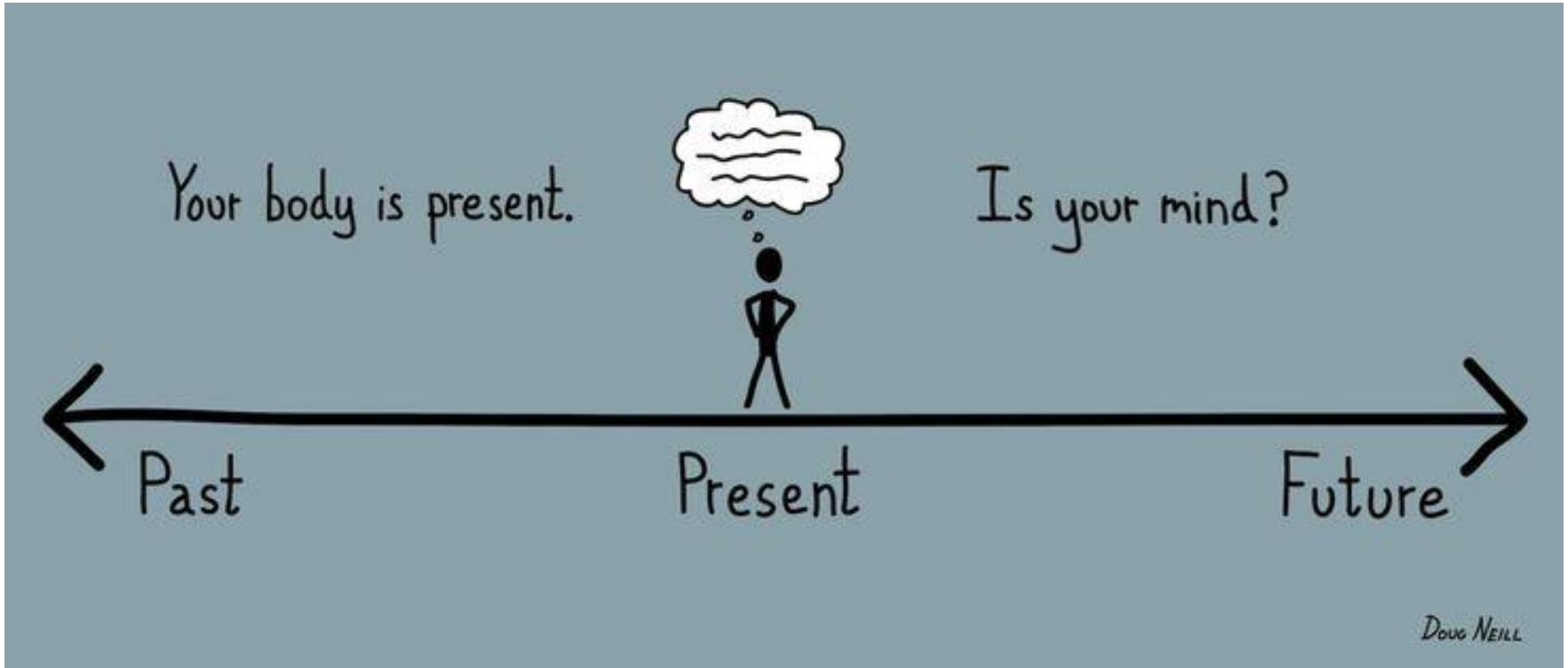


# Mindfulness en psychische gezondheid

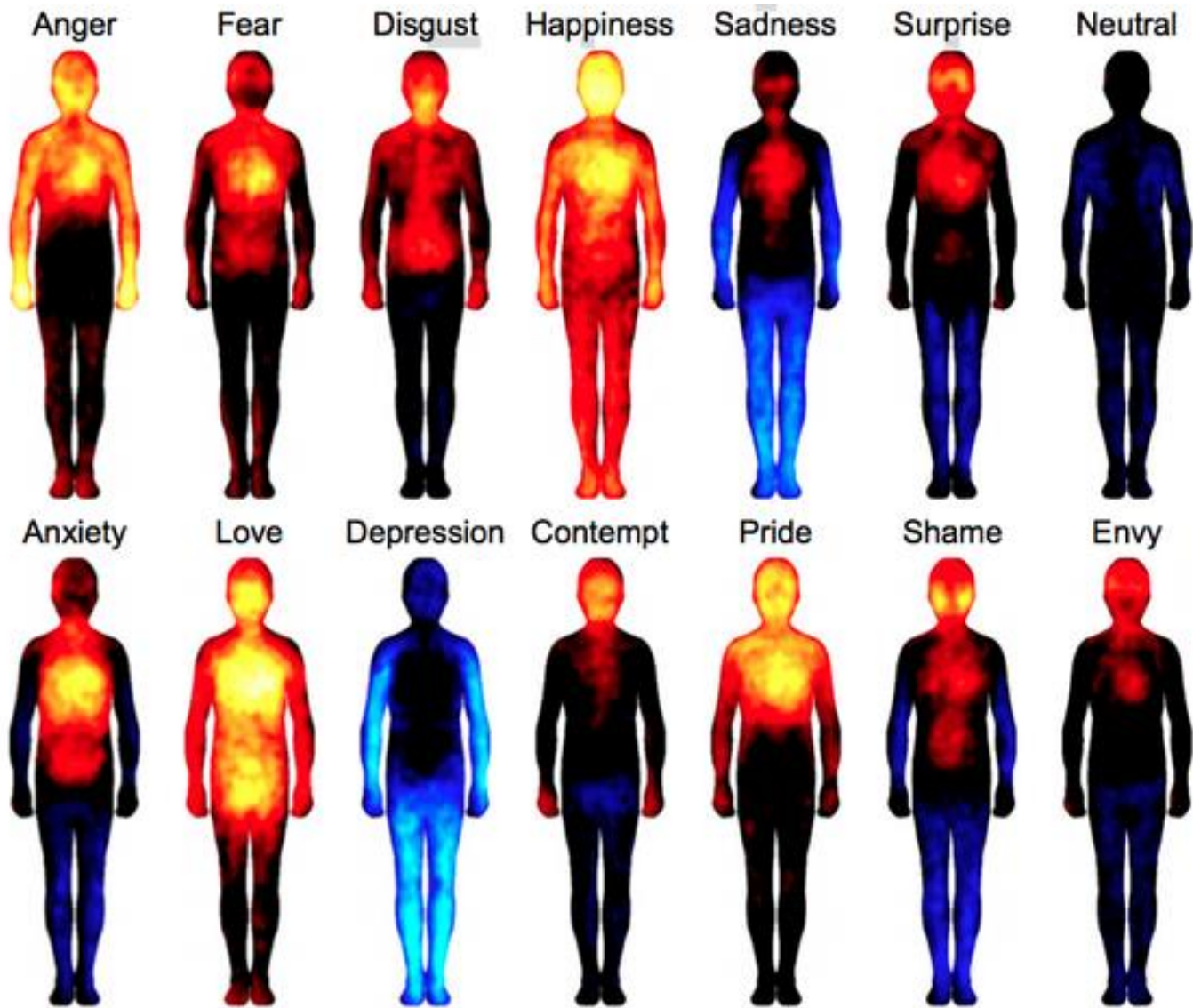


Radboud Universitair Medisch Centrum  
*voor Mindfulness*

Radboudumc



**Radboudumc**



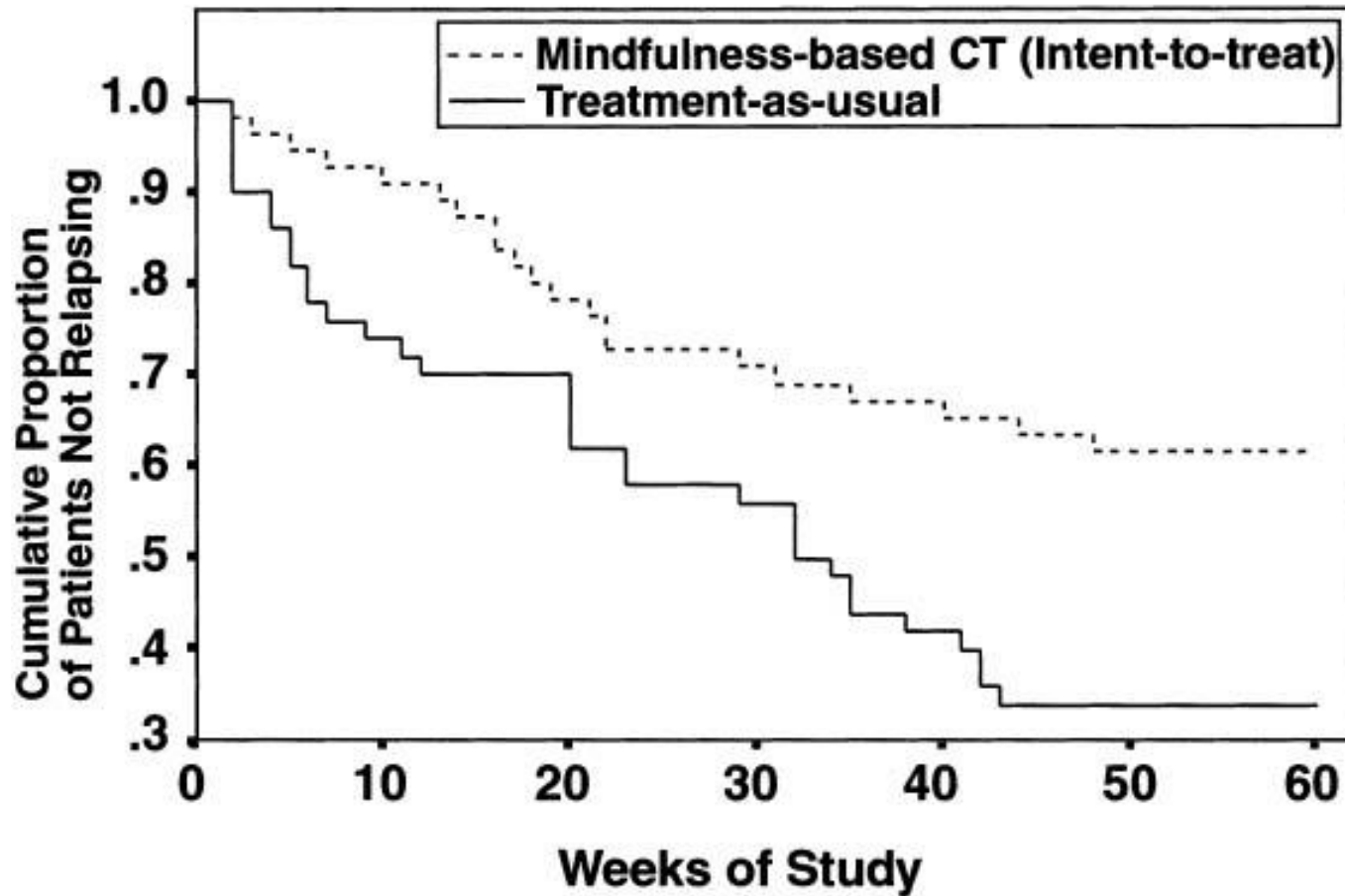
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# Mindfulness for patients with recurrent depressions



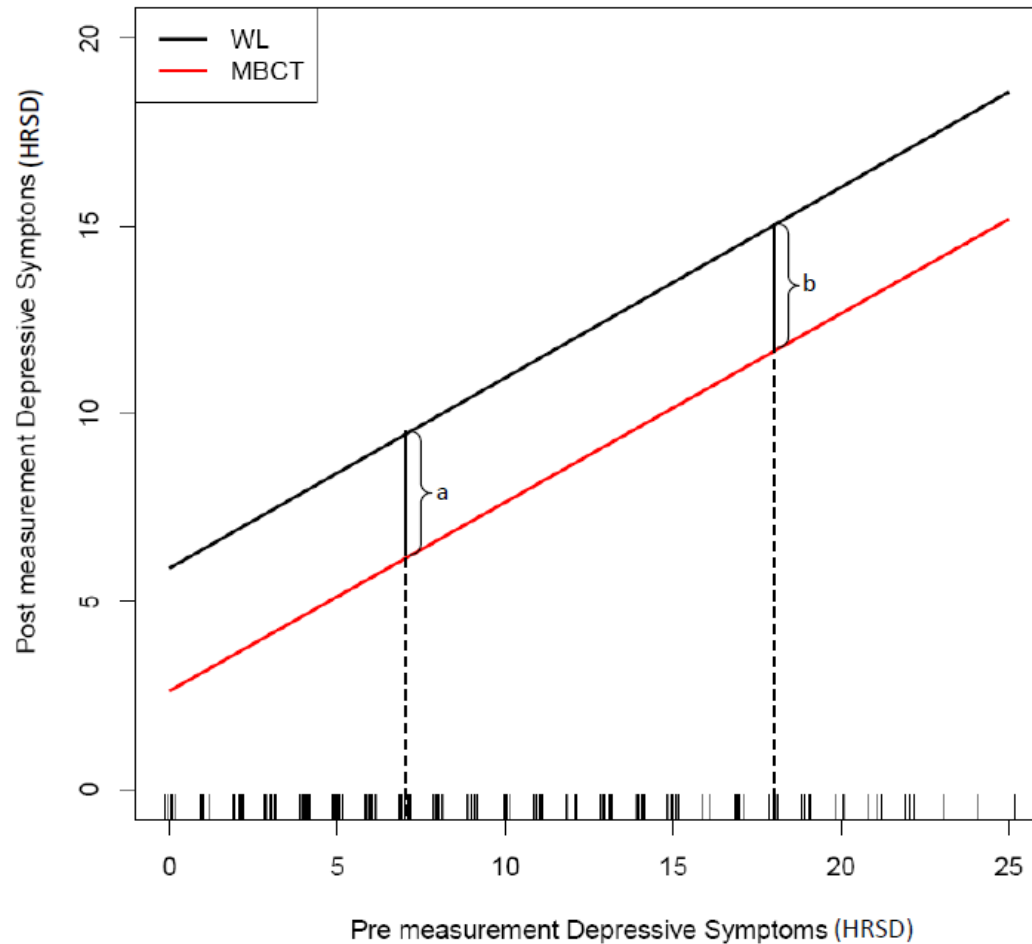
# Reduction of relapse rate in depression

a.



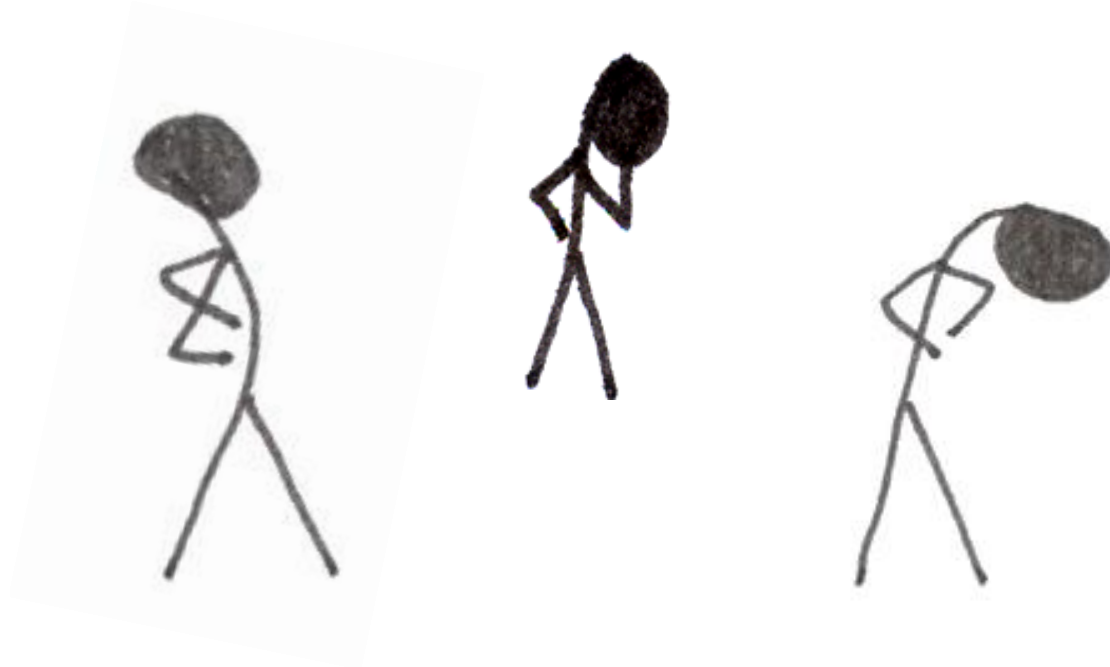
# MBCT bij depressieve klachten

Interaction Plot for Depressive Symptoms



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# Mindfulness for patients with medically unexplained symptoms

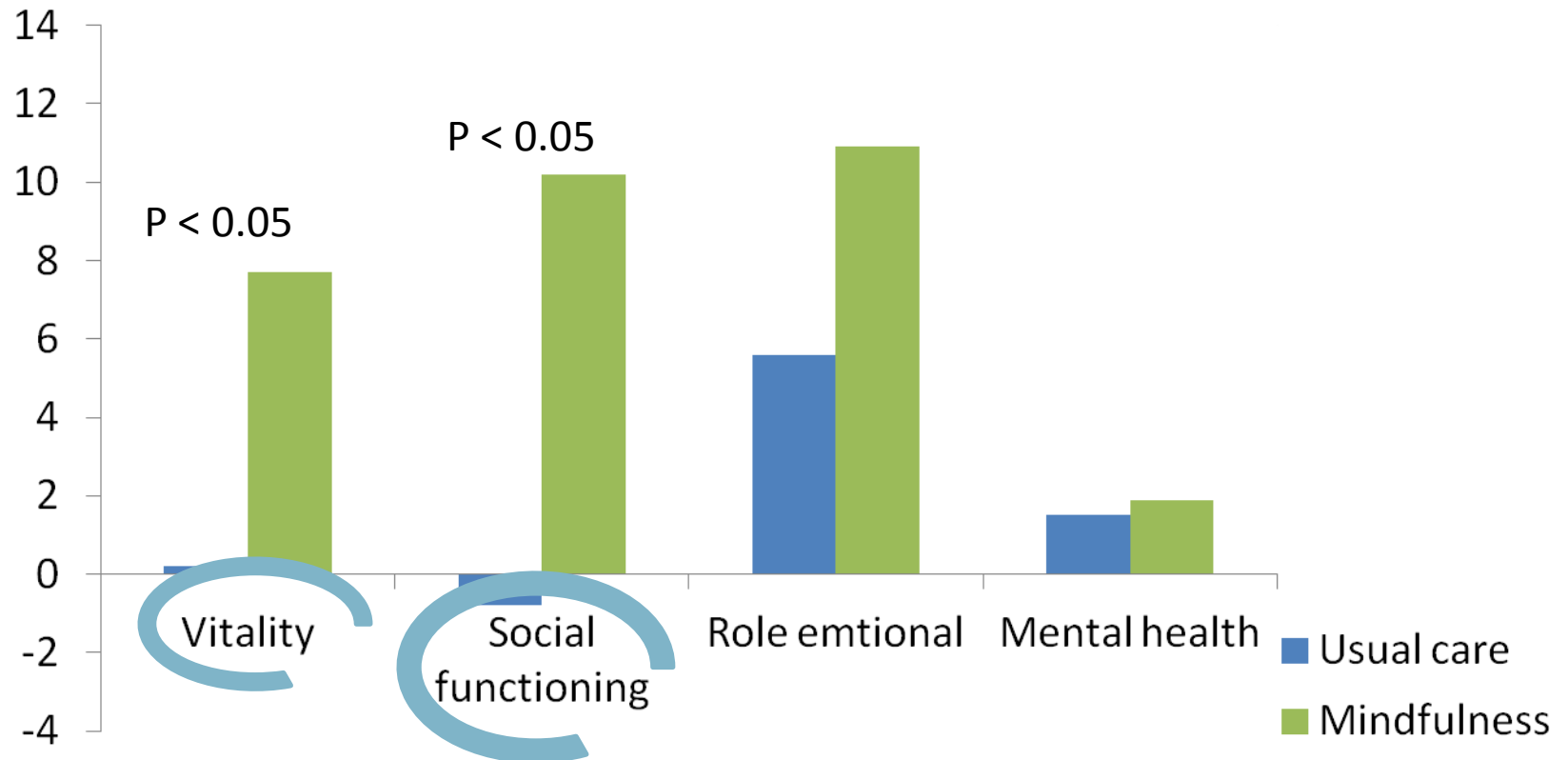


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# Mindfulness training



# Mental functioning



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How does it work?

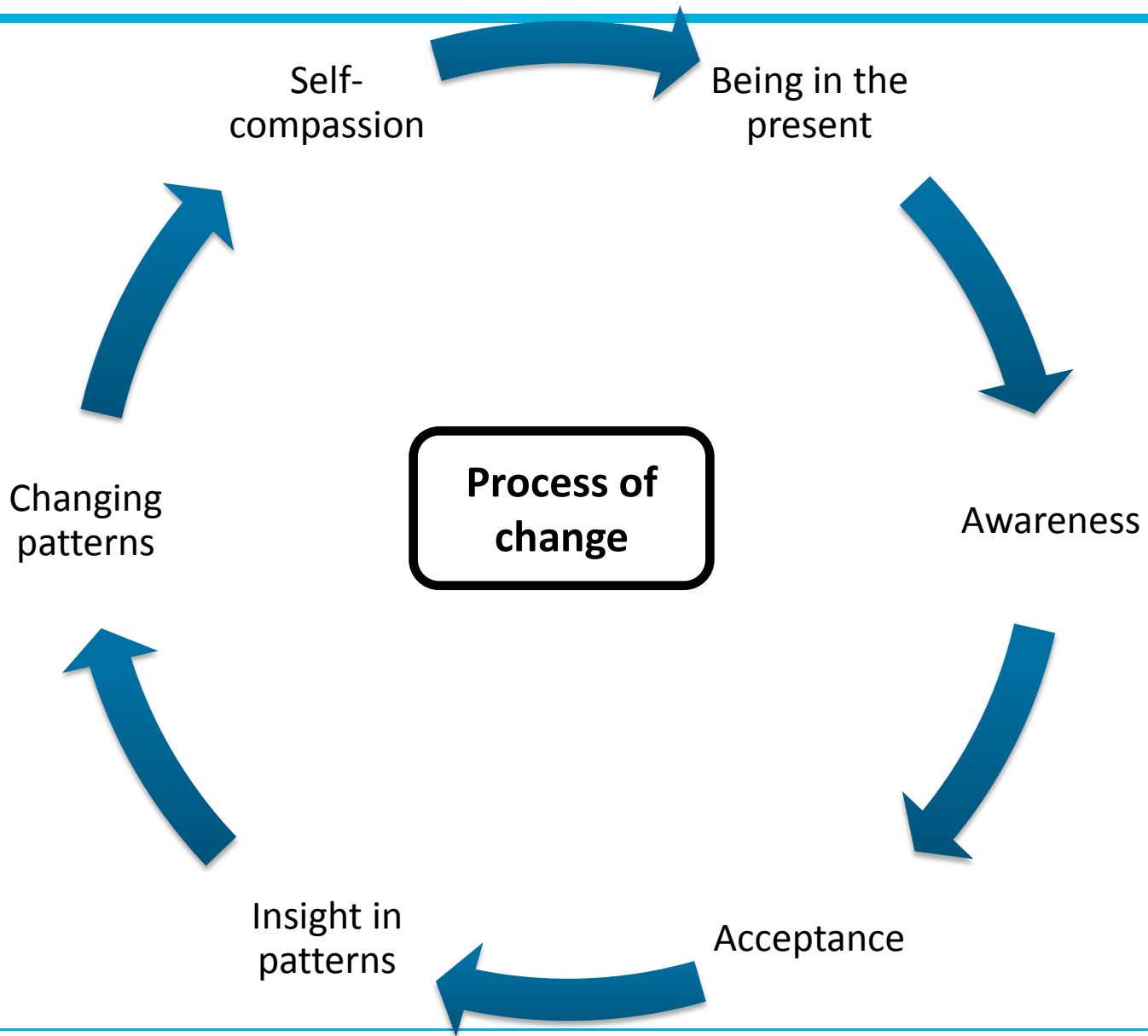
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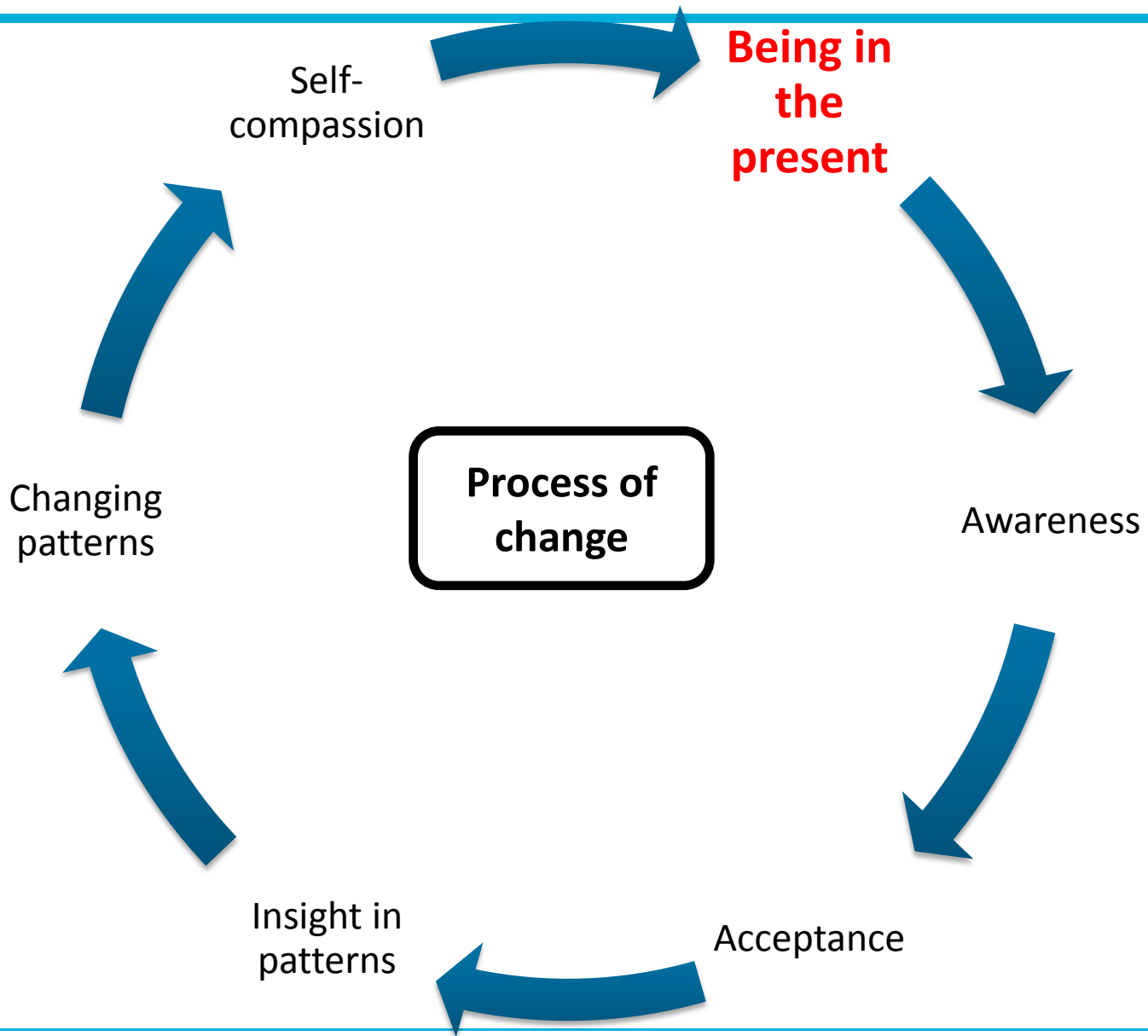
Participant  
observation reports

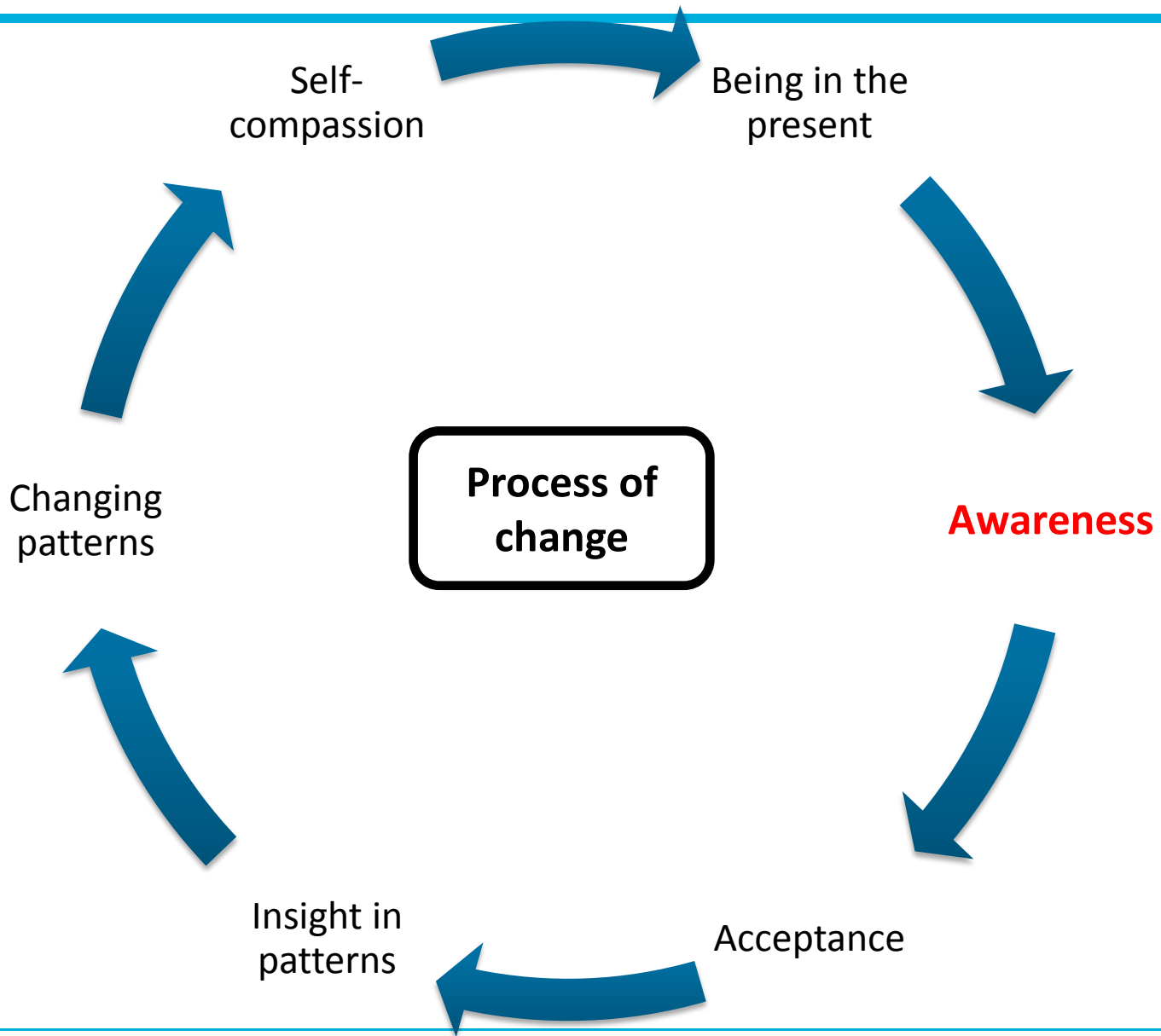
Interviews with  
patients

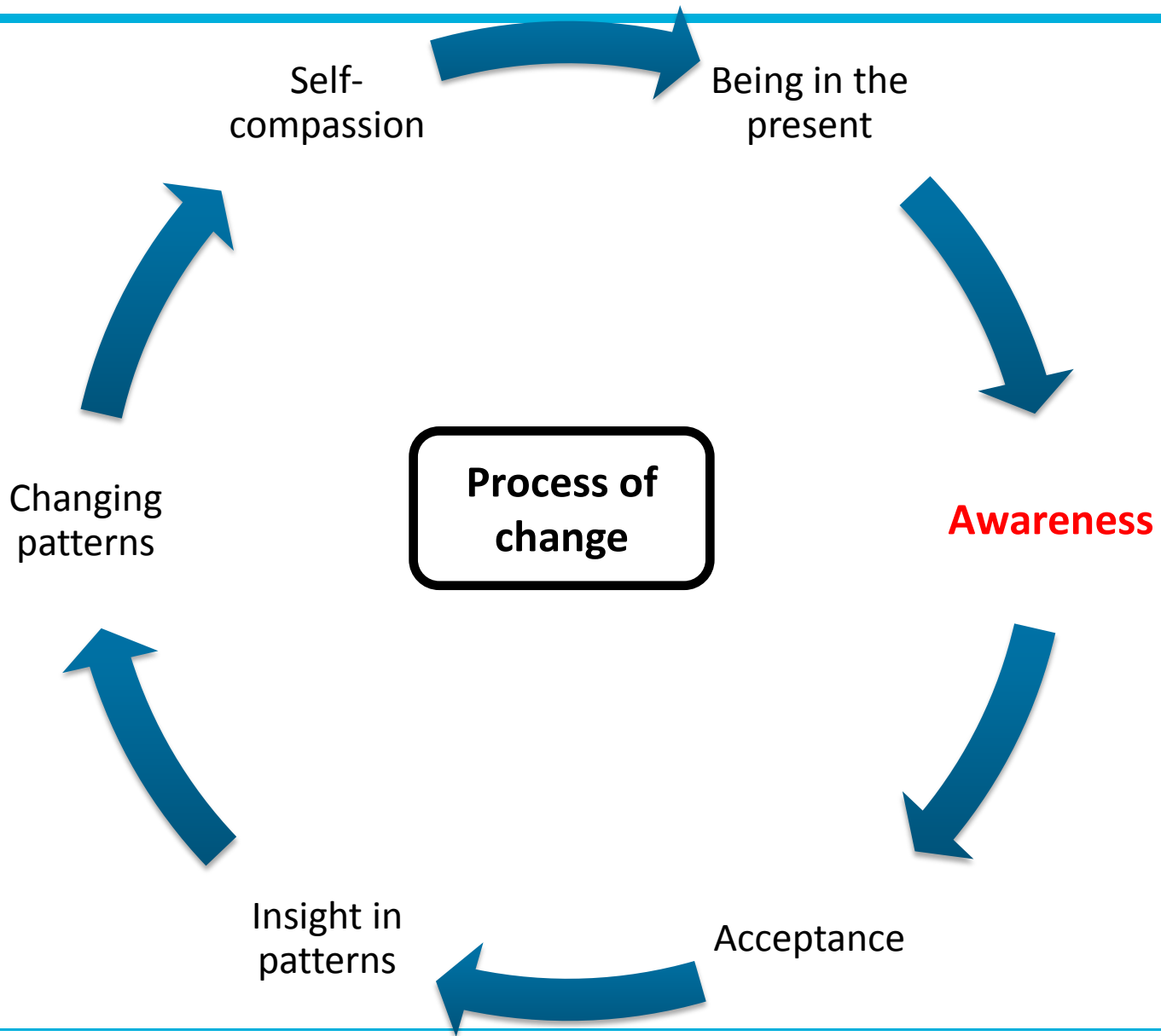
Written patient  
notes

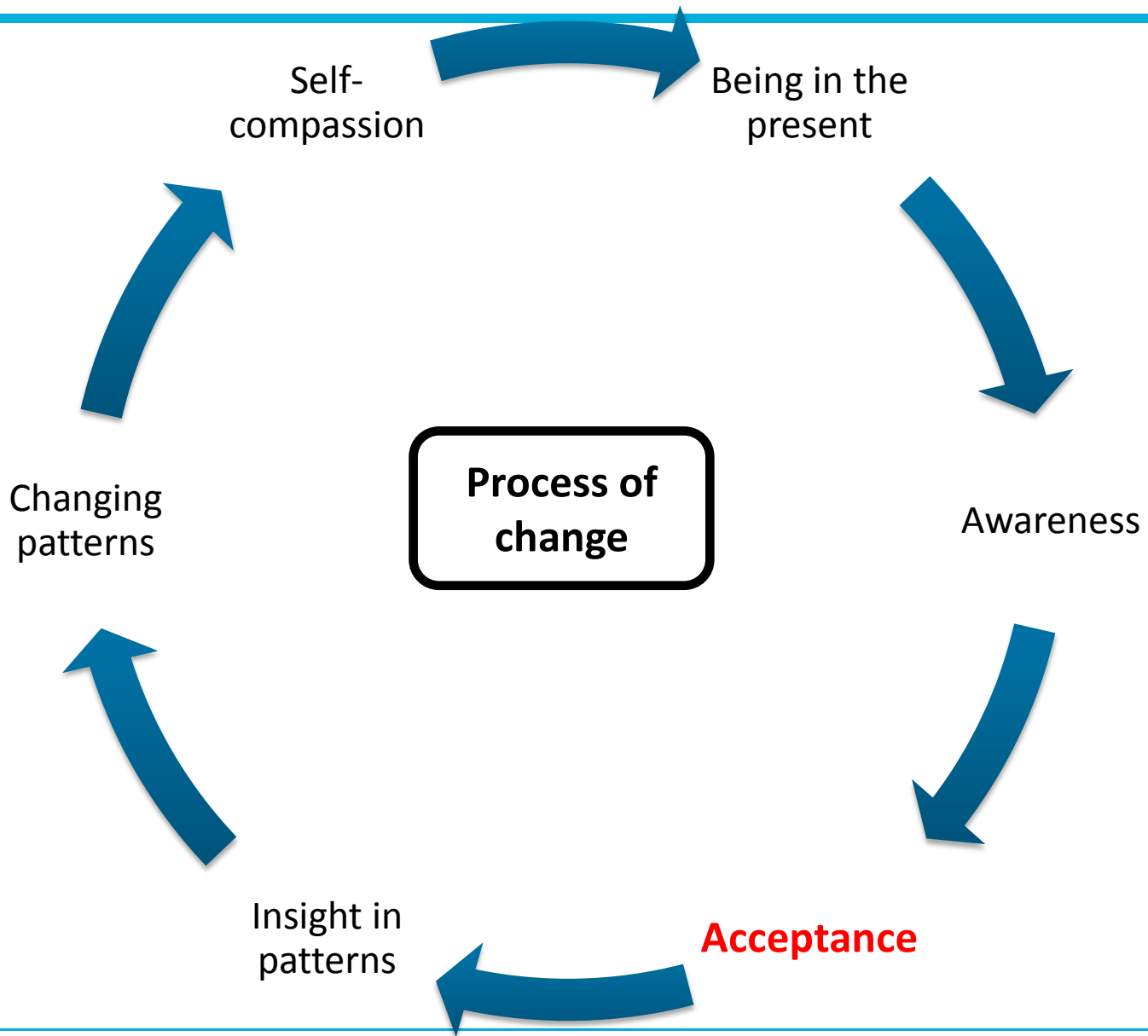
Data resources

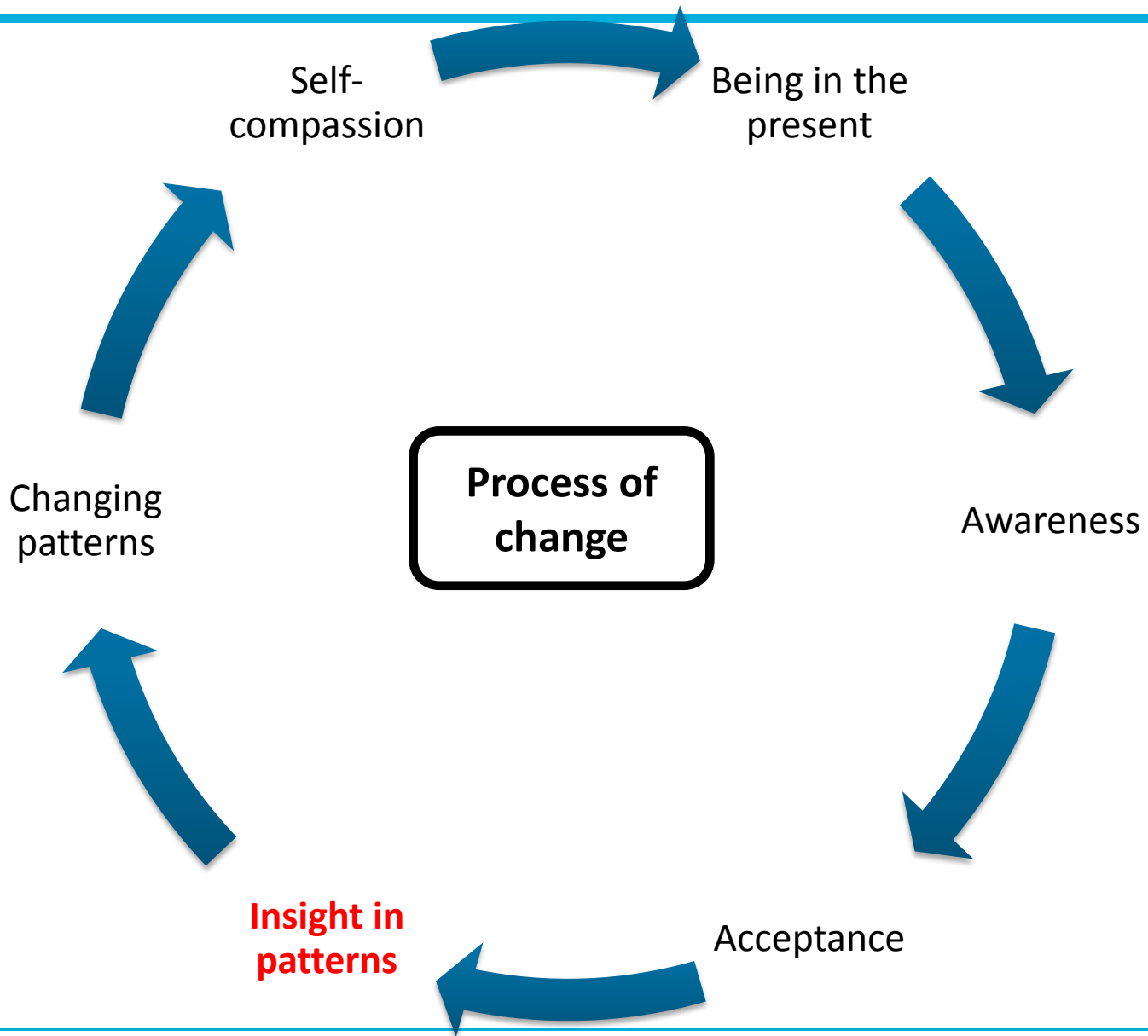


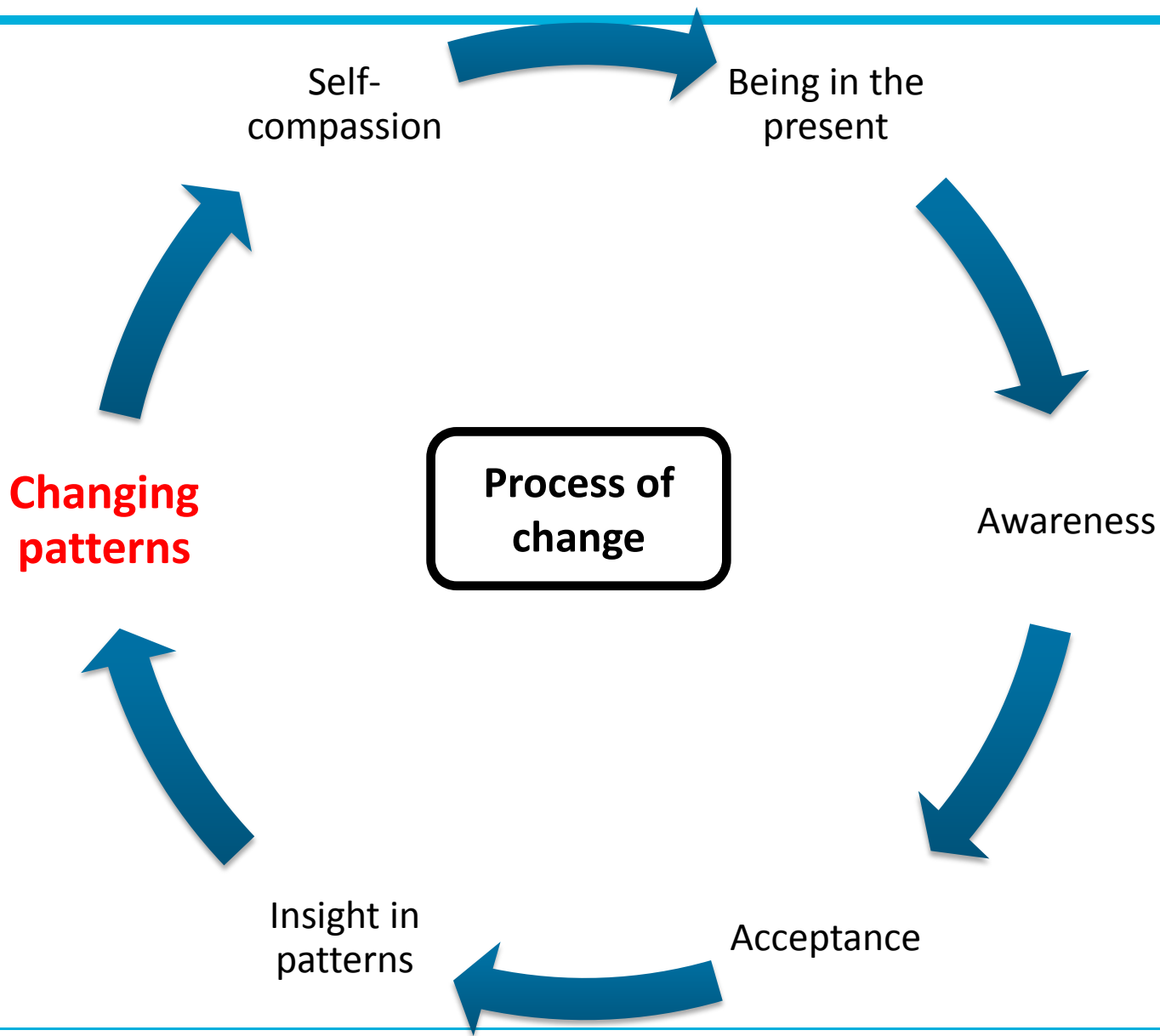


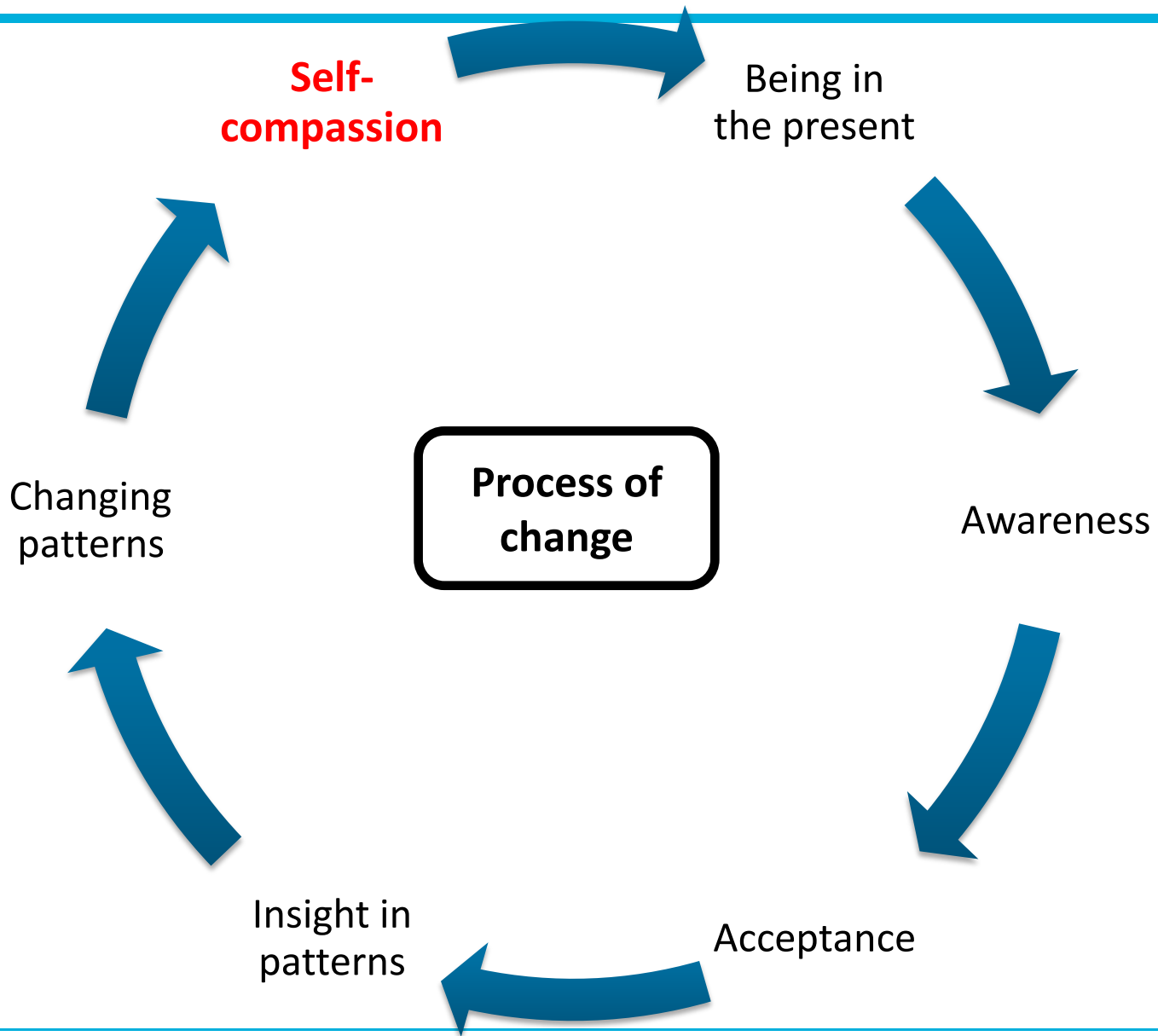








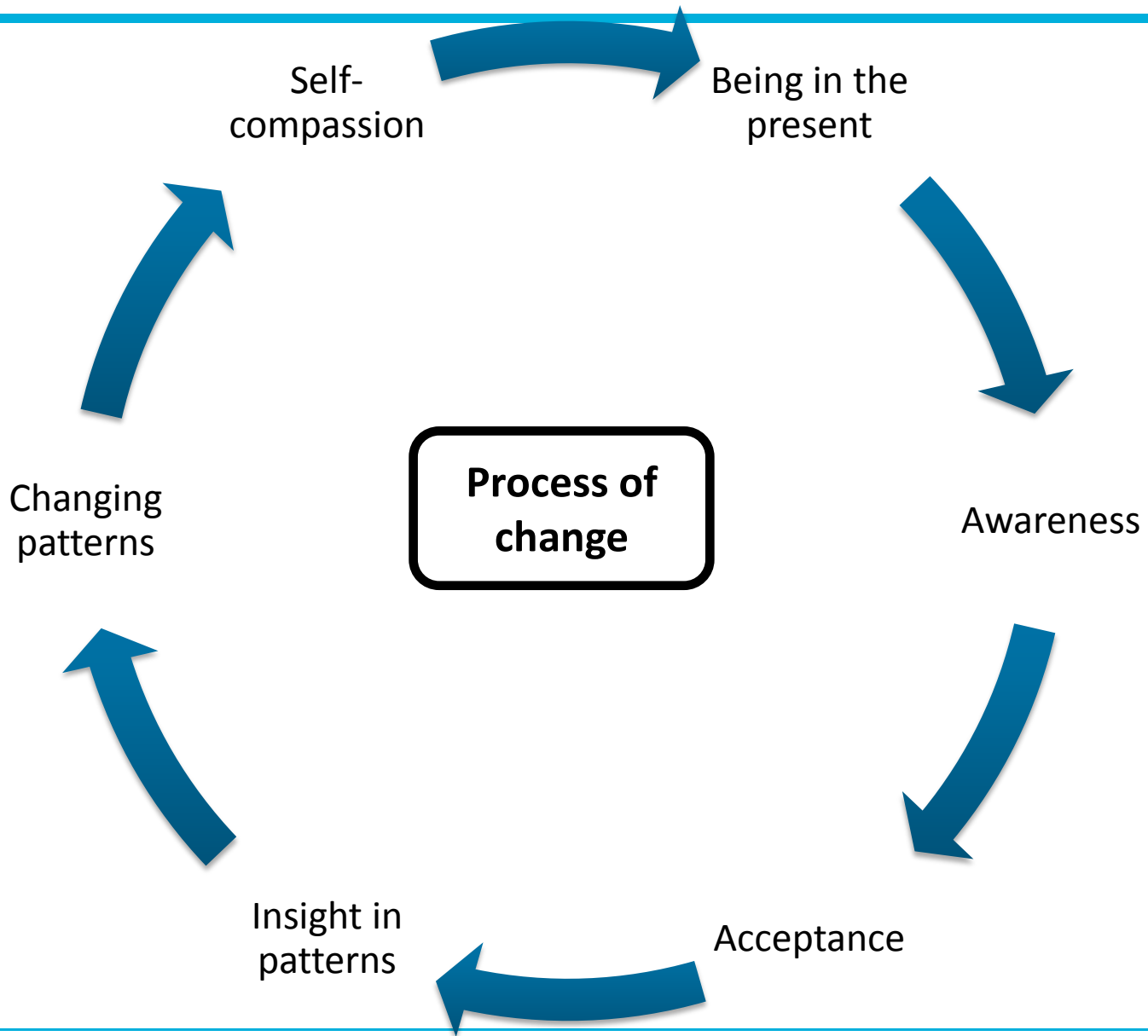


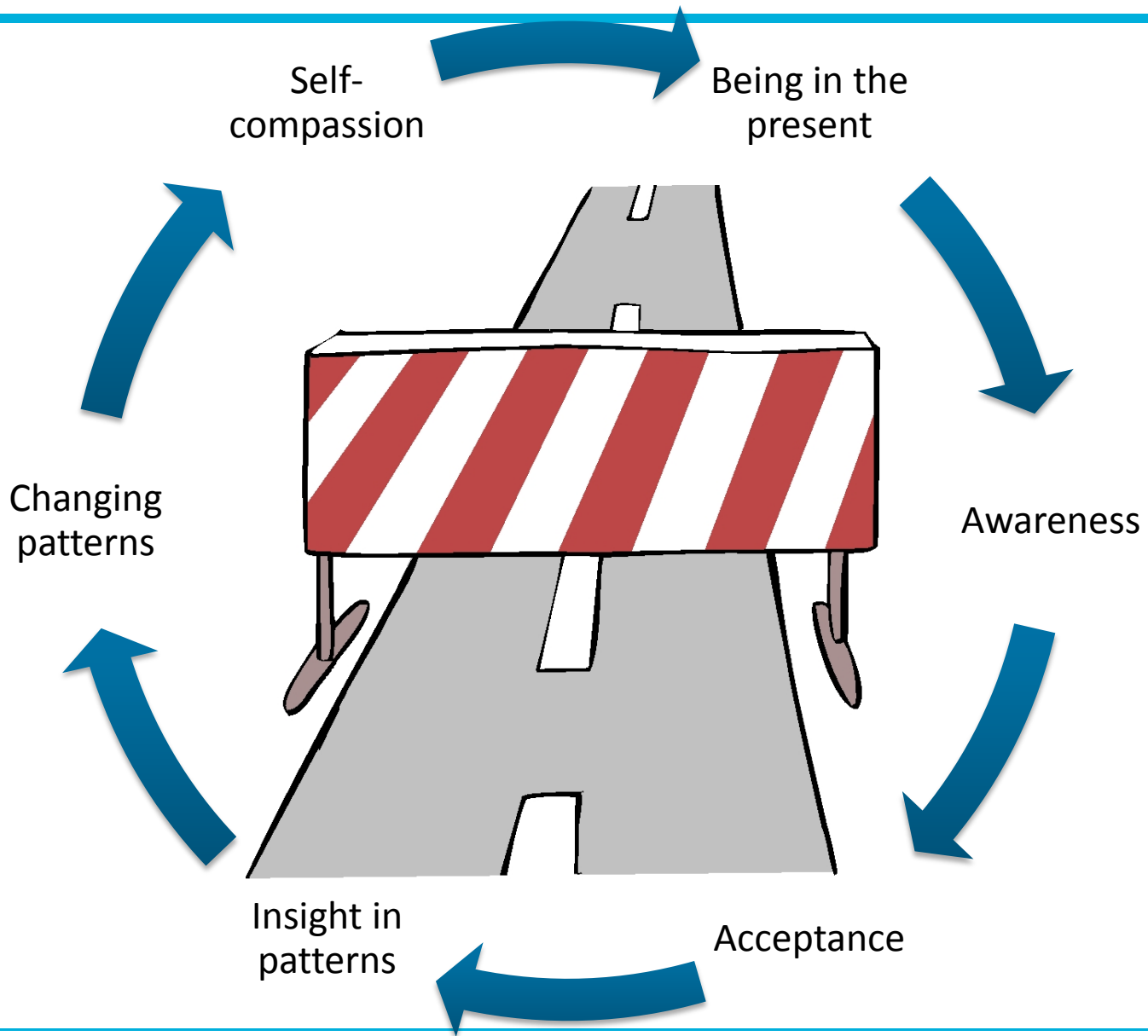


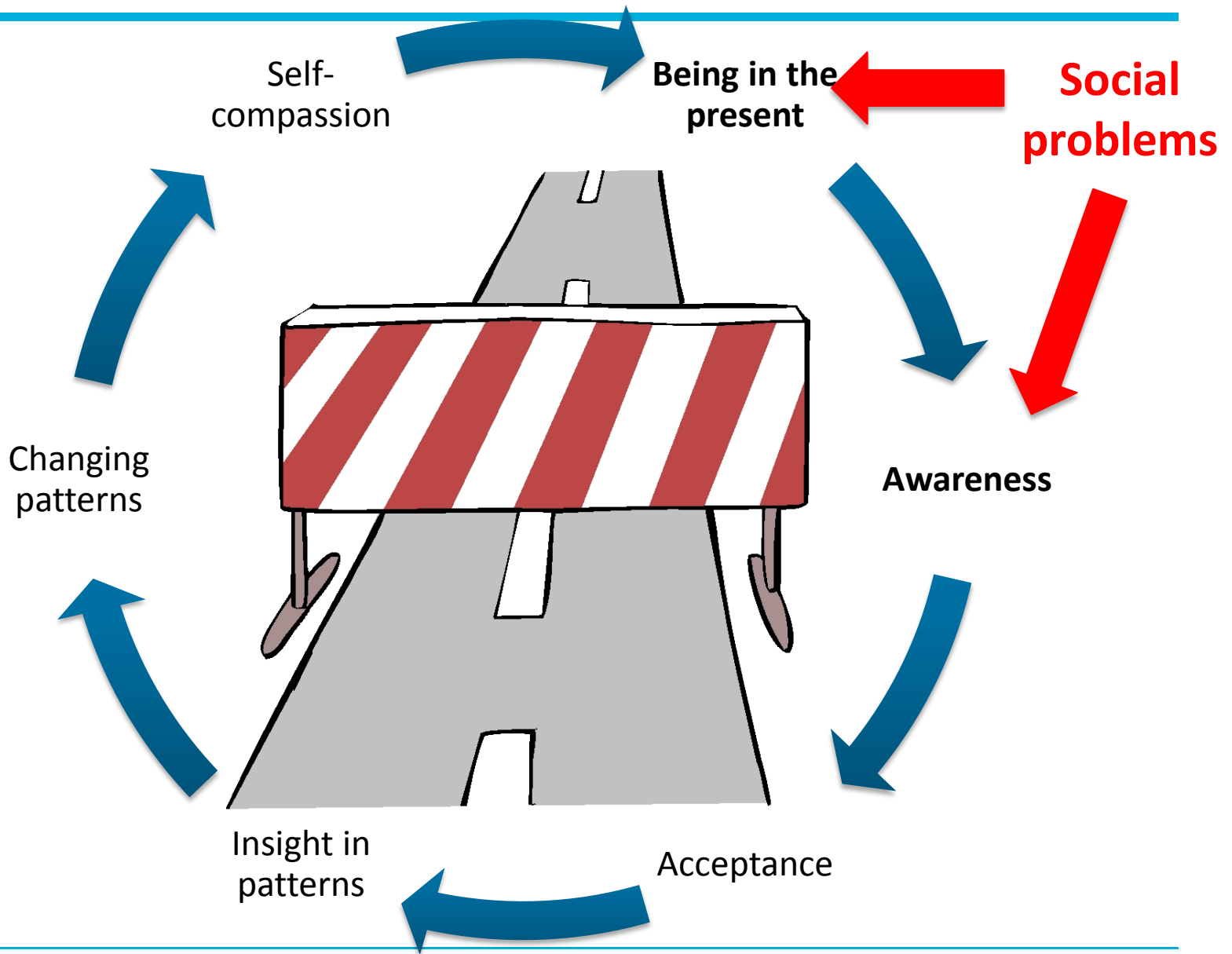
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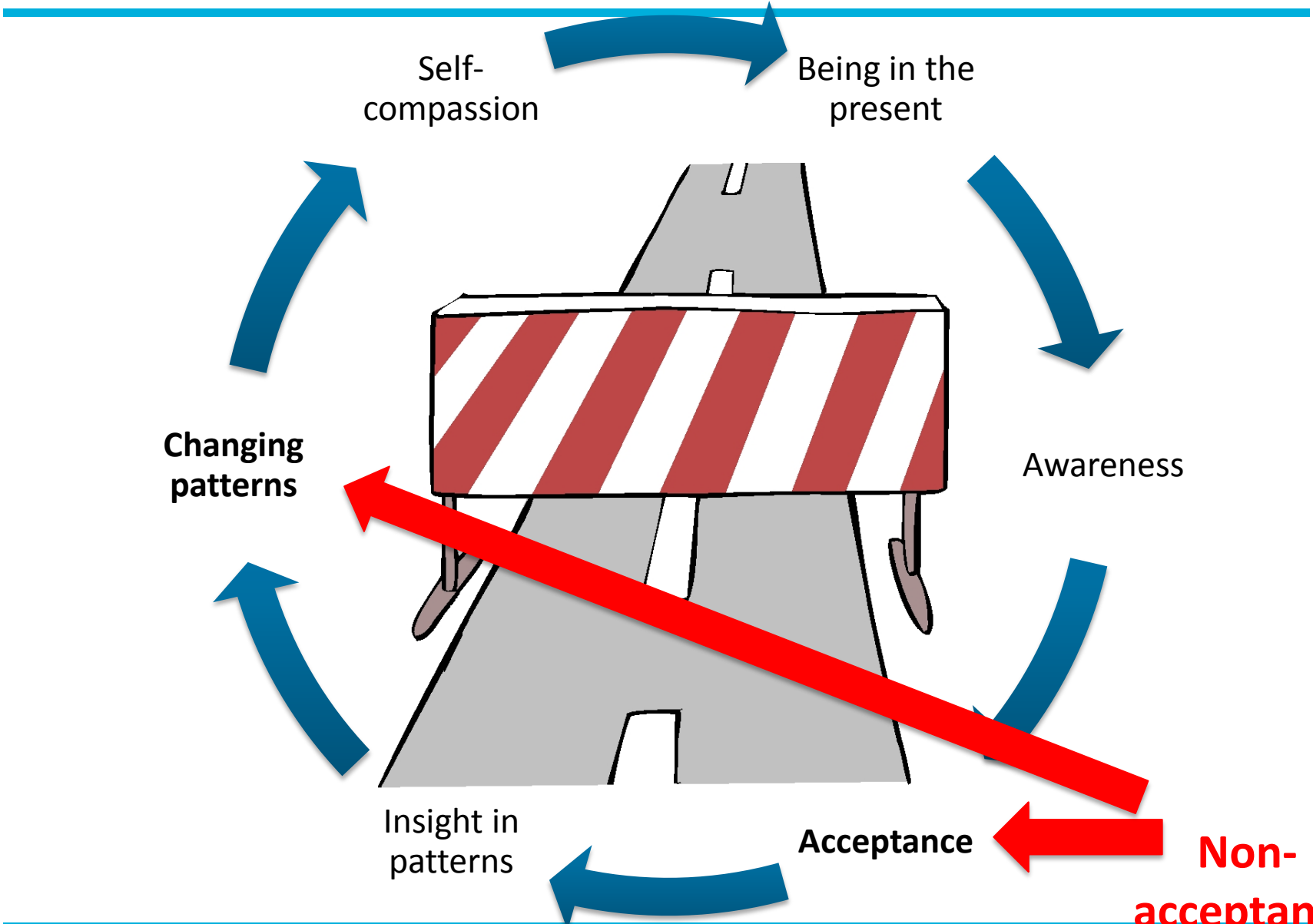
*I really felt that I am allowed to be there:  
everything is okay, whatever I feel.*

*- Andrea, 50 y -*









Self-compassion

Being in the present

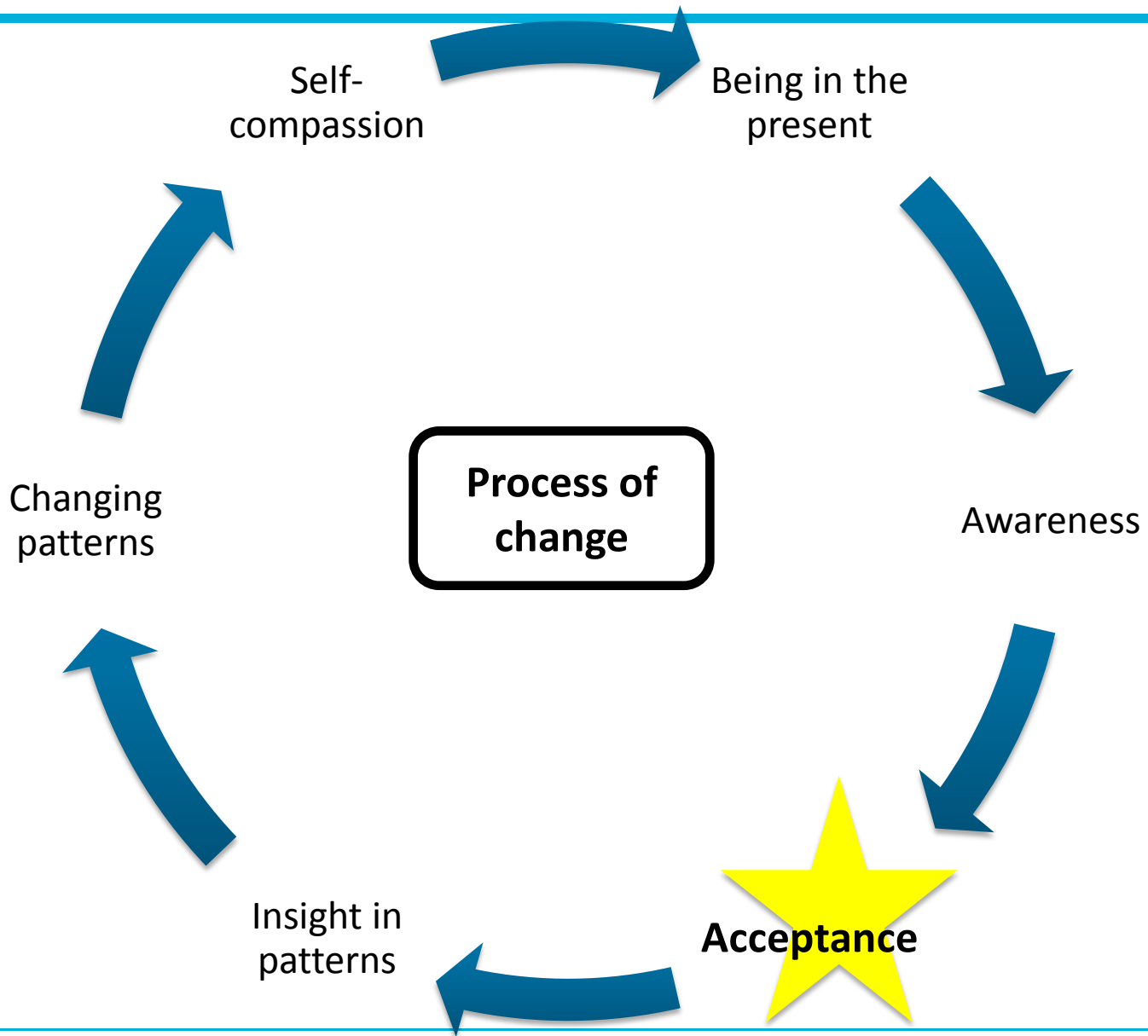
Awareness

Acceptance

Insight in patterns

Changing patterns

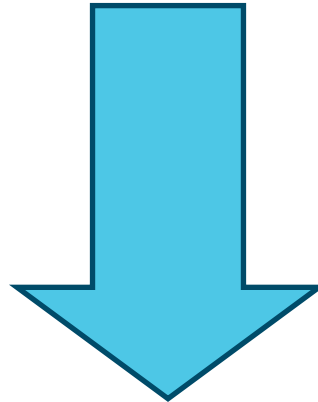
**Non-acceptance**



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# Mindfulness training

Focus on short term relief



Acceptance of discomfort as a part of life  
Focus on self care

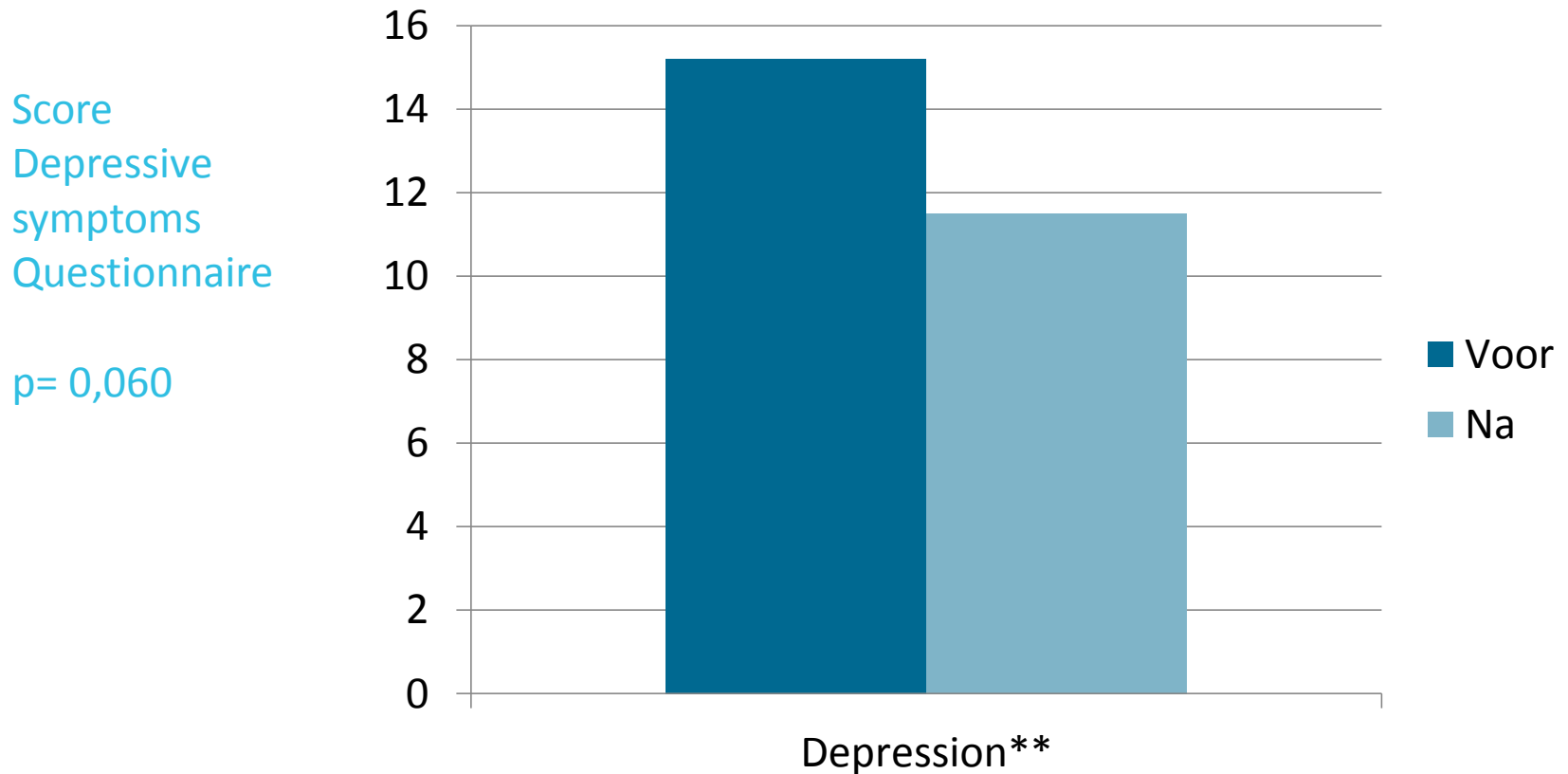
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# Compassion Research



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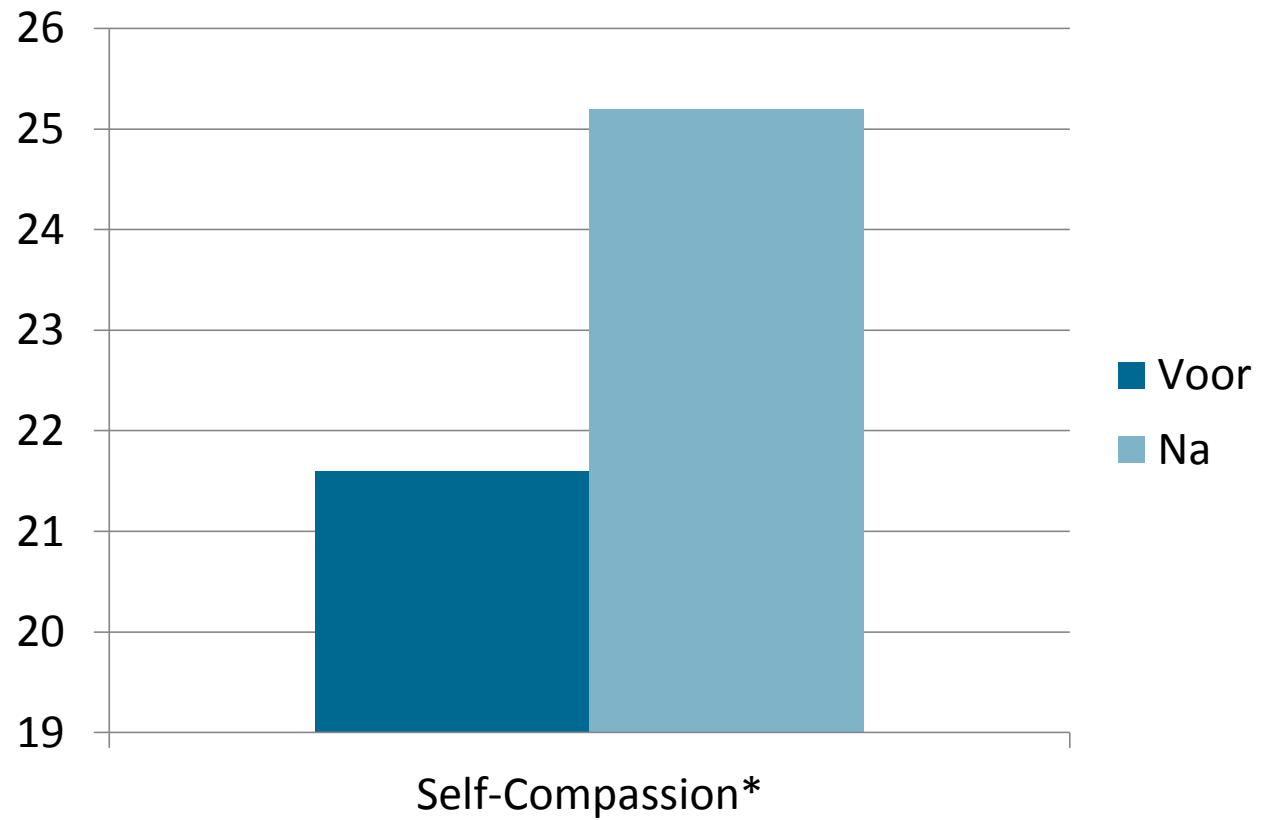
## Quantitative data Pilot Study Compassion



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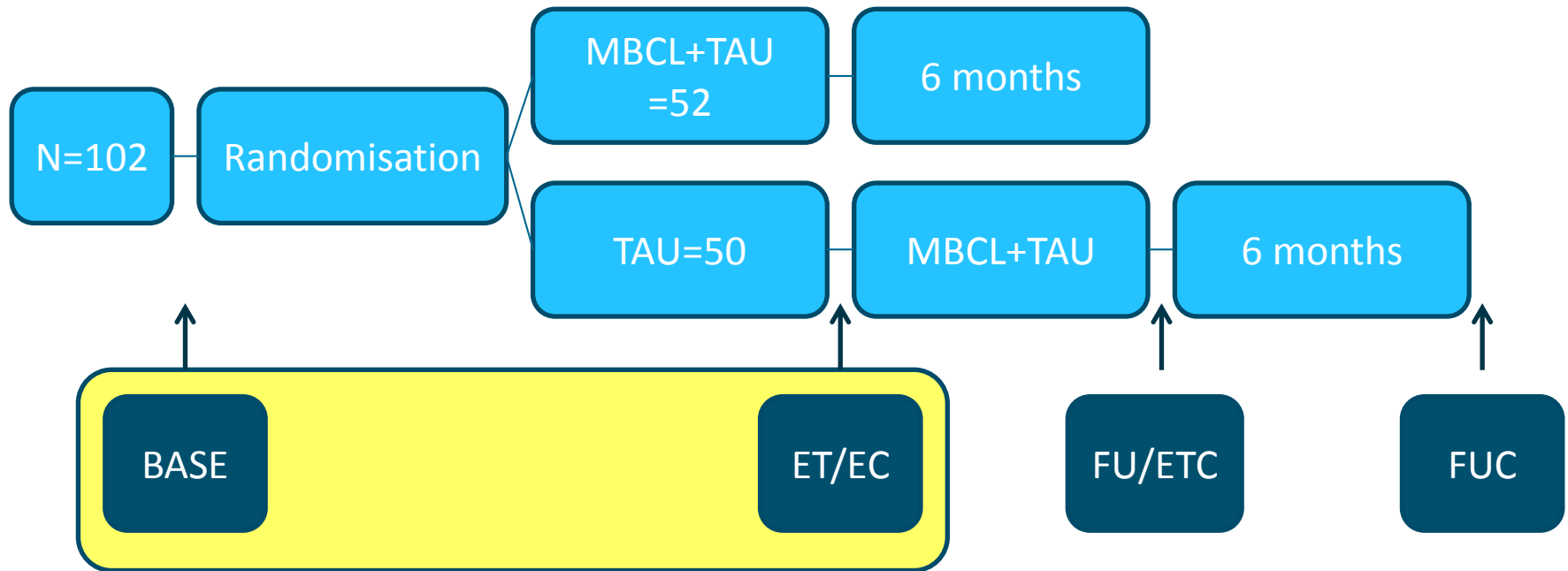
Score Self-Compassion Questionnaire

$p = 0,015$



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## Randomised, controlled trial



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You won't know about compassion by only listening  
to someone talk about it...

Let's practice!



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**Radboudumc**

# Questions, comments...?

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