Beyond Mindfulness
How the Values of Buddhist Philosophy Can Enhance the Cognitive Behavioral Treatment of Anxiety and Depression

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Disclosure

The speaker is a staff member of the Behavioral Therapy Center of Greater Washington. She is the author of the book *The Guide to Compassionate Assertiveness: How to Express Your Needs and Deal With Conflict While Keeping a Kind Heart*, published by New Harbinger Publishers. Many of the concepts she is presenting today are from her book. She does benefit financially from royalty payments from the sale of that product. She has no relevant nonfinancial relationships to disclose.
<table>
<thead>
<tr>
<th>Decrease</th>
<th>Stress</th>
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<tbody>
<tr>
<td>Emotional Pain</td>
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<tr>
<td>Mental Suffering</td>
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<tr>
<th>Increase</th>
<th>Happiness</th>
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<td>Well-Being</td>
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What Causes Suffering?

Everyone at times has thoughts or emotions that are unwanted that we wish would go away.
What Causes Suffering?

For people with depression or anxiety

Withdrawal
Shutting Down
Avoidance
Suppression
Escape

Are behaviors that “backfire”
Case Example
Joanna: Anxiety

40 year old woman
Married
Researcher for a biotech company
Social Anxiety
Social Scrupulosity
Case Example
Bill: Depression

55 year old divorced lawyer
Dissatisfaction with his personal and professional life
Health problems and concerns about aging
Blocks out depression by zoning out in front of TV instead of engaging
Psychoanalytic Approach

Early 1900’s - Sigmund Freud - pioneer
Clinician - medical/developmental model
Studies the complexity of the mind
Emphasis on therapeutic relationship
Goal to achieve ability to manage “common unhappiness”
First Wave of CBT: Behavioral Psychology

Pavlov, Skinner, Watkins, Wolpe

Scientific tradition - observation, data
Experimental research
Learning
(association, rewards, punishments, desensitization)
Changing behavior can change emotions and thoughts (e.g., exposure/response prevention for anxiety; behavioral activation for depression).

Ability to “retrain” your brain gives hope to people.
Behavior Therapy

Work with Autonomic Nervous System to decrease anxiety, increase confidence

Exercises: Deep Breathing
Relaxation
Visualization
Convert rehearsal
Biofeedback
Habituation
Desensitization
2nd Wave of CBT: Cognitive Therapy

Aaron Beck

Dispute cognitive distortions

Mind Reading
Fortune Telling
Catastrophizing
Faulty Reasoning
Black and White Thinking
Integration: CBT

Cognitive Behavioral Therapy (CBT)
Albert Ellis

CBT Integrates Work with:
Thoughts
Behavior
Emotions
Physiology
**Limitations of Classic CBT**

Focuses on reducing problematic thoughts, emotions, and behaviors

Doesn’t really focus on positives qualities, e.g., joy, happiness, values, and peace

Emphasis on techniques more than therapeutic relationship
3rd Wave of CBT: Inclusion of Mindfulness

1st CBT Wave: Behaviorism
2nd CBT Wave: Cognitive Therapy
+ 3rd CBT Wave Includes Mindfulness
Major 3rd Wave Models: ACT

Acceptance and Commitment Therapy
Steven Hayes

Tolerance of Aversive “Private” Experiences
Actions Congruent with Values
Therapist’s use of Deliteralization
Therapeutic Relationship
Major 3rd Wave Models: DBT

Dialectical Behavior Therapy
Marsha Linehan, PhD

Skill-Based
1) Mindful Awareness
2) Distress Tolerance
3) Interpersonal Effectiveness
4) Emotional Regulation

Therapeutic Safety Net:
Relationship with Therapist, Group
Contributions of 3rd Wave

Humanizes the Process
Inclusion of Mindfulness
Emphasis on Values
(Act and DBT-Individual’s)
Can We Do Better?

Classic CBT
+
Third Wave CBT
+
Include Universal Values?
Positive Psychology: 3\textsuperscript{rd} Wave +

Martin Seligman-Next Step

Mindful awareness of positives, strengths

What do we mean by “Happiness”?  
Flourish: PERMA  
P=pleasure, joy; E=engagement, focus; “RMA”=relationships, meaning, accomplishment (includes virtues)
Including Values

Other Traditions

Humanistic psychology, philosophy
Evolutionary psychology
Neuropsychology
Most world religions
Buddhist psychology/philosophy
Buddhist Psychology

Consistent with neuroscience and evolutionary psychology findings

Universal values—found in most religions

Can be separated from Buddhist religion

Has influenced the 3rd Wave Therapies
Buddhism: Back Story

Siddhartha Gautama - 2500 yrs. ago
Prince-sheltered and pampered life
30’s-saw suffering - sought spiritual path.
Early form of Hinduism—gods, Karma, reincarnation, caste system; monks
Developed system to help people find freedom from suffering
Basic Message

We are prone to act or think in ways that we think will benefit us or keep us safe. But these are false refuges—can mislead us, tempt us, or cause us or others to suffer.

True peace and happiness: waking up to reality…
Sources of Suffering

Our false beliefs: We are “islands,” and our identity and experiences are solid and permanent

Consequences: anxiety, depression, self-loathing, aggression, avoidance, greed/selfishness, and other problematic behaviors
We are all interdependent, everything transforms over time, and there are causes, conditions, and consequences for what we do.
Clinical Applications (1)

Clinician’s Stance:
Warm, non-judgmental attitude
Curiosity and empathy
Fresh moment, “beginner’s mind”
Generosity of spirit—collaborative
Emphasize moderation
The Good News:
We all have the potential for
love
goodness
inner strength
peace
happiness
But to attain these we need to cultivate…
Path to Happiness

Non-Harm for all beings
Strong code of ethics
Ability to manage intense emotions (desire/greed, aversion/fear, hatred/hostility, ignorance/confusion)
Increase focus of mind—to clearly see inner and outer realities as they really are
Results: A More Fulfilling Life

Decrease…
  fear, worry, and anxiety
  anger, resentment, and judging
  depression, withdrawal

Increase ability to…
  feel lovable
  appreciate each day
  respond to problems effectively
  reach out to others in a caring way
## Clinical Application: 1

### The Four Perfect Virtues: Paths to Happiness

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<th>EQUANIMITY (present or past)</th>
<th>UNLIMITED JOY (present or past)</th>
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<td>Style of open and non-judgmental awareness of inner and outer life. Incorporates honesty, moderation, clarity, and peacefulness. (Cultivate to overcome prejudice, assumptions, confusion, intense emotions.)</td>
<td>Celebration and joyfulness for the talents, accomplishments, and good fortune of others and oneself. Incorporates gratitude and rejoicing. (Cultivate to overcome resentment, envy, and mean-spiritedness.)</td>
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Write an example of a situation where you cultivated equanimity:

Balanced, excessive, or misguided efforts towards equanimity can lead to avoidance, neglect, or indifference.

Write an example of a situation where you cultivated unlimited joy:

Beware of excessive/misguided efforts towards unlimited joy—can lead to irresponsibility, lack of concern for others, and narcissism.

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<th>COMPASSION (future)</th>
<th>LOVING-KINDNESS (future)</th>
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<td>Wish everyone (including you) can find freedom from pain and suffering. Incorporates empathy and the impulse to take action. (Use overcompensation, self-centeredness, arrogance, revenge, pride, also re. oneself: to counteract self-loathing, shame, and guilt)</td>
<td>The wish that everyone (including you) can attain happiness, peace, good health, good fortune, and long life. Incorporates forgiveness, good-heartedness, unselfishness, generosity. (Use it to counteract competitiveness, depression)</td>
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Write an example of a situation where you cultivated compassion:

Balanced, excessive, or misguided efforts towards compassion can lead to overwhelm, hatred, depression, pity, guilt, paralysis.

Write an example where you cultivated loving-kindness:

Imbalanced, excessive, or misguided efforts towards loving-kindness can lead to greed, judgmentalness, stubbornness, grasping, or controlling behavior.
Equanimity

Clear-eyed, non-judging awareness

Includes honesty, balance, and serenity

(An antidote to bias, intense emotions and opinions, ignorance, or confusion)

When out of balance: tuned-out, indifferent
Unlimited/Altruistic Joy

Rejoicing for the good fortune, accomplishments of others (and self)

Includes gratitude.

(An antidote to resentment, envy, and mean-spiritedness.)

When out of balance: overly optimistic, undisciplined
Compassion

The wish for all to be free from suffering
Includes empathy, and desire for action
(Antidote to arrogance, revenge, cruelty, pride, self-loathing, shame, and guilt)
When out of balance-overwhelm, hatred, depression, pity, guilt, paralysis
Loving-Kindness

The wish for all to attain happiness, peace, good health, good fortune, and long life.

Includes forgiveness, generosity, unconditional friendliness, unselfishness.

(Antidote to competitiveness, depression)

When out of balance: greed, grasping, judging, or controlling behavior
Clinical Application 2: Meditation

In-session or homework
Types (are often combined)
1) Concentration (Discipline)
1) Mindfulness of Body & Mind (awareness and compassion)
1) Contemplative: Cultivate Virtues
Meditation: Concentration

Training the Mind

Developing ability to concentrate and keep your focus on what you want to focus on. Patiently returning to “now.”

Usually the focus is on physical sensations: hearing, breath, walking.
Mindfulness: Be Here Now

Being Fully Present
Moment by Moment

Two wings: Awareness and Compassion

RAIN: Recognize that something is there
Accept its presence
Investigate
Non-identification
Contemplation

Cultivating Virtues and Values

Includes:

Gratitude,
Forgiveness
Loving-kindness/ Compassion
Brief Meditation Exercise (1)

Begin with Concentration/Focus

Close eyes if you wish, take a few deep slow breaths. Return to natural rhythm-notice. Each breath, like each moment, is unique. If distracted, note it, return to breath. May help to count or say “in….out” Breath an anchor-can access anytime.
Mindfulness
Notice thoughts, sensations, emotions. Try to stay with direct experience of the moment rather than content. Can you be curious? Non-judging? If being self-critical try to focus on the judging, not the content.
Brief Meditation Exercise (3)

Contemplation: Loving-Kindness

“May your life be filled with loving-kindness
May you be well in body and in mind
May...safe from inner and outer danger
May...happy, truly happy, and free”

First, one you cherish
Then yourself
Then for all beings


http://isites.harvard.edu/fs/docs/icb.topic893616.files/Neuroscience_Meditation.pdf

http://www.mindful.org/the-science/neuroscience/your-brain-on-meditation