

# **A mindfulness group intervention for patients with severe symptoms of psychosis**



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\*Who we are

\*Consent for the experiential exercises

\*Mindfulness Theory and Literature Review

\*Our Mindfulness Group: Characteristics and Adaptations

\*Experiential Exercise and Inquiry

\*Summary

\*Q&A



# Mindfulness

# Mindfulness for Psychosis

**Benefits**

**Trains awareness of entanglement with voices and thoughts**

**Empowers clients to live better with symptoms**

**Shared experience seems to be helpful**

**Fears**

**Meditation triggers psychotic symptoms**

**Presentation too diverse for groups**

**Groups foster paranoid symptoms**



## Google Search

- Keywords: mindfulness, groups, psychosis.
- Results: 26 papers total.

## Included

- 13 papers excluded as they were not mindfulness based groups.
- 13 papers were included.

## Patient Groups

- 11 outpatients, 2 inpatients before discharge.

## Diagnosis & Symptoms

- Schizophrenia, Delusional disorder, Psychotic depression, Schizophreniform disorder, Schizoaffective disorder, Paranoid beliefs, Voices, Hallucinations, Anxiety, Depression, psychosis, Non-specified personality disorder, Undifferentiated schizophrenia, Delusional disorder, Psychosis NOS, PTSD, Bipolar

## Group Size & Gender

- Up to 13 participants.
- Mixed or same gender groups.

## Session length

- 45 minutes to 2.5 hours.

## Group Structure

- Closed group structures were commonly used.

# Our learning points

- \* What we learned was how to create a framework that safeguards people with psychosis.
- \* Concepts and strategies need to be repeated, understanding frequently checked, fears and possible barriers frequently addressed (Wright et al., 2014).
- \* Consistent guidance during meditative exercises (López - Navarro et al., 2015).
- \* A predictable session structure (Yalom, 1995), which is introduced in the first session and adhered to in all following.
- \* Shorter duration.



# Inclusion Criteria

- \*Diagnosis of psychosis
- \*Physically able to attend the group
- \*Basic understanding of the English language
- \*Same gender

# Group Size

- \* Max six participants.
- \* This constitutes group sizes and forms our service offers at present to its patients.
- \* Using the same size transfers safe-space qualities, which are already in place, to the mindfulness group.

# Group Structure

- \* Closed group on repeat.
- \* Duration: 20 to 45 minutes.
- \* Outcome measures.
- \* Combined experiential learning and traditional learning.
- \* Poems and quotes-their role in the group process.
- \* Use of bell.
- \* Handouts.
- \* Feedback.

# Mindfulness Exercises

Two mindfulness based exercises

Starting with 3 minutes-gradual increase to 10 minutes  
until session 20

Consistent instructions across sessions

Use of appropriate language

# Poetry and Teaching

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Automatic Pilot  
 "we are not in the body"  
 "we do things without noticing"  
 "we do not think about it"  
 "it can be helpful / unhelpful" → can lead to

**NO CONTROL**

can lead to: **fear, stress, anger**

Present in the here and now

**agony, pain, nightmare, crash, horrible**

The sky

"The sky is clear and unaffected  
 By what is happening.  
 The clouds come and go.  
 The winds come and go.  
 So does the rain and the sunlight.  
 But the sky remains clear.  
 Imagine your mind like a big clear sky,  
 And let everything arise and vanish on its own."

Adapted from Joseph Goldstein

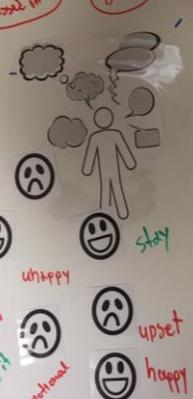


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different colours: **hand = numb, horrible, green, nice, Christmas cake, Sweet, gentle, spicy, red, black, soft, sticky, chocolate, winks, dark brown, old, savitri**

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talk it out, let her go her own way, not sad anymore, **break the ice**, "I want to walk away", **please it, better**, "I have offended my friend", **happier**, "My mom passed away", "My mom going away", **more better, blind**, **happy, sad, upset, happy**, **shouting, wailing, trying to bond, talking**, **give the friend a taste of his own, take about it, emotional, unhappy, stay**

**The greatest gift we can give others is the gift of our own presence.**

**When we listen mindfully, without judgement, we gift our listeners with trust and openness.**

**And we support them so they can express themselves mindfully.**

**Linda Lehrhaupt**

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take a deep breath, **unsubstantiated, raising thoughts, relax your body, all over the place, change perception, shines, stop shaking, moves fast**, **separation, cloudy, stills, sparkles, circulates, all over the place, velocity, glistens, dull, unhappy, hold it gently**, **Sometimes calm, always up, daisy mixture**

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take a deep breath

uncontrollable

raising thoughts

relax + go

all over the place  
change perceptions

cloudy

shines

separation

stop shaking

sparkles

moves

fast

settles

circulates

all over the place

sometimes calm

blows up

vehemity

dirty

glistens

mixture

dull

hold it gently

uneasiness



## Session Overview

- Overview of today's session
- Mood pictures
- Mindful exercise: Head Scan
- Teaching: Automatic behaviour
- Abdominal breathing exercise
- Poetry
- Mood pictures
- Handout
- Feedback

### Note:

Ask clients who wants to use the bell & read the poem.

## Mood Pictures





# Summary and Q&A

- \* Our reflections

- \* Difficulties

- \* Your questions



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