

A mindfulness group intervention for patients with severe symptoms of psychosis



Dr Maria Antypa
Ute Liersch



*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





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

3



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

Present in the here and now

agony, pain, nightmare, crash, horrible, fear, stress, anger


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

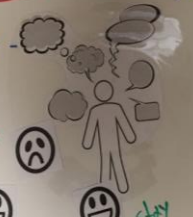


4



different colours, sweet, gentle, spicy, red, fresh, nice, hand = numb, christmas cake, nice, green, horrible, squishy, old, dark brown, wrinkles, soft, sticky, chocolate, black

5



talk it out, let her go her own way, not sad anymore, please it, better, "I have offended my friend", happier, "I want to walk away", "My mom passed away", "My mom going away", more better, (blank), happy, sad, unhappy, upset, happy, trying to bond, talking, give the friend a taste of his own, take about it, emotional, shaking, winking away, trying to bond, talking

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

6



take a deep breath, unworldly, raising thoughts, relax your body, all over the place, change perception, shines, stop shaking, moves fast, all over the place, vibrancy, glistens, hold it gently, dull, unhappy, mixture, daisy, sometimes calm, stiles, bubbles, cloudy, separation, sparkling

6

take a deep breath

uncontrollable

raising thoughts

relax + go

all over the place
change perceptions

cloudy

shines

stop shaking

separation

moves

fast

sparkles

settles

circulates

sometimes calm

blows up

all over the place

vehemity

glistens

dirty

mixture

dull

unevenness

hold it gently



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



Bibliography

British Psychological Society. (2014). Understanding psychosis and schizophrenia. Retrieved from Leicester.

Chadwick, P., Taylor, K., & Abba, N. (2005). Mindfulness groups for people with psychosis. *Behavioural and Cognitive Psychotherapy*, 33, 351-359.

Cowen, P., Harrison, P., & Burns, T. (2012). *Shorter Oxford textbook of psychiatry* (6th ed.).

Dannahy, L., Hayward, M., Strauss, C., Turton, W., Harding, E., & Chadwick, P. (2011). Group person-based cognitive therapy for distressing voices: Pilot data from nine groups *Behav. Ther. & Exp. Psychiat.*, 42, 111-116.

Hanh, T. N. (1998). *The heart of the Buddha's teaching*. United States: Harmony Books.

Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delacorte Press.

Kabat-Zinn, J. (2005). *Coming to our senses*. London: Piatkus.

Shulman, L. (1999). *The skills of helping individuals, families, groups and communities* (4th ed.). Itasca, Ill.: F.E. Peacock.

Strauss, C., & Hayward, M. (2013). Group person-based cognitive therapy for distressing psychosis. In E. M. J. Morris, L. C. Johns, & J. E. Oliver (Eds.), *Acceptance and commitment therapy and mindfulness for psychosis*: Wiley-Blackwell.

Wright, N. P., Turkington, D., Kelly, O. P., David, D., Jacobs, A. M., & KHopton, J. (2014). *Treating Psychosis*. Oakland: Raincoast Books.

Yalom, I. D. (1995). *The theory and practice of group psychotherapy* (4th ed.). NY: Basic Books.