

Mindfulness

Mindful medical practice

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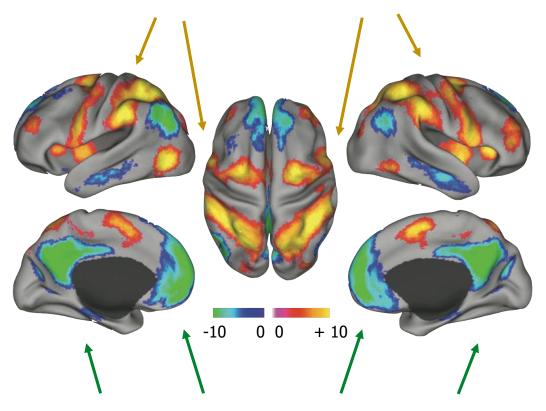




"Brain's Dark Energy"

- Task surprisingly ↓ energy (E)
- "Doing nothing" 20x more E
- => brain seems to use most of its energy for functions irrelevant to the task at hand
- Regions active during this proces => Default Mode Network (DMN)

Activation during task



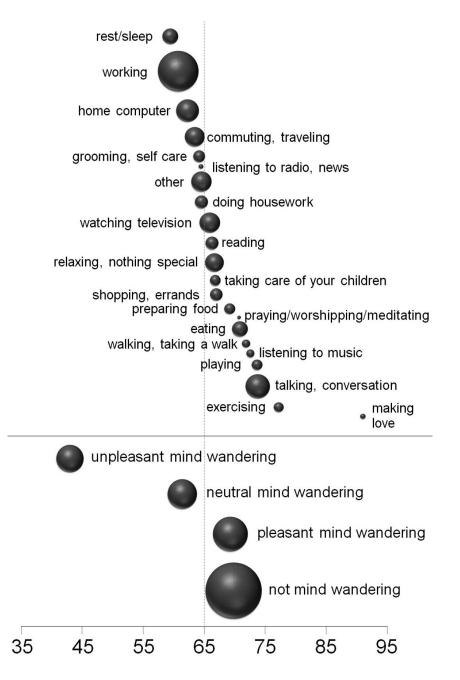
Deactivation during task



A wandering mind is an unhappy mind

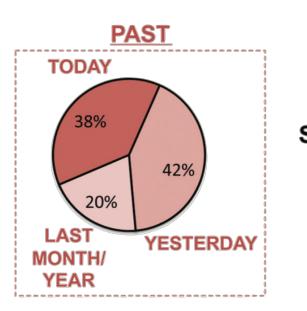
- _ "Mind-wandering"
- Mind wanders 47% of time
- Associated with unhappiness
- => Ability to think about what is not happening comes at an emotional cost

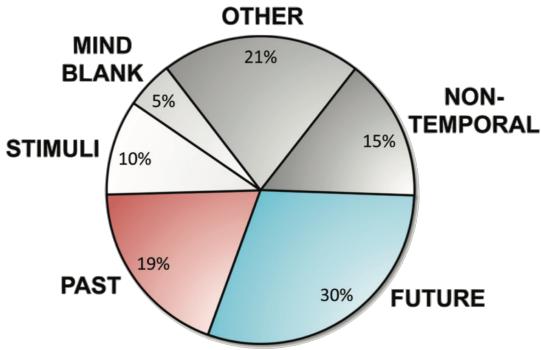
Killingsworth et Gilbert 2010

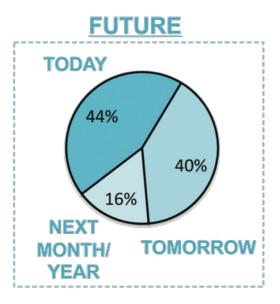




(Not) living in a present moment









Doing vs. Being Mode of Mind

- 1. Automatic pilot
- 2. Experiencing through thoughts
- 3. Dwelling in past/future
- 4. Needing to avoid unpleasant
- 5. Needing things to be different
- 6. Seeing thoughts as true
- 7. Prioritizing goal attainment

VS conscious awareness

VS directly through senses

VS being in present moment

VS approaching it with interest

VS allowing things to be just as they are

VS as mental events

VS sensitivity to wider needs



Doing Mode

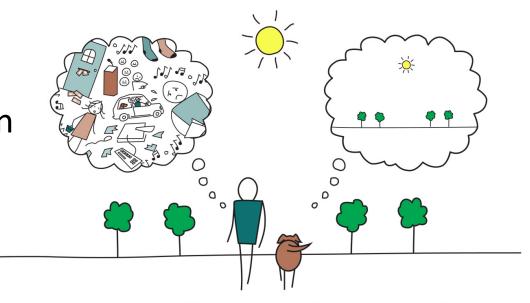
?

Being Mode



Mindfulness

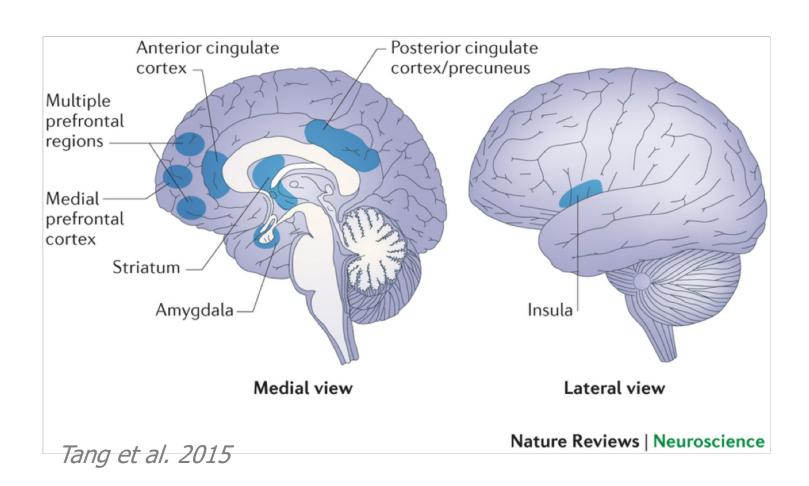
- A way of cultivating the being mode
- Ability to be aware of what is going on in and out of ourselves,
 non-judgementally and without an impulsive need to change it
- Mental training



Mind Full, or Mindful?



Neuroscience of mindfulness



- 1. Attention control
- 2. Self-awareness
- 3. Emotion regulation



Mindfulness in health care

- ↑ working memory (Lao 2016)
- ↑ learning (Ramsburg 2014)

- ↑ emotional stability
- ↑ mood
- \ \ \ burnout
- ↓ depression

(Lomas 2018, Krasner 2009)

Clinician resilience Mindful practice

- Safe
- Up-to-date
 - Effective
- Accessible

 medical mistakes
 due mind-wandering

(Berner 2011, Hilton 2011)

Quality of caring

• ↑ empathy (Dean 2007)

Quality of

care

- ↑ interest in pacient (Fernando 2017)
- ↑ conscientiousness (Krasner 2009)

MUNI MED

Epstein 2017 – Attending: Medicine, Mindfulness, Humanity

4 mindful habits of mind

4. Presence

- Full engagement
- Patient as a human being
- ↓ auto-pilot

3. Beginner's mind

"In the beginner's mind the possibilities are many, in the expert's mind they are few" (Suzuki, 2011)

1. Attentive observation

- Ability to recognize:
 - cognitive bias, mistakes, emotional reactions, distractions, auto-pilot

2. Curiosity

- ↑ interest in patient
- ↓ over-investigation, inefficient time-management, poor clinical thinking

Epstein 2017

Mindful

medical

practice









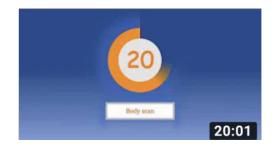




🔼 YouTube 🖂

Mindfulness Research and Practice Network of MUNI





20 min – Body scan



3 min – Návrat k dechu



10 min – Meditace v sedě

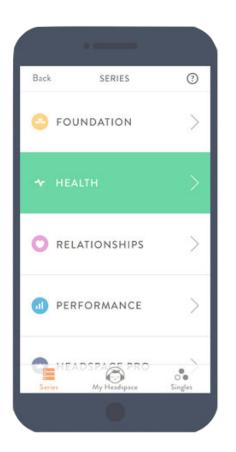








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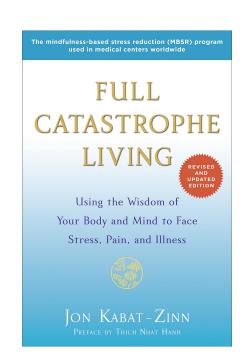
Mindfulness

FINDING PEACE IN A FRANTIC WORLD

MARK WILLIAMS

DANNY PENMAN

Foreword by Jon Kabat-Zinn



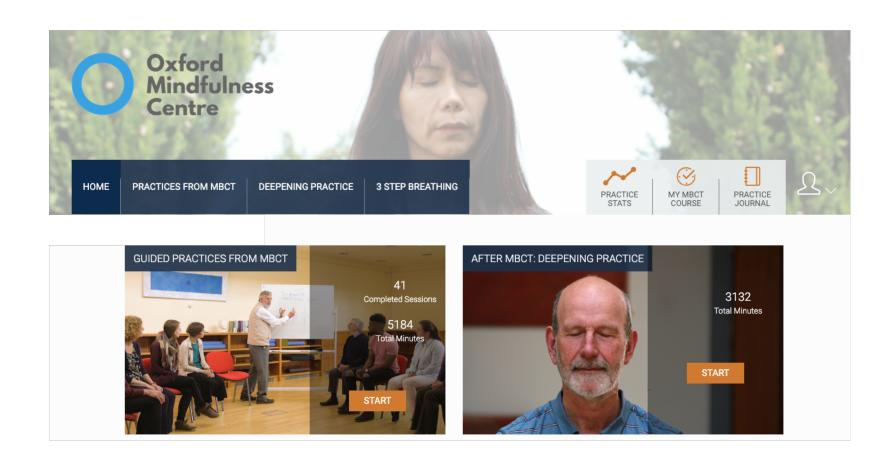
John Kabat-Zinn

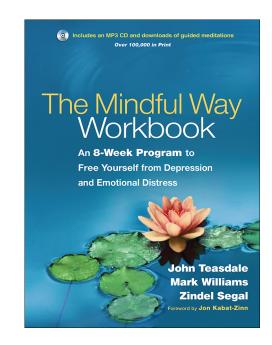
Best rated mindfulness-based application

(Mani et al. 2015)



Mindfulness-Based Cognitive Therapy





John Teasdale, Mark Williams, Zindel Segal

Oxford MBCT: https://mbctapp.oxfordmindfulness.org/



Thank you for your attention











