Enhancing Health Outcomes Through Contemplative Practices: An Integrated Approach

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Objectives

1. Describe development of the Contemplative Practice Center services.
2. Explain how integration of contemplative services within health care delivery model exemplifies best practices.
3. Identify strategies for successful implementation on your campus.
Contemplative practices

What are contemplative practices?

• Pausing
• Quieting mind & body
• Self-reflection
• Self-inquiry
• Senses
• Present moment
• Mindfulness
What is mindfulness?

“The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.”

-Jon Kabat Zinn
Emerging Evidence

Mindfulness Journal Publications by Year, 1980-2014

American Mindfulness Research Association (2015); www.goAMRA.org
Mindfulness Research 2.0
Biological Markers

Mindfulness meditation improved:
- Brain (Davidson, et al., 2003; Lazar, et al., 2011)
  - Positive neurological changes
  - Thickening of gray matter
  - Left prefrontal cortex activation (positive emotions)
- Immune system (Davidson, et al., 2003)
- Attention (Jha, et al., 2007)
- Epigenetic regulation (Fredrickson, et al., 2013)
- Telomerase levels (Epel, et al., 2009)
Welcome to the Contemplative Practice Center
<table>
<thead>
<tr>
<th>Year</th>
<th>Practice</th>
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<tr>
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Mindfulness-Based Stress Reduction

- An eight week manualized class
- Themes: automatic pilot, perception & creative responding, power of the present moment ...
- Skills: meditation, yoga, body scan, walking meditation, mindful eating, loving-kindness
- Group discussion
- Application in daily life
- All day immersion retreat
Mindfulness-Based Stress Reduction

Consistent positive effect on:

- Mental health outcomes
- Personal development
- Social functioning
- Empathy
- Coping
- Sense of coherence

Mindfulness Meditation

- Concentration
  - Awareness of the breath

- Insight (Vipassana, Zen)
  - Witnessing the nature of the mind
Mindfulness Meditation

A review of research for the Center for Contemplative Mind in Society

- Enhance cognitive and academic performance
- Improve mental and psychological well-being
- Development of the whole person
- Improve concentration, attention, emotional regulation
- Improve Interpersonal relationship skills
- Empathy and self-compassion

Contemplative Practices at MU

- 2002: MBSR & noon meditation
- 2004: Mindful Yoga
- 2005: Breathe student organization
- 2007: iRest
- 2011: Loving Kindness
- 2013: Mindfulness & Academic Recovery
- 2014: Trauma Sensitive Yoga
Mindful Yoga

- Mindful movement
- Moment to moment awareness
- Meditation in motion
- Traditional forms
- Kripalu (compassion)
Mindful Yoga

**Mizzou Qualitative data**

What skills or knowledge have you gained as a result of attending this SHC yoga class? Please be specific.

- Stress reduction
- Learning yoga poses and techniques (e.g., stretching, balancing, breathing)
- Learning how to breathe and how to relax physically
- Learning how to do meditative breathing for mental health
- Understanding my limits and accepts them; to love and accept myself more at every level.
Breathe
Breathing Relaxation Experiential Activities To Help Everyone

- **2005**: group of 3 students with a mission
  - Students who completed contemplative classes created organization
to sustain practice

- **2016**: leadership team, graduate assistant & 60 registered peers

- From the students:
  - “A student organization with a purpose to provide students an
    opportunity to learn & experience mind/body practices for stress
    management & relaxation centered around the breath. We regularly
    engage in mindful meditation and nature-based experiences.”

  - “We are here because we believe in the power of mindful living to
    create inner balance, self-awareness, insight, authentic connection
    with others, and an overall vibrant experience of life. We invite you to
    join us!”
“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

— Thich Nhat Hanh

This contemplative community regularly engages in mindful meditation and nature-based experiences because we believe in the power of mindful living.

We also plan events to increase awareness of the benefits of mindfulness and host opportunities to share stress management and relaxation practices with others.

No experience is necessary. All are welcome.

Get connected on OrgSync
breathemizzou@missouri.edu

Student Health Center
University of Missouri Health System
Breathe
Contemplative Practices at MU

- 2002: MBSR & noon meditation
- 2004: Mindful Yoga
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- 2007: iRest
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Integrative Restoration – iRest Yoga Nidra

- Meditation in yoga tradition
- Eight week class
- 10 stage practice protocol
- Deep relaxation component
- Self-inquiry component
Integrative Restoration – iRest Yoga Nidra

- Scales
  - Perceived Stress Scale, Beck Depression Inventory, Penn State Worry Questionnaire, Five Facet Mindfulness Questionnaire

- Quantitative data
  - Statistically significant decrease in perceived stress, worry, and depression and increase in mindfulness skills

- Qualitative data
  - Many felt more relaxed, calmer, were better able to sleep, and noticed an improvement in their body awareness

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Loving Kindness

- Covers 4 great attitudes:
  - loving-kindness
  - compassion
  - sympathetic joy
  - equanimity

- Ancient practice that is an antidote to fear and negative mental states

- Based on Sharon Salzberg’s book Loving-Kindness: The Revolutionary Art of Happiness
Loving Kindness

- RTC n=139 half assigned to begin a practice of loving kindness meditation
- Loving-kindness meditation increased positive emotions including:
  - Love
  - Joy
  - Gratitude
  - Contentment
  - Hope
  - Pride
  - Mindfulness
  - Self-acceptance
  - Good physical health

Be kind whenever possible. It is always possible.

Dalai Lama
Contemplative Practices at MU

- **2002**: MBSR & noon meditation
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Mindfulness & Academic Recovery

- Hybrid class of contemplative practices with a focus on application for academic performance
- Includes: positive psychology, mindfulness, emotional intelligence, stress resilience, meditation practices
- Available to students struggling academically
Mindfulness & Academic Recovery

**Academic life**

- “It has helped me deal with stress in a healthy and positive way. Rather than let things pile up and stress me out, I do a mindful practice to help me cope now.”

- “I was able to relax and really accept things as they are. Has helped me not panic all the time about school.”

- “I will use the stress reducing techniques. I will use mindfulness to pursue a better quality of life.”

**Personal life**

- “It has helped me be more mindful. I think first before I say something I will regret. I think about it first, and then respond. I am also working on getting better with being mindful and listening when people talk to me.”
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Trauma Sensitive Yoga

- Designed for complex trauma
- Interoception
- Invitational language
- Present moment awareness
- Making choices
- Select traditional forms
- Clinical referral
Trauma Sensitive Yoga

- RCT women with treatment-resistant (PTSD), n = 64
  - Intervention group: 10, 1-hour yoga sessions
  - Control group: women’s health education seminars
- Results in intervention group:
  - SS decreases in PTSD symptom severity
  - greater likelihood of loss of PTSD diagnosis
  - reduction in dissociative and depressive symptoms compared to control

Trauma Sensitive Yoga

- Long-term follow-up study (1.5 yrs) with same women in original study  n=49
- Group assignment not statistically significant
- Continuing and frequency of yoga practice significantly predicted:
  - greater decreases in PTSD symptom severity
  - decreases in depression symptom severity
  - greater likelihood of a loss of PTSD diagnosis

Trauma Sensitive Yoga

trauma sensitive yoga
(All personal information will be kept confidential by instructor)

Please fill out and bring with you.

Name: __________________________

Email: __________________________

Referred by: _____________________

Drop-In Thursdays 3:30 - 4:30 pm
Contemplative Practice Center
(Neuman Center Lower Level)

Individual appointments: (573) 884-9355

Instructor: Terri Wilson, M.Ed., RN, CHES
Director, Health Promotion and Wellness
MU Student Health Center
Certified Trauma Sensitive Yoga Facilitator
The Trauma Center at Justice Resource Institute
Brookline, Massachusetts

Student Health Center
University of Missouri Health
Trauma Sensitive Yoga

"That most people do not realize is that trauma is not the story of something awful that happened in the past, but the residue of imprints left behind in people's sensory and hormonal systems. The process of being in a safe space and staying with whatever sensations emerge and seeing how they come to an end is a positive imprinting process."
-Bessel van der Kolk

"Yoga helps traumatized people befriend their bodies that have betrayed them by failing to guarantee safety."
-Bessel van der Kolk

The body keeps the score.
-Bessel van der Kolk

Is TSY right for me?
If you have experienced a trauma, be it physical, psychological or sexual, whether it was a single event or happened over a period of time, you carry an imprint in your body. As the founder and medical director of the Trauma Center, Bessel A. van der Kolk, says, “the body keeps the score.” Because your body has been affected, it makes sense to include a body-centered approach to treat the trauma. TSY is rooted in interoception, or body awareness. Movement and breath help participants have a safe, present-moment experience.

What can I expect?
- TSY offers a way to become more comfortable with your body
- Classes are held in a safe, supportive, non-judgmental environment
- In class we will notice what we feel in our body while moving through gentle yoga forms and making choices based on what we feel
- We learn the skills of self-awareness and self-regulation by being able to stay present in the moment and making choices moment to moment
- There are no hands-on, physical assists in TSY

(contd.)
- No prior yoga experience necessary
- Practice can be done in a chair or on a mat
- We won’t be sharing past stories
- The yoga teacher is an experienced, certified yoga teacher specially-trained by the Trauma Center, Brookline, Mass.

How can I prepare for class?
- Please arrive about 10 minutes early to get yourself organized
- Wear clothing appropriate for physical activity (t-shirts, sweatpants or whatever is comfortable)
- Yoga gear (mats, blankets and blocks) will be provided, but please feel free to bring your own mat if you wish
- You may bring water in a closed container
- Please bring the completed form on the back to your first class for our records

Drop-In Thursdays 3:30 - 4:30 pm
Contemplative Practice Center
(Neuman Center Lower Level)

Individual appointments are also an option
(573) 884-WELL (9355)

studenthealth.missouri.edu • traumacenter.org • trauma_sensitive_yoga.com
Contemplative Practices at MU

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Integration & Best Practices

ACHA

Standards of Practice for Health Promotion in Higher Education

Standard 1 Alignment with the Mission of Higher Education
1.2 Design health promotion initiatives that support student success as defined by the institution of higher education.

Standard 3 Collaborative Practice
3.2 Seek and cultivate interdisciplinary campus and community partnerships that advance health promotion initiatives.

Standard 4 Cultural Competency
4.2 Design health promotion initiatives that are proactive, responsive, and sensitive to the needs and preferences of the diverse and changing population.
Integration & Best Practices

ACHA
Standards of Practice for Health Promotion in Higher Education

**Standard 6 Evidence-Informed Practice**

6.5 Implement evidence-based health promotion initiatives with fidelity to maximize effectiveness.

6.6 Use accepted quantitative and qualitative methods for assessment and program evaluation.

6.7 Disseminate program evaluation results to campus and community stakeholders.

**Standard 7 Continuing Professional Development and Service**

7.2 Participate regularly in professional development.

7.3 Assist others in developing required competencies for effective health promotion practice.
Integration & Best Practices

Student Health Center

Primary Care

Behavioral Health

Health Promotion & Wellness

Health Coaching

Contemplative Practice Center

Student Orgs

Student & Academic Affairs
Campus Collaborations

- Student Affairs
  - Residential Life, Social Justice Units, Greek Life
- Academic Advisors
- Faculty
- Student Success Center
- Counseling Center
- Student Health Center providers
- Mizzou Advantage Grant
- Facility
Training & Competencies

- Daily personal practice
  - Insight meditation (vipassana/zen)
  - Mindful movement (yoga, qigong, tai chi)
- Experienced teacher/mentor
- Immersion silent retreat (7-10 days)
- Contemplative practice training
  - Center for Mindfulness
  - Integrative Restoration Institute
  - Spirit Rock Retreat Center
  - Insight Meditation Society
  - Trauma Center in Brookline, MA
  - Kripalu Center for Yoga & Health
Where do you begin?
Where do you begin?
Where do you begin?

- Dharma Seed
  - Guided meditations and dharma talks
  - Website & phone app
- MU Student Health Center guided audios
  - Link: bit.ly/mindfulaudios
- UCLA Mindful Awareness Research Center
  - Link: http://marc.ucla.edu/body.cfm?id=22
- Inquiring Mind
  - List of meditation communities
Strategies for implementation

- Identify stakeholders
- Make connections, build relationships
- Skills-based stress management
- Short and long term professional development plan
- Start small – breathing space, small quantity of supplies
- Collect and disseminate data
  - Process & outcome evaluation
- Qualitative student feedback
- Marketing – internal & external
Contemplative Credit Classes

**iRest** (Yoga Nidra)

*iRest* is a deep relaxation and meditation practice leading to inner peace and well-being. *iRest* Yoga Nidra is easy to learn and use in your daily life. Known to help with stress, anxiety, depression, post-traumatic stress disorder (PTSD), and sleep issues.

**Mindfulness-Based Stress Reduction (MBSR)**

MBSR offers instruction in mindfulness meditation, yoga and other mindfulness-based skills. This course is for anyone wanting to respond more effectively to life’s daily stressors.

**Loving Kindness**

Loving Kindness explores four positive attitudes: loving kindness, compassion, joy and equanimity. You will learn how to apply the concepts and skills that lead to happiness. Loving Kindness has shown to improve mental and physical health, well-being and resilience.

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**Health Coach**

If you prefer to learn about stress management strategies one-on-one, make an appointment with one of our certified health coaches. Some common areas impacted by stress include sleep, eating habits and substance use. The health coach will help you develop a customized wellness plan.

**Biofeedback**

Heart rate variability biofeedback allows you to watch, in real time, on a computer how thoughts and emotions affect your heart and nervous system. Regular practice helps with test anxiety, critical thinking, problem solving, creativity, improved health thus leading to greater resilience. Biofeedback is offered within individual health coaching appointments.

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**Our Student ORGs**

**Stressbusters**

Stressbusters are student volunteers, trained by a Licensed Massage Therapist, who give free 5-7 minute backrubs and wellness information to Missouri students at events across campus.

**BREATHE**

BREATHE (Breathing & Relaxation Experiential Activities To Help Everyone) is a student organization whose purpose is to provide students with opportunities to learn and experience mind/body practices for stress management and relaxation.

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**Drop-In Classes**

**Mindful Yoga**

Experience the benefits of yoga for stress reduction. This weekly class includes centering, warm-ups, postures, breathing techniques and deep relaxation. It’s appropriate for any level of yoga practitioner or those just beginning. It is recommended for general wellness, stress reduction, improved concentration and improved sleep quality.

**Meditation**

Join us for daily 30-minute meditations to take a break from the busyness of your life. Experience a variety of meditation practices from various instructors and connect with your MU community. No experience necessary.

To see drop-in schedules and full course descriptions for contemplative classes, visit Student Health Center’s stress management page at bit.ly/1uBalancedLife.
Spring 2016 Schedule

Monday

- Noon Meditation
  - Drop In • 12:15 - 12:45 p.m.
- Sleep Solutions
  - 1:30 - 2:45
  - Margaret
- Yoga
  - Drop In • 3 - 4:30 p.m.
  - Andrea

Tuesday

- Noon Meditation
  - Drop In • 12:15 - 12:45 p.m.
- Referral Only
  - 10:00 - Noon
  - Jennifer & Mary Beth
  - Enroll through MyZOU
- MBSR
  - 10:00 - Noon
  - Anna
  - Enroll through MyZOU

Wednesday

- Noon Meditation
  - Drop In • 12:15 - 12:45 p.m.
- Referral Only
  - 10:00 - Noon
  - Jennifer & Mary Beth
  - Enroll through MyZOU
- MBSR
  - 10:00 - Noon
  - Donna
  - Enroll through MyZOU

Thursday

- Noon Meditation
  - Drop In • 12:15 - 12:45 p.m.
- Mindfulness & Academic Recovery
  - 1 - 2:30 p.m.
  - Margaret
  - Enroll through MyZOU
- Loving-Kindness
  - 1 - 2:30 p.m.
  - Margaret
  - Enroll through MyZOU

Friday

- Referral Only
  - 9 - 11 a.m.
  - Andrea
- Yoga
  - Drop In • 1 - 2:30 p.m.
  - Andrea
- Referral Only
  - 3:30 - 4:30 p.m.
  - Terry
“While I often resisted and felt aversion, this class taught me more than maybe any class I’ve ever taken. It taught me about the world, my relationships with others and about myself and completely opened my life to new practices and new ways of thinking.”

-Loving-Kindness class student participant, 2014

“I really value this class. Next to my cross-cultural psych class (my future career) this class and that one have been the most influential and inspirational to me.”

-Mindfulness Based Stress Reduction class participant, 2013

“I learned how to control my emotions and set them aside in order to achieve and maintain inner peace. That was the most prominent lesson.”

–iRest class participant, 2013

“It is so helpful not only to be able to open up about how bad I stress but to be able to learn actual beneficial ways to help my stress and to learn I’m not alone.”

–Mindfulness and Academic Recovery class participant, 2014
thoughts * facts
Questions?
Vision into Action
Recommended Books

- Loving Kindness: The Revolutionary Art of Happiness by Sharon Salzberg
- True Refuge by Tara Brach
- Mindfulness in Plain English by Henepola Gunarantana
- Wherever You Go, There You Are by Jon Kabat-Zinn
- Mindfulness An Eight Week Plan for Finding Peace in a Frantic World by Mark Williams and Danny Penman
- The iRest Program for Healing PTSD by Richard Miller
- Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment by David Emerson
- Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices by Follette, Briere, Rozelle, Hopper, Rome
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk
References


Emerson, D., Interview: Yoga Teachers as Part of the Clinical Team. Yoga Therapy Today, Summer 2012, pp 24-25.


Thank you.

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