



MBSR Program and Adaptations for Palliative Care Settings

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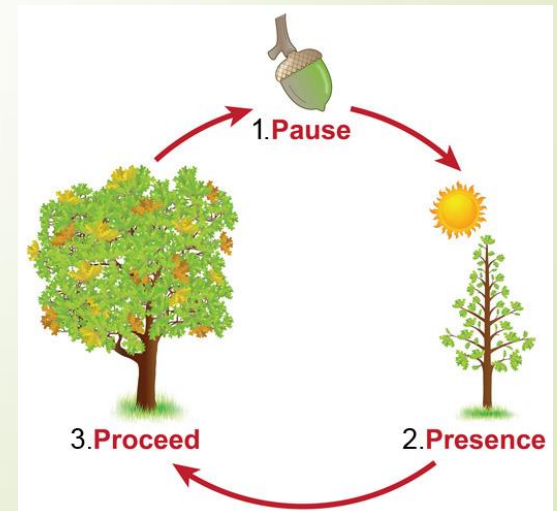
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- Subject of 60 Minutes report
- Described on NPR as “the next public health revolution”

Mindfulness: Now is All there Is


- generally recognized integral to Buddhist, Taoist, and Yogic teachings
- most wisdom traditions emphasize the importance of presence and living in the moment





Mindfulness Meditation

moment-to-moment awareness

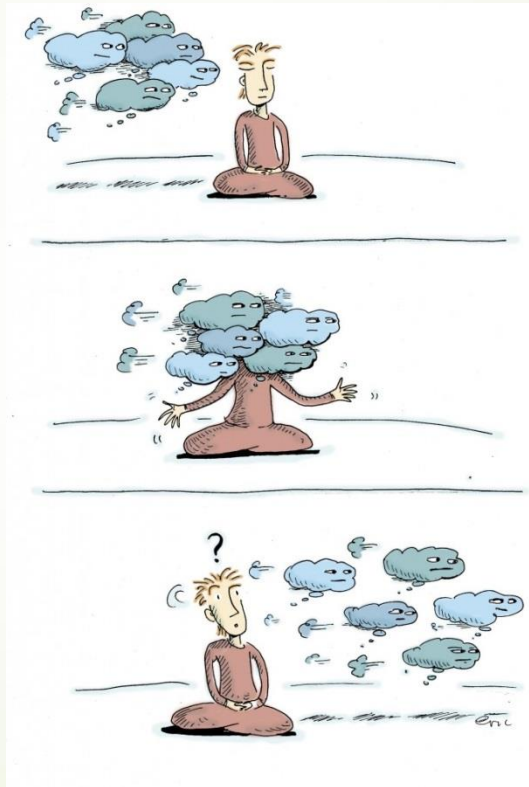
- Non-judging
 - Patience
 - Beginner's Mind
 - Trust
 - Non-striving
 - Acceptance
 - Letting Go
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Just Here, Just Now

- ▶ important initial process with nearly all forms of meditation is to develop some degree of stability in one's ability to re-focus attention on one or more "anchor points"

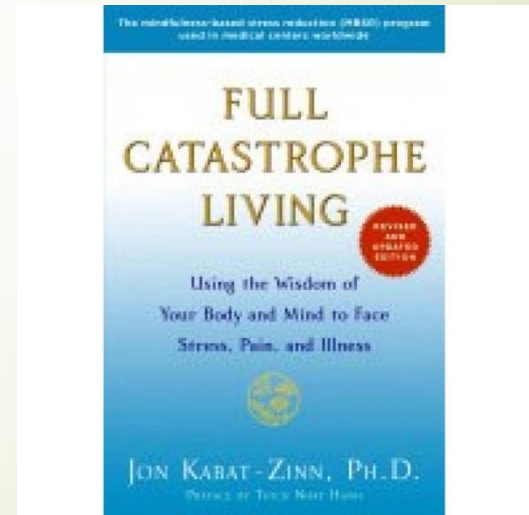


tsunami of thoughts and feelings



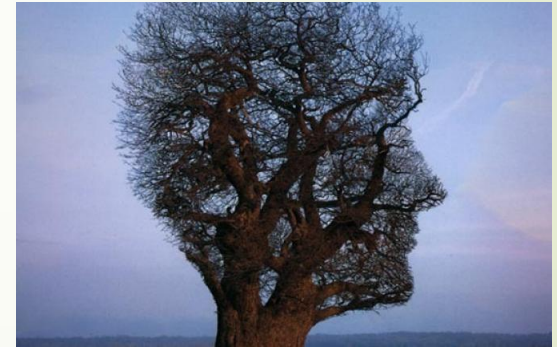
Mindfulness-Based Stress Reduction

- Developed by Jon Kabat-Zinn at Umass
- Currently offered in most major medical centers
- 8 week protocol for systematic training in mindfulness
 - Mindfulness meditation
 - mindfulness
 - loving kindness
 - body scan
 - mindful yoga
 - walking meditation
 - Educational dydactics
 - Group sharing
 - Homework and rehearsal



Evidence for Change Mechanisms

- ▶ recent studies: changes in brain structure & function
 - ❖ anterior cingulate cortex
 - ❖ insula
 - ❖ temporo-parietal junction
 - ❖ fronto-limbic network
 - ❖ default mode network structures
- ▶ imply improvements in
 - ❖ attention regulation
 - ❖ emotion regulation (capacities to calm fear)
 - ❖ body awareness

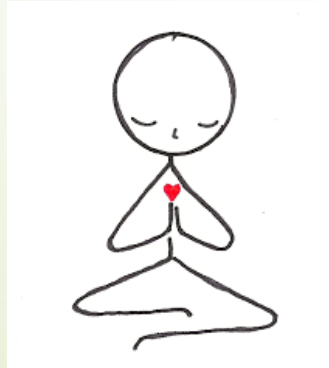




*“I'd invite you in, but my
life's a mess.”*

An Extra Layer of Support

- ▶ Resting into breath
- ▶ Breath patterning to ease the system
- ▶ The salve of embodiment
- ▶ Meeting experience with kindness
- ▶ Refining relationship with sensate dimension



- ▶ Pain & Nausea
- ▶ Fatigue
- ▶ Existential Depression
- ▶ Anticipatory Anxiety



Mindfulness and Symptom Management

▶ since ~1995 swelling tide of research indicates mindfulness training:

↓ pain (ES ranging 0.35 - 0.48)

↓ blood pressure, stress hormones,
anxiety, depression

↑ immune & neurological function,
relationship functioning

helpful adjunctive treatment for a wide variety of
medical and mental health conditions

Mindfulness for Cancer Patients

➤ Beneficial changes demonstrated in:

- ❖ QoL
- ❖ anxiety
- ❖ depression
- ❖ fatigue
- ❖ sleep disturbance
- ❖ stress
- ❖ pain
- ❖ sexual dysfunction
- ❖ physiological arousal (e.g. blood pressure)
- ❖ immune function (immune cell count, cytokine production)
- ❖ cortisol levels



Mindfulness Adaptations in Palliative Care Settings at OHSU

- MBSR
- Breath by Breath
 - ❖ Outpatient
 - ❖ Inpatient BMT unit ~ group to individual evolution
 - ❖ Virtual educational platform





Loving Kindness For Caregivers

- ▶ “May I offer my care and presence unconditionally, knowing it may be met by gratitude, indifference, anger or anguish.”
- ▶ “May I offer love, knowing I cannot control the course of life, suffering, or death.”
- ▶ “May I see my limits compassionately, just as I view the suffering of others.”
- ▶ “May I, and all beings, live and die in ease.”

Power of Presence

- Therapeutics of Half and Half
- Steady in Presence, Witness Presence





Thank you !