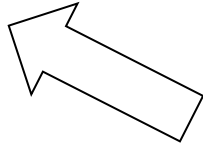


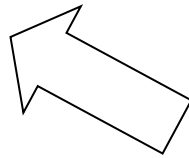
Map for mindfulness in psychotherapy

movement



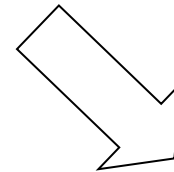
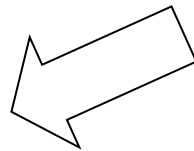
What happens when you think
about, talk about, recall,
experience?

Sensation



- Traumatic memory
- Emotion
- Problem at work
- A part

Internal 5 sense perception



Cognition

emotion

Mentalizing refers to

- ***Attending to mental states in oneself and others***
- Holding another's mind in mind
- Mindfulness of your mind
- Understanding misunderstanding
- Seeing oneself from the outside and others from the inside
- Noticing, interpreting, responding to non verbal cues

Benefits

- *Helps us understand ourselves, leading to more adaptive actions*
- *Automatic, survival; past present & future*

Dysfunction

- *Inner reality is stronger than outer reality*
- *Alexithymia – feelings are somaticized, and not felt*
- *Rigid or inaccurate, distorted from the past*

Attachment

- *A caregiver's capacity to hold in their mind a representation of the child's needs, feelings, intentions and desires can allow the child to discover this within via the caregiver's representation.*

Therapy

- *Focus on how the patient uses their mind (process) more than what's on it (content)*
- *Containment is necessary for trauma processing: secure attachment, treatment framework, psychoeducation and regulation*
- *Imagine other's view of patient and themselves, alternate interpretations*