




PERMANENTE MEDICINE®
The Permanente Medical Group

LESSON 4

Thoughts I: Awareness Training

SANTA ROSA MEDICAL CENTER

 KAISER PERMANENTE®



The best way to capture
moments is to pay attention.
This is how we cultivate
mindfulness

– Jon Kabat-Zinn

Home Practice Review



Concepts from last week:

- Pacing strategies
 - ✓ Rethink it, Reprioritize it
 - ✓ Two-Notch Approach— measure by time, not activity completion
 - ✓ Activity switching
- Pleasant activities help you re-energize and rewire your brain!

Homework:

- Who tried a pacing strategy at home? How did it go?
- Share one of the pleasant activities you did last week.
- Mindful meditation activity— share your experience.

| Lemon Exercise



Visualization
Exercise

Catastrophizing, Pain, and Neurobiology

Scientific studies indicate catastrophizing is associated with:

Interference with
body's ability to
turn off pain

Amplification
of pain

Increased
inflammatory
response

Low cortisol variability.
Cortisol is a stress hormone
that helps us maintain our
metabolism, adaptability
and well-being. It helps our
brains control our mood,
motivation, and fear.

References:

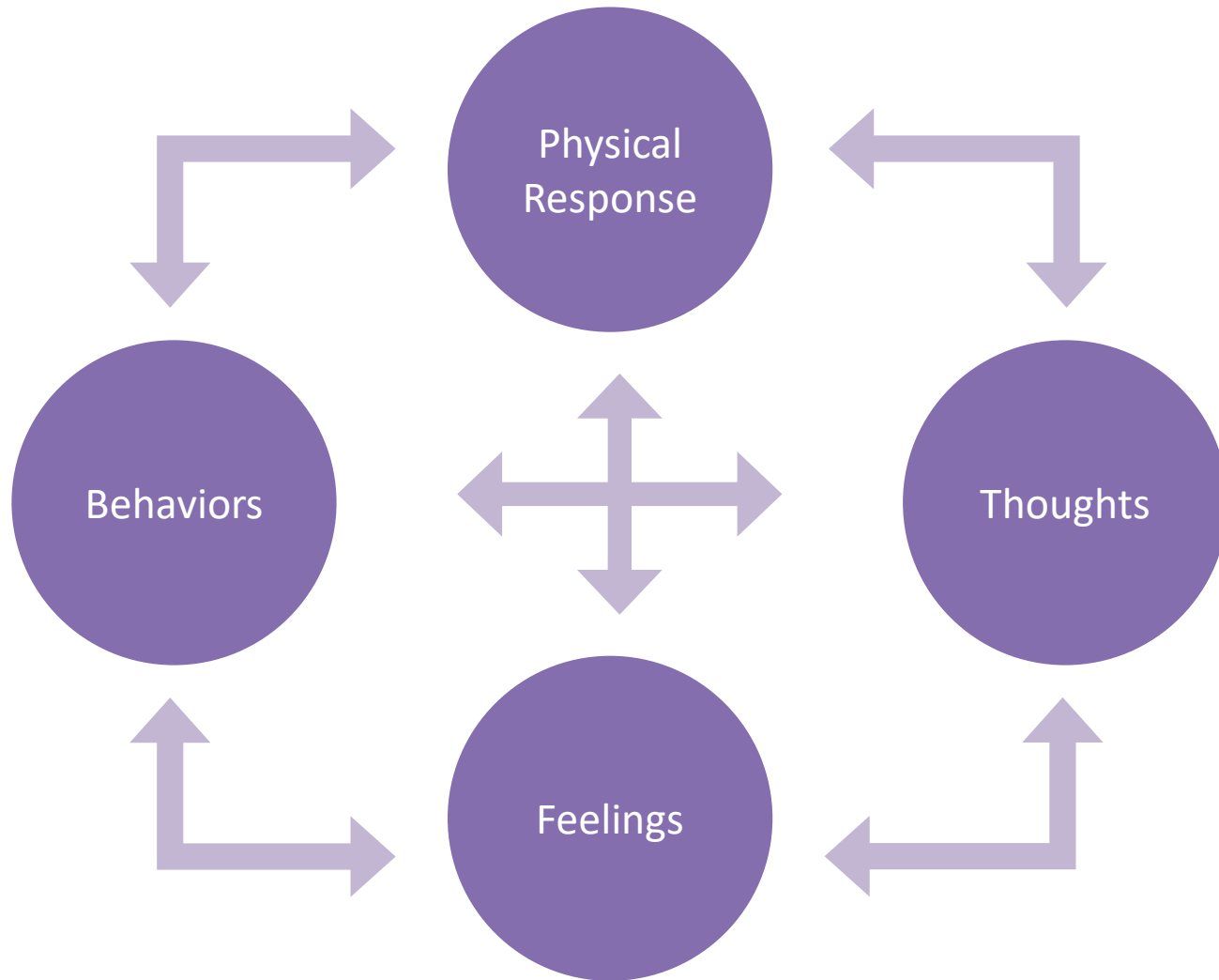
Edwards, et al 2009; Sullivan, 2009,
Johansson et al, 2008

Unhelpful Thinking Styles

(Find detailed descriptions in your workbook)

All or nothing thinking (also called Polarized Thinking)	Should Statements
Overgeneralization	Blaming
Personalization	Jumping to Conclusions
Catastrophizing	Minimization and/or Maximization (“filtering”)
Emotional Reasoning	Entitlement Fallacy

Cognitive Behavioral Therapy (CBT) Model



Case Study: Sally

Sally has been working late for the past few days

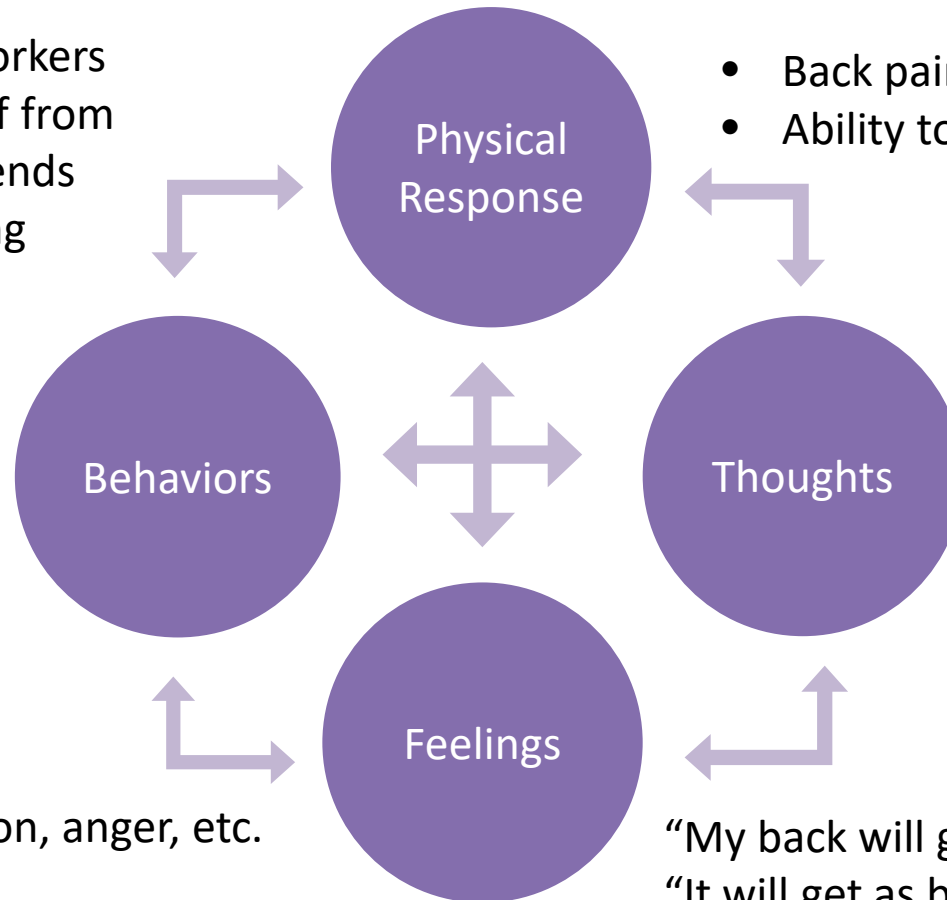


Back pain is increasing

Ability to concentrate is low

Sally and CBT model

- Snaps at co-workers
- Isolates herself from family, and friends
- Stops exercising



- Back pain is increasing
- Ability to concentrate is low

Worry, frustration, anger, etc.

“My back will go out again.”
“It will get as bad as it was before!”
“I’ll never be able to do this job right.”
“It’s my manager’s fault for making me work late.”


Tracking Sally's Thoughts

Back pain an hour before meeting a friend for lunch

Feeling	Physical Response	Thoughts	Behaviors
<ul style="list-style-type: none">• Fear• Worry• Overwhelmed• Sad• Angry• Frustration	<ul style="list-style-type: none">• Increased pain• Rapid heartrate• Sweating• Muscle tension	<ul style="list-style-type: none">• “Oh no, my back is going to go out again.”• “It’ll just be as bad as it was before.”• “No one wants to be bothered by me.”• “I can’t do it.”	<ul style="list-style-type: none">• Cancel my plans• Take medications• Use heating pad• Cry• Go to bed

Acceptance and commitment therapy (ACT)


ACT is another type of therapy that can help you:



Learn to accept
difficult thoughts
and uncomfortable
feelings.



Use
mindfulness
practices.



Focus on your life
values and commit
to action based on
those values.

| Meditation: Leaves on a Stream



This Week's Goal

- Ties in with this **value**: _____.
- This week I will _____ (**what**) _____ (**how much**) _____ (**with whom**) _____ (**when**) _____ (**how often**).
- My reward for accomplishing my goal will be: _____.
- How confident am I that I can do this? (1 = not at all confident, 10 = very confident):



| Home Practice

Explain the CBT model to a family member or friend

Practice the visualization exercise

Identify the top 3 unhelpful thinking styles you tend to use.

