

# Mindfulness Training for Wellness

Mick Malotte, MD

# Burnout

- “An Erosion of the Soul”
- Emotional Exhaustion
- Depersonalization
- Feeling of low personal accomplishment

# Burnout

- At least 50% of US physicians
- Increasing over the last decade
- Dramatically higher than in other fields
- Affects those on the front lines most

# Quality of Care

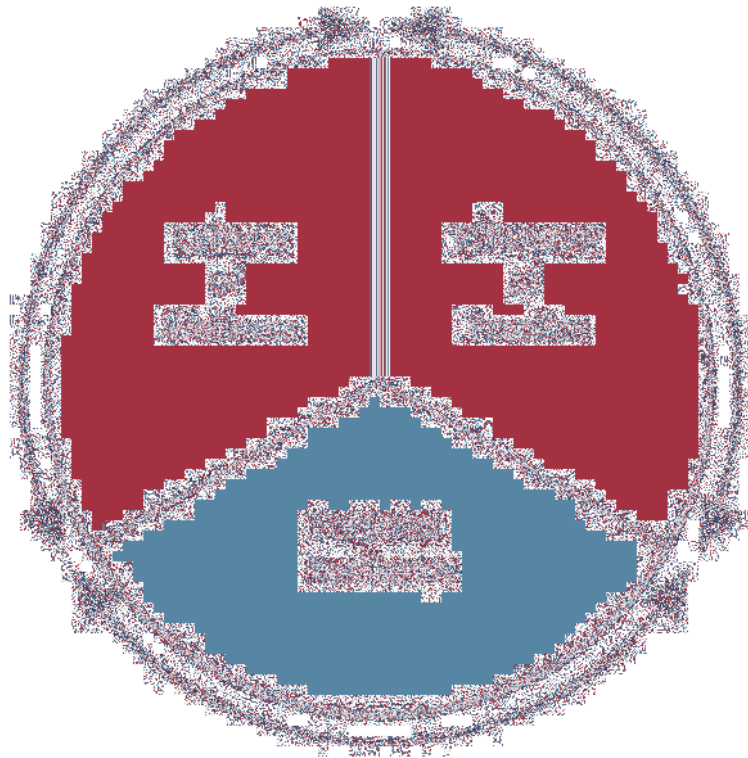
- More diagnostic errors
- Excessive testing and referral
- Poor patient communication
- More shortcuts and poor prescribing habits
- Poorer patient compliance and satisfaction

# Personal Costs

- Suicide
- Alcoholism
- Broken relationships
- Depression

# The Reciprocal Domains of Physician Well-Being

Chart illustrating the 3 domains of physician well-being, with each domain reciprocally influencing the others.



Source: Papp, et al. (2013)

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Original Investigation | Surgery  
May 24, 2019

## Efficacy of Mindfulness-Based Cognitive Training in Surgery

Carter Lebares, M.D.  
Principal Investigator

[Learn More](#)

"We know that overwhelming stress is related to burnout and cognitive errors – two critical issues within surgery today. This prompted us to tailor an MBI specifically for our surgical trainees."

- Contact Us
- Director

The UCSF Center for Mindfulness in Surgery was founded by [Carter Lebares, M.D.](#), a gastrointestinal surgeon and assistant professor in the Division of General Surgery and [Hobart W. Harris, M.D., M.P.H.](#), professor and chief of the Division. The program has broad institutional support with funding from the UCSF Department of Surgery and UCSF Medical Center "Excellence Fund, as well as the [Physicians Foundation](#).

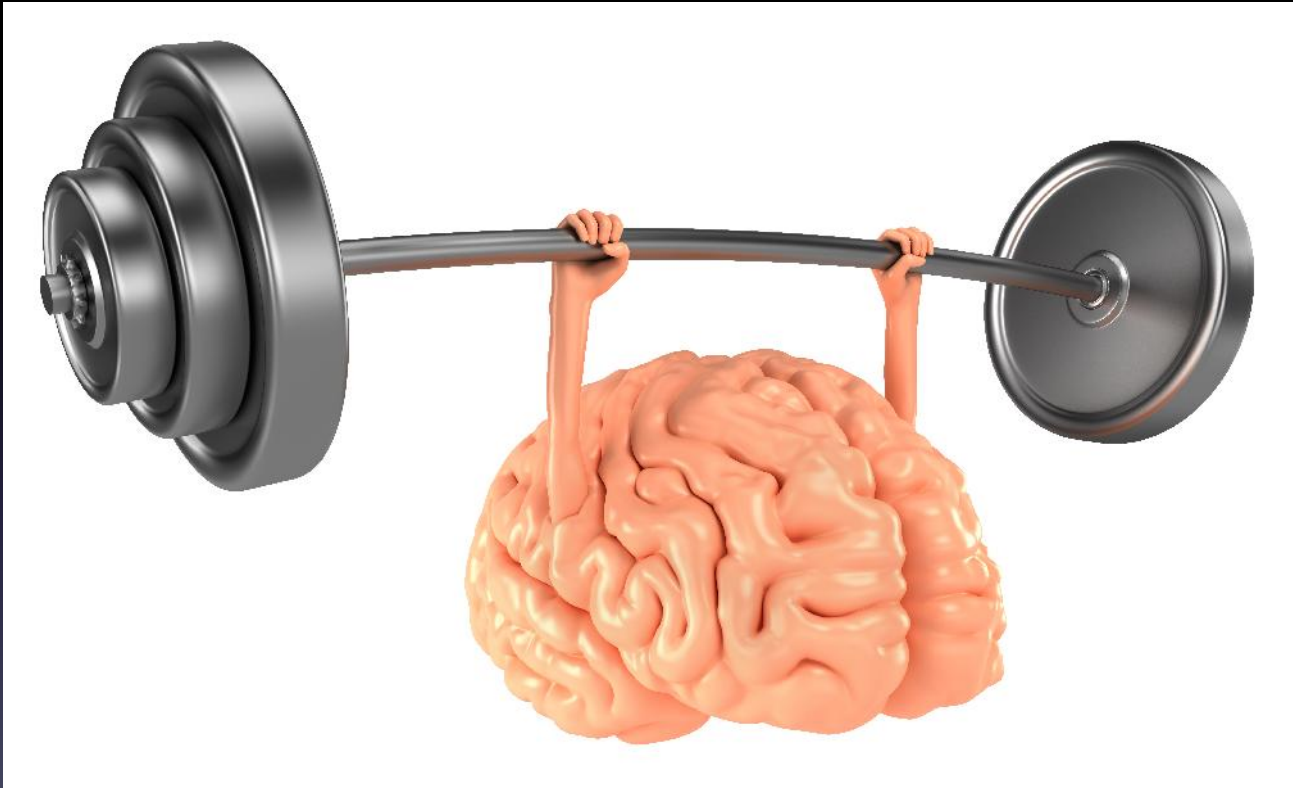
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# Mindfulness

- A Mental Capacity
- Attentional Skill
- Observational Perspective
- Further Nuances, Depth and Utility





# Normal Human Capacities

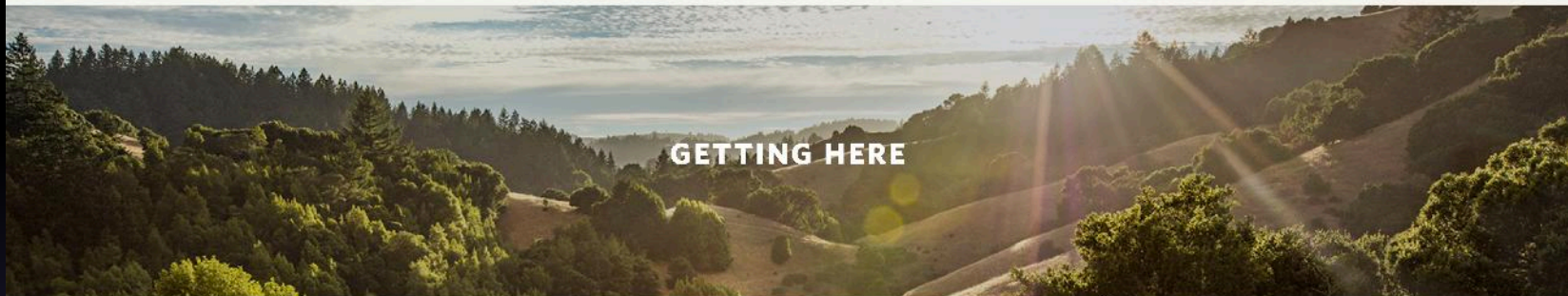
- Paying Attention
- Emotional Regulation
- Can Be Trained
- Many Potential Applications

# Mindfulness Based Stress Reduction

- Standardized secular meditation protocol
- Most researched form of meditation
- Practiced for 40 years in medical setting
- Found in many universities, Fortune 500 companies, sports teams, VA system
- 20% of British Members of Parliament have taken MBSR course

# The Crux of MBSR

- Practices to strengthen mindfulness; an observational power of the mind
- Develops interoception: using mindfulness to connect with our physical sensations, thoughts and emotions
- Allows us to avoid automatic reactions and maladaptive coping strategies
- Brings in stability, calm and more helpful responses



## GETTING HERE

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We come! Spirit Rock Meditation Center is located approximately 45 minutes northwest of San Francisco, 60 minutes west of Oakland and 12 minutes from Fairfax. Please note: Fairfax is the last stop for gas, so be sure to plan accordingly.

### Address:

5000 Sir Francis Drake Blvd., Woodacre, CA 94973



## RESOURCES

*Free guided audio and video meditations*

## TEACHER TRAINING

*Upcoming MBSR trainings and certification*

## GROUP PROGRAMS

*Take an MBSR course in San Diego.*

## MBSR Overview

Mindfulness-Based Stress Reduction (MBSR) is an empirically-supported 8-week psycho-educational group intervention that teaches mindfulness meditation as a means of coping with stress, pain and illness. Created by Jon Kabat-Zinn in 1979, MBSR is now taught in hundreds of settings worldwide. The program offers participants the opportunity to develop the capacity to cultivate a different relationship to stress resulting from chronic physical and psychological illnesses. Research outcomes have demonstrated positive improvements in physical and psychological symptoms, as well as changes in health attitudes and behaviors.

### UPCOMING MBSR TTI

▶ **MBSR TTI: Mindfulness-Based Stress Reduction Teacher Training Intensive**

Chapin Mill Retreat Center  
Batavia, NY  
United States  
Sep 14, 2019 - Sep 20, 2019

▶ **MBSR TTI: Mindfulness-Based Stress Reduction Teacher Training Intensive**

The Whidbey Institute at Chinook  
Clinton, WA  
United States  
Feb 29, 2020 - Mar 6, 2020



## Mindful Practice

[Home](#)[Our Approach](#)[Goals](#)[Components of Mindful Practice Programs](#)[Theme-based Mindful Practice Modules](#)[Outcomes](#)[Workshops](#)[About the Faculty](#)

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# Components of Mindful Practice Programs

Three components that make up the core experience of Mindful Practice are:

- **[Formal and Informal Mindfulness Practice](#):** Cultivation of an open, receptive, and non-judgmental orientation to one's present experience, which helps promote physical, emotional and cognitive stability
- **[Narrative Medicine](#):** Creation and sharing of reflective stories that explore the profound and meaningful experiences one has as a physician/clinician, which helps connect the clinician with sources of professionalism and satisfaction
- **[Appreciative Interviews](#):** Based on Appreciative Inquiry, a strength-based approach to individual and organizational change that alters habitual patterns of thinking and behavior, designed to help participants discover capacities and resources within themselves for positive potential





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# MBSR

- 2.5 hrs weekly for 8 weeks
- 45 minutes a day at home
- Lots of group processing
- Additional full day

# ESRT

- 1 hr weekly for 5 weeks
- Minimal home practice
- Minimal group discussion



# Wandering mind not a happy mind

Harvard psychologists Matthew A. Killingsworth (right) and Daniel T. Gilbert (left) used a special "track your happiness" iPhone app to gather research. The results: We spend at least half our time thinking about something other than our immediate surroundings, and most of this daydreaming doesn't make us happy.

Kris Snibbe/Harvard Staff Photographer



About 47% of waking hours spent thinking about what isn't going on

*"The faculty of bringing back a wandering attention over and over again is the very root of judgment, character and will...*

*an education which should improve this faculty would be the education par excellence...*

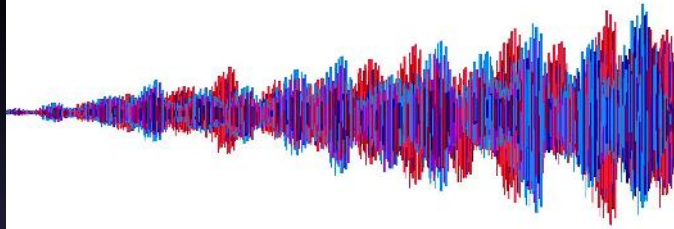
*But it is easier to define this ideal than to give practical directions for bringing it about."*

*-William James, Principles of Psychology*

# Improving Meditation Research

- Correct for Experimenter Bias
- Active Control Groups
- Objective Outcome Measures
- Registering Study

# Altered Traits



Science Reveals How  
Meditation Changes Your  
Mind, Brain, and Body

**NEW YORK TIMES BESTSELLING AUTHORS**

Daniel Goleman & Richard J. Davidson





# Four neural pathways changed by meditation

- Stress and Recovery, i.e.. Resilience
- Compassion and Empathy
- Attention
- Default Mode Network



## Building Stress Resilience

Mindfulness-based interventions have shown exceptional promise in surgeons – improving burnout symptoms, protecting cognition, and enhancing work satisfaction.

# Mindfulness Training for Wellness

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*[mickmalotte.com](http://mickmalotte.com)*