



Creative and Concentration Meditations With DID Clients

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Definitions of Meditation



DALE TERBUSH
A WORLD JUST BEYOND YOUR DREAMS

- A state of deep relaxation
- Engaged in an active mental state requiring great attention (Lazar, et al, 2000; 2005; 2006, Murata, et al., 2004)
- Falling awake (Kabat-Zinn, 1990)



Meditation

- A family of self-regulation practices that involve training, attention, and awareness in order to bring greater control to one's body, mind and **emotions** (Carpenter, 1977; LaTorre, 2001; LaShan, 1974; Shapiro & Walsh, 2006)



Meditation



- Psychodynamic
- Cognitive-behavioural
- Family systems
- Narrative (Germer, 2006)



DBT

- In conjunction with cognitive behavioural practices, group work, and support as part of the approach
- DBT heavily utilizes meditation exercises from the mindfulness tradition
- One of the most thoroughly validated treatments for BPD (Linehan, et al., 1991; Germer, 2006)



Some Benefits of Meditation

- It had been shown that when patients practice meditation over a period of time, they begin to have slower heart rates and show improvement in their stress response system (Austin, 1998; Benson, 1975; Kabat-Zinn, 2006)
- There are scientifically recognized enhancements in our physiology, our mental functioning and our interpersonal relationships (Seigel, 2007)



Basic Brain Functions

- Left and right front parts of the brain play important roles in controlling emotions (Kabat-Zinn, 2006; Lazar, Bush, Gollub, et al., 2000; Lazar, Kerr, Wasserman et al., 2005; Lazar, 2006; van der kolk, 2003; 2005)
- The front hemispheres tend to be associated with positive emotions such as happiness, joy, high energy and alertness (Kabat-Zinn, 2006, Siegel, 2007)



Lazar's, et al., 2005 Findings

- Area thicker in meditators
 - Insula, Prefrontal cortex
- Age effects, decreased activity in amygdala
- Her results suggest that meditation may be associated with structural changes in the areas of the brain that are important for sensory, cognitive, and emotional processing
(Lazar, et al., 2005)
- Meditation may improve memory and attention capabilities.



The Influence of Trauma

- A child who is raised in chronic stress process information from different parts of the brain than a child who is raised in an nurturing environment (Briere, 2002; Perry, 2001; Ross, 1997; van der Kolk, 2003; 2005)
- The front parts of the brain is the place that is capable of influencing the emotional states, located in the limbic system (Ogden, Minton, & Pain, 2006; Siegel, 2007).
- Studies have shown that there is decreased activation in the front parts of the brain in persons with PTSD (Ogden et al., 2006)



Trauma and Meditation

- The common use of mindfulness
- Can create re-traumatization (Brach, 2006; Germer, Siegel, & Fulton, 2005; Yassen, 2006)
- Mindfulness of extreme pain
- Using parts of their brains that are may not be fully developed



DID and DDNOS

However



Processing Style

- de Ruiter et. al. (2006)
 - Processing style of dissociation
 - Elaborate internal mental activities
 - Heightened imagination capabilities
 - Enhanced attention capabilities (de Ruiter, Elzinga, & Phaf, 2006;
 - Anxiety may be a central affective experience that cues dissociative processing style (de Ruiter, et al, 2006, Dorahy, 2006)



Meditations That Use

- Internal mental activities
- Imagination capabilities
- Enhanced attention capabilities



Creative, Contemplation, and Concentration Meditations

- Creative
 - Images of deep inspiration
 - Healing light, or energy
- Contemplation
 - Reflect inwards, “who am I” questions
 - Intuitive resources
- Concentration
 - Focusing all of one’s attention on a single task
 - Focusing all of one’s attention on a single object (Germer, 2006, Germer, et al., 2005; Shapiro & Walsh, 2006)



Meditation Used



- 2-minute – breath
- 5-minute- grounding
- 7 minute –internal awareness
- 10- minute – internal cooperation
- 15 minute use of colour to introduce emotional awareness
- 25 minute purposeful detachment, internal and external intuition

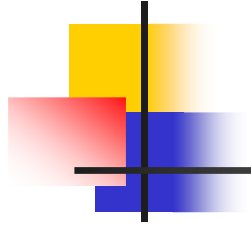


Two Case-studies

- M
 - A 21 yr old female
 - Seen for 2 yrs
 - Extensive childhood sexual and emotional torture

- P
 - A 32 yr old female
 - Seen for three years
 - Extensive childhood neglect, physical and sexual abuse





Thank You
