



# 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

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- 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

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



# DBT

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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However



# Processing Style

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- 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

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- Internal mental activities
- Imagination capabilities
- Enhanced attention capabilities



# Creative, Contemplation, and Concentration Meditations

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- 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

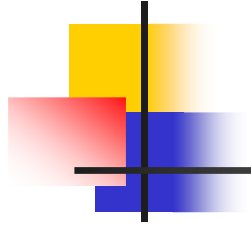


- 2-minute – breath
- 5-minute- grounding
- 7 minute –internal awareness
- 10- minute – internal cooperation
- 15 minute use of colour to introduce emotional awareness
- 25 minute purposeful detachment, internal and external intuition

# 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

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