

Why is mindfulness so significant in modern talking therapy?

Getting behind the wheel of our own lives.

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Mindfulness is the awareness that arises when we pay attention on purpose in the present moment, without judgement, moment by moment (Jon Kabat-Zinn). It is a natural inherent capacity to observe our experience. This ability to step back and notice and describe our experience has 4 important functions in talking therapy. Firstly, without this awareness we cannot know what we want to change and what is already working well for us. For example, Jim might want to start exercising to improve his mood. He knows he is strong enough, but he believes he is lazy.

Secondly, Mindfulness allows us to disentangle from our experience of thoughts feelings and sensations to ride the wave of experience rather than feeling caught up in the tumult. Using the above example, Jim can start to see the way his thoughts get in the way. With this awareness and distance, we can make a choice. If we are driving on automatic pilot, we can get lost or distracted. If we drive with awareness, we can find our way and enjoy the ride.

Awareness that arises from paying attention in the present moment allows us to be the drivers of our lives- to make choices about how to navigate the challenges that arise. Finally, science now has the evidence to demonstrate that mindfulness engages the integrative function of the brain,

engaging the prefrontal cortex and allowing the laying down of new neural pathways.

When mindfulness is present and neural pathways are laid down in the presence of a compassionate attuned Therapist, changes can come about in the context of a relationship, leading to new possibilities in how we interact with the world outside of the therapy room.

Mindfulness Groups are run regularly at
Lakeside Rooms

Drop in Sessions are held regularly at
Currumbin

<https://www.facebook.com/mindfulnessmeditationcurrumbinecovillage/>

