

The Transference from Spiritual to Therapeutical Mindfulness



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1.

Agenda

SPIRITUAL MINDFULNESS

APPLIED SECULAR MINDFULNESS

IS IT THE SAME?



AGENDA

- ▶ Process of Transference
- ▶ Therapeutical Mindfulness
- ▶ Role of Sciences and Public
- ▶ Motivational Aspects
- ▶ Mindfulness as Modern Projection Screen



2.

TRANSFERENCE

3 instead of 1

THREE COMBINED TRANSFERENCES

- ▶ From Satipaṭṭhāna Sutta to MBSR
- ▶ Ancient to Modern
- ▶ East to West
- ▶ Spiritual to Secular

ANCIENT TO MODERN

- ▶ sammā sati as core
- ▶ Stable: Essential part of the Noble Eightfold Path
- ▶ Theravada
- ▶ Mahayana and Vajrayana
 - ▶ Slightly different in role and importance
- ▶ I am not an expert

Nattier 1995

EAST TO WEST

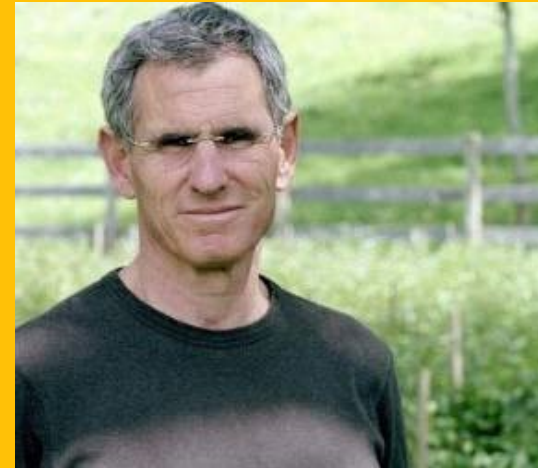
- ▶ Baggage
 - Ethnic
- ▶ Export
 - Evangelical
- ▶ Import
 - Elite

ELITE BUDDHISM

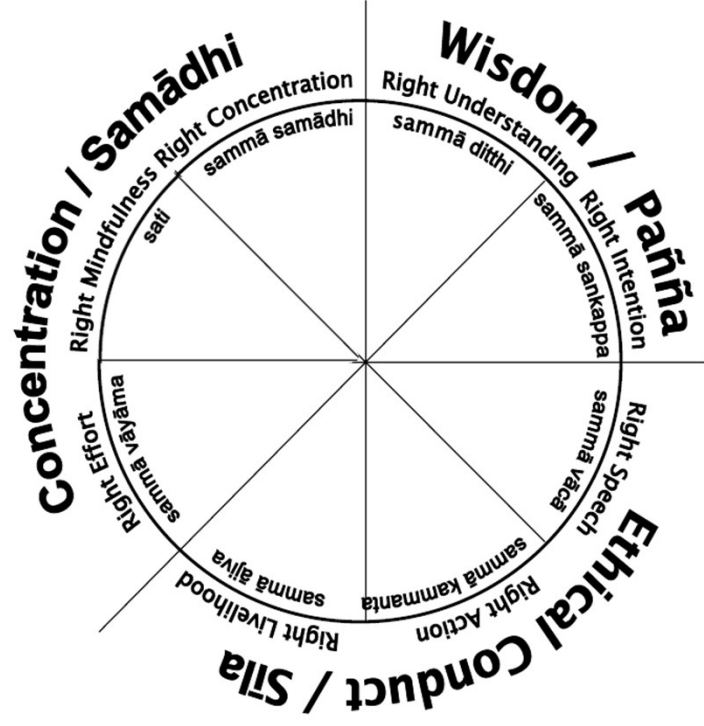
- ▶ Go to the East and bring Buddhism back
- ▶ Western ideas of Buddhism
- ▶ Money and leisure time
- ▶ 1960s, Hippie Movement, Vietnam War
- ▶ High level of education
- ▶ Focus on meditation (Tibetan, Zen, Vipassana)

RELIGIOUS TO SECULAR

- ▶ 1979, Massachusetts
- ▶ For patients
- ▶ Different techniques
- ▶ 8-week program
- ▶ MBSR
- ▶ from Mahayana and Theravada



Jon Kabat-Zinn





3.

**THERAPEUTIC
MINDFULNESS**

MBSR

- ▶ Formal Meditation
 - ▶ Body-Scan, sitting meditation, walking meditation
- ▶ Informal practice in daily life
- ▶ yoga
- ▶ Home work
- ▶ Information on stress and health
- ▶ research (manualized program)

- ▶ hidden spiritual dimension

APPLICATION

- ▶ Healthy but stressed
- ▶ Motivation for
 - Stress Reduction
 - Emotion Regulation
 - Improvement of Psychological Disorders
- ▶ Psychological Disorders
 - Attitude or skills?
- ▶ Three marks of existence
 - Anicca -> main focus
 - Dukkha -> little focus
 - Anatta -> avoided

4.

SCIENCE

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DEFINITION, CONCEPTS AND OPERATIONALIZATION

- ▶ Jon Kabat-Zinn
“moment-to-moment awareness, cultivated by paying attention in a specific way, in the present moment, as non-reactively, non-judgmentally, and openheartedly as possible” (Kabat-Zinn, 2005, p. 108)
- ▶ Consensus Meeting Toronto 2004
 - a) self- regulation of attention and awareness of the present moment and
 - b) adopting an attitude of curiosity, openness and acceptance towards the content of the present moment experience

MINDFULNESS IS EXPERIENCE BASED

- ▶ Lived experience
- ▶ description \neq experience
- ▶ knowledge \neq experience
- ▶ No concepts, preverbal
- ▶ Difficult for science





5.

**YOU GET WHAT
YOU WANT...**

You will get what you want....

MOTIVATION

- ▶ Shapiro 1992
- ▶ Goals and motivation
 - ▶ Self-regulation
 - ▶ Self-exploration
 - ▶ Self-liberation
- ▶ Increase of spiritual motivation



**Motivation and goals for
mindfulness practice
shape the practice**



MINDFULNESS AS A PROJECTION SCREEN

- ▶ Discourse on mindfulness in the postmodern western world
- ▶ generic character of mindfulness + secularization
- ▶ Mindfulness can do everything
 - ▶in new way
 - ▶for a better living (Grossman 2019)
- ▶ Not only individuals but also stakeholders
 - ▶ E.g. schools, companies, institutions,...
 - ▶ They all contribute to the idea/construct of 'mindfulness'
- ▶ Allowing for spiritual aspects in a rational cultures

**THANK YOU VERY
MUCH FOR YOUR
ATTENTION**

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