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
THREE COMBINED TRANSFERENCES

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

3 instead of 1
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
EAST TO WEST

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

Nattier 1995
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
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 ≠ experience
- knowledge ≠ experience
- No concepts, preverbal
- Difficult for science
5.
YOU GET WHAT YOU WANT...
MOTIVATION

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

You will get what you want....
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