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CRISIS & TRAUMA  
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PowerPoint Slides for  
On-Demand Webinar

# Mindfulness

## As a Counselling Tool

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WE ENVISION A WORLD WHERE EVERYONE IS TRAUMA-INFORMED.

# GOALS FOR THE WEBINAR

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- Describe ways to apply a mindfulness practice to a counselling role
- Demonstrate applications of the basic concepts of mindfulness
- Summarize key points to consider for how to choose a practice to apply
- Practice

# WHAT IS MINDFULNESS?

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- Focusing our attention with intention
- Paying attention to everyday ordinary and extraordinary experiences with openness and curiosity
- Letting go of judgement, fears, and the need for a particular outcome
- Finding awareness behind our experience
- Resting in knowing we are already okay

# PATHS OF MINDFULNESS

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## As a State

- A calm awareness of one's body, feelings, and mental activities; allows a person to fully experience the present moment.

## As a Practice

- Regularly spending time attending to the present happenings in one's mind, body, and/or surroundings.
- This cultivates changes in the way the brain and nervous system function.
- This can change a state into a *trait*.

# USING MINDFULNESS

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## AS A COUNSELLING TOOL

### Indirect Application

- Key to practice yourself
- Be able to stay regulated and support another person

### Direct Application

- Use mindfulness practices to manage activation and emotion
- Teach about mindfulness; give information
- Cultivate an ongoing practice as part of counselling work

# WAYS TO FOCUS MINDFULNESS

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## Mindful Awareness

- Intentional focus of attention
- More choice

## Body Awareness

- Embodied presence in our own skin
- Emotional intelligence

## Attuned Connection With Others

- What we sense in other people
- How we relate to other people



# PRACTICE

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**Finding our awareness:**

Using exteroception



# REFLECTION

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What do you notice? What do you want to remember from your experience?

# APPLICATION TIPS

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- *Key to practice yourself*
- *Simple steps*
- *Encouragement*
- *Repetition*
- *Reflection*

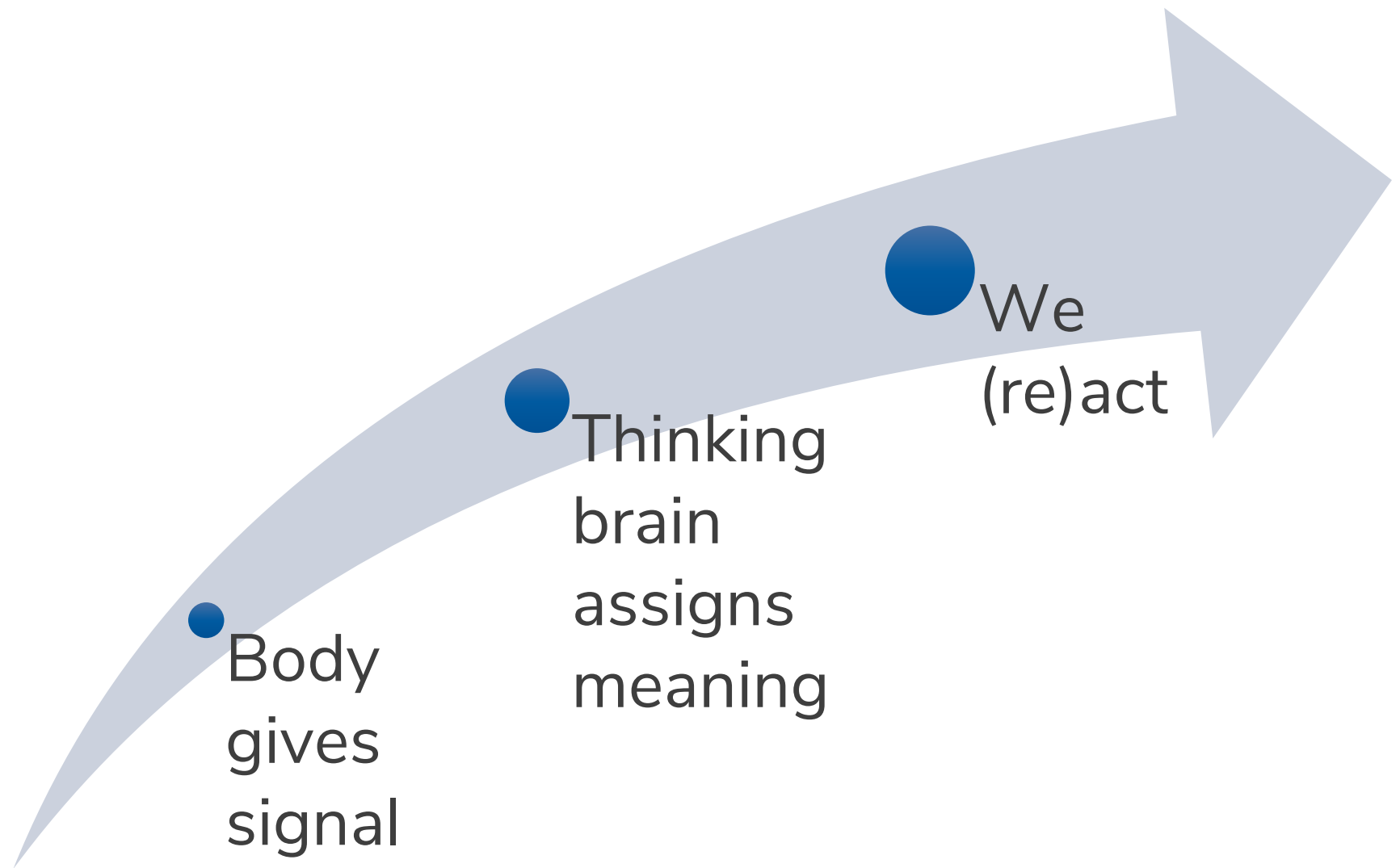
# EMBODIED AWARENESS

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## INTEROCEPTION

Becoming more aware of our internal body states allows us to:

- Become more aware of physical and emotional needs → emotional intelligence
- Slow down and change automatic reactions
- Better attend to and take care of ourselves



Body  
gives  
signal

Thinking  
brain  
assigns  
meaning

We  
(re)act

# PRACTICE

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Cultivating Embodied Awareness:

Using *interoception*

Body Scan

# REFLECTION

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What do you notice? What do you want to remember from your experience?

# APPLICATION TO YOUR WORK

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- Body scan
- Breath
- Bodily sensations
- Notice connection between senses (external) and what notice inside (internal)

# APPLICATION TO YOUR WORK

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External

Sight, sound, taste,  
touch, smell

Internal

Periphery (skin, bones), then  
core (belly, breath, heart)

Connections

Feelings, thoughts, behaviours



# PRACTICE

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## Embodied Awareness: Resourcing

# APPLICATION TO YOUR WORK

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Asking about body awareness:

- Use present tense: What do you sense now?
- Encourage verbalizing of sensation
- Start with point of clear connection
- Stay attuned through your own body awareness → this attunement can help deepen their ability

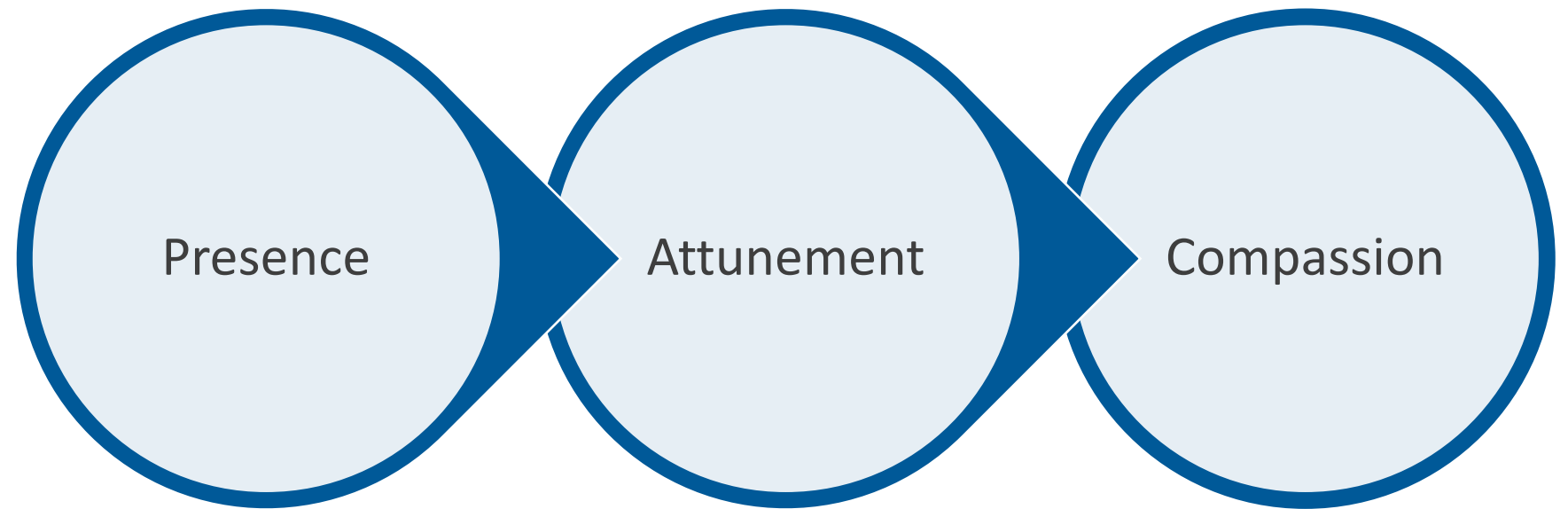
# CULTIVATING CONNECTION

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- One's "self" is distinct from others' emotions
- Opening toward others in empathy and active compassion
- Promotes individual and collective well-being

# AREAS FOR HELPERS TO DEVELOP

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# APPLICATION IN RELATIONSHIP

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## ATTUNED LISTENING

- Open awareness without thinking about the next question or solutions
- Leaving space, silence
- Taking extra breaths before responding
- Attuned to self and others – allowing resonance

# APPLICATION TO YOUR WORK

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- Practicing yourself – deepen your own embodied awareness
- Implementing directly into work with other people
- Implicit practice = practicing alongside while “holding space”
- Explicit teaching = give information, let them do what will
- Explicit practicing = modeling and practicing together
- Providing information and practice = encouraging practice on own; both co-regulating and deepening one’s own awareness

# ADDITIONAL EVENTS & RESOURCES

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- Online Training
  - Live Stream & On-Demand Workshops
  - Live Stream & On-Demand Webinars
- On-Location Training
- Blogs
- Free Resources

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