



Mindfulness

From practical course to application in
counselling sessions

November 2017

Context



- Aim of project was to take elements of mindfulness from the eight week course into day to day work interactions with other people
- In my case, this was to use elements of mindfulness practice in the counselling room
- Specifically to work with a client whose emotional responses to situations and other people were immediate and instinctive and often angry, potentially leading to aggression and difficult situations

Process



- **Stage 1: Consultation with a professional**
 - Consulted with my clinical supervisor, who had supervised my work with this client. I suggested using various different approaches to see what worked best with the client
 - Together we came up with three different approaches to test – slow breathing to allow space to choose how to react in a situation, use of a small smooth pebble for grounding in the moment and a short mantra as a focus to allow space to choose how to react in a specific situation
- **Stage 2: Tell the learner**
 - Within session, I talked to my counselling client – this fitted well with our overall goal of introducing ways for the client to access calmness, in challenging situations
 - We discussed the different elements and the client took them away to try out (having first altered the mantra to one that suited better)

Stage 3: The learner tries out different options

Feedback

