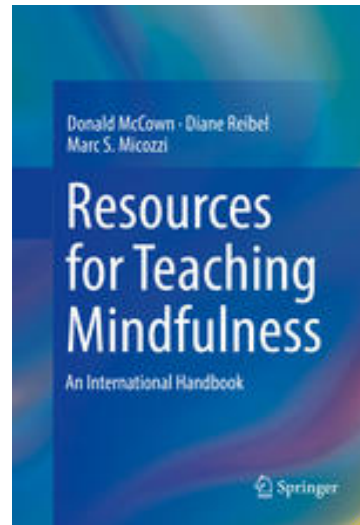


Working with individuals in chronic pain



Lone Overby Fjorback
Director Danish Center for Mindfulness,
Aarhus University, Denmark

www.mindfulness.au.dk

“I have no potential conflicts of interest”



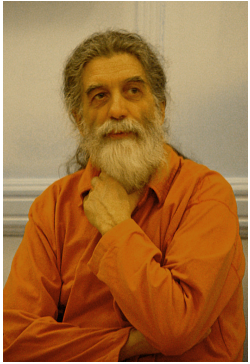
Swami
Janakananda



Saki F. Santorelli
Director
Center For Mindfulness,
University of Massachusetts
Medical School.



Melissa Myozen
Blacker, Roshi



“In the yoga teacher training one learns to:

- awaken and train consciousness;
- to stay aware;
- devote oneself to the present moment, without demanding firstly that the conditions have to be different;
- develop a knowledge of body, mind and energy;
- take responsibility and to be consistent in carrying out a task - whether big or small”



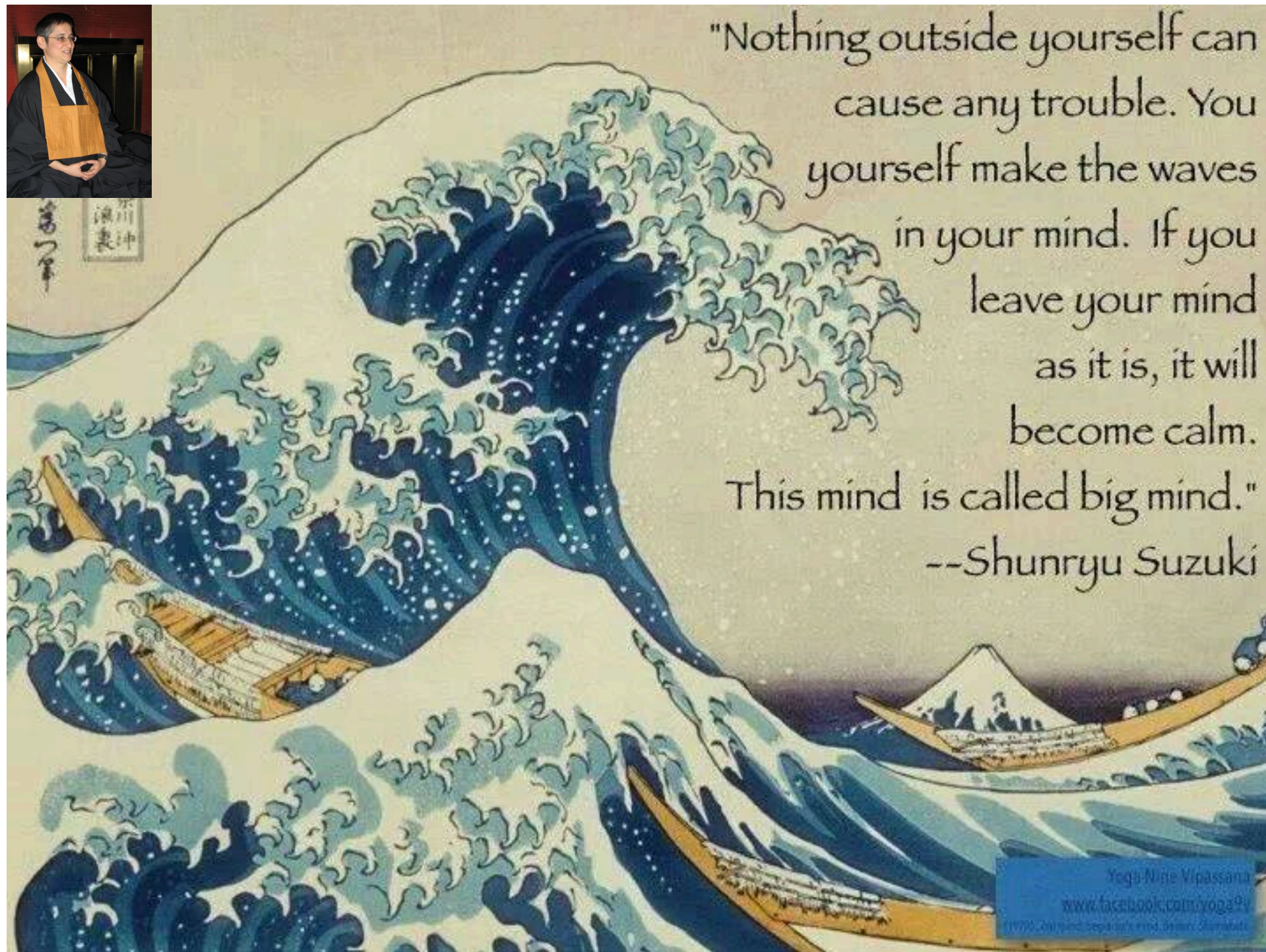
“The root of the Center for Mindfulness is planted in the soil of spirituality. By “Spirituality” I mean those qualities of mind and heart and human spirit that:

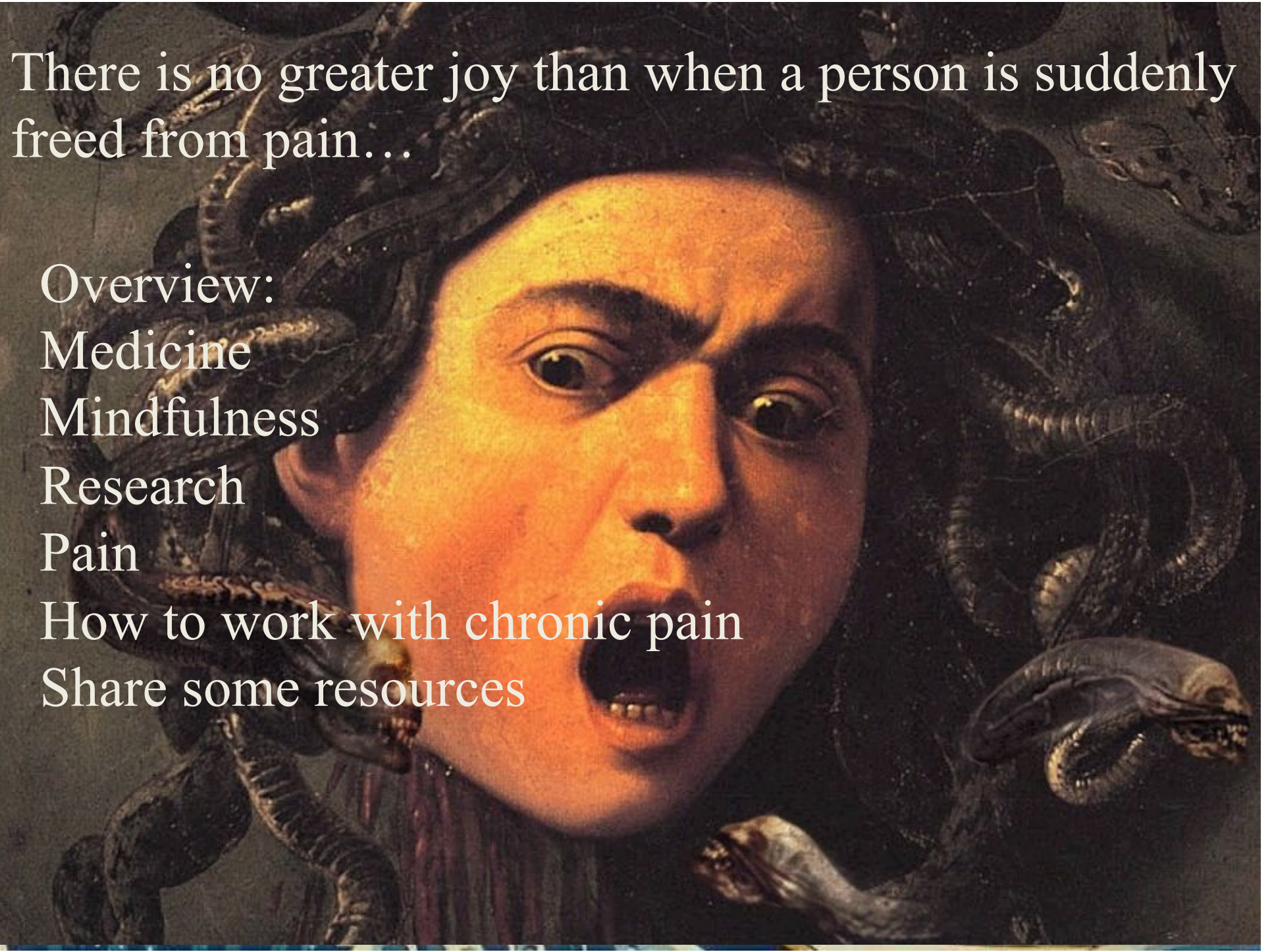
- bring ease and contentment to both self and others
- from which we act for the benefit of others.

In our experience, ongoing attention to this fundamental ground provides us a pathway for learning to embody ethical action, compassion and wisdom in the world.”



"Nothing outside yourself can
cause any trouble. You
yourself make the waves
in your mind. If you
leave your mind
as it is, it will
become calm.
This mind is called big mind."
--Shunryu Suzuki



A classical painting of Medusa, the Gorgon with snakes for hair. Her face is the central focus, showing a look of intense shock or pain with wide, staring eyes and an open mouth. She is surrounded by a dense mass of dark, coiled snakes. The lighting is dramatic, with a strong light source from the upper left illuminating her face.

There is no greater joy than when a person is suddenly freed from pain...

Overview:

Medicine

Mindfulness

Research

Pain

How to work with chronic pain

Share some resources





THE PROGRAM OF THE STRESS REDUCTION CLINIC AT
THE UNIVERSITY OF MASSACHUSETTS MEDICAL CENTER

FULL CATASTROPHE LIVING

Using the Wisdom of
Your Body and Mind to Face
Stress, Pain, and Illness

Jon Kabat-Zinn, Ph.D.

Bestselling Author of *Wherever You Go, There You Are*

Preface by Thich Nhat Hanh

FIFTEENTH ANNIVERSARY EDITION
WITH A NEW INTRODUCTION BY THE AUTHOR

FOREWORD BY JON KABAT-ZINN

"Saki evokes for us the mutuality of the healing relationship and reclaims for medicine and all who
work within it the wisdom and power of its lineage." —RACHEL NAOMI REIMEN, M.D.

Heal Thy Self

Lessons on
Mindfulness in Medicine



Saki Santorelli

Mindfulness- Based Cognitive Therapy for Depression

*A New Approach to
Preventing Relapse*



Zindel V. Segal
J. Mark G. Williams
John D. Teasdale

Standardised Mindfulness-Based Interventions in Healthcare:

An Overview of Systematic Reviews and Meta-Analyses of RCTs

Rinske A. Gotink, Paula Chu, Jan J. V.
Busschbach, Herbert Benson, Gregory L.
Fricchione, M. G. Myriam Hunink

<http://dx.doi.org/10.1371/journal.pone.0124344>

RESULTS

23 included reviews, covering 115 unique RCTs and 8,683 unique individuals.

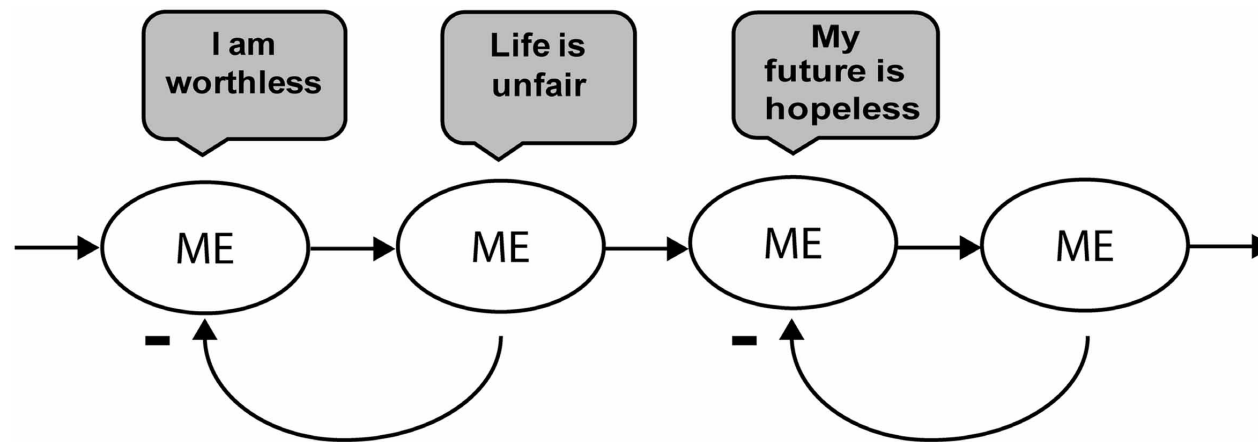
MBSR and MBCT significantly improved depressive symptoms, anxiety, stress, quality of life, and physical functioning when compared to wait list or treatment as usual.

CONCLUSION

The evidence supports the use of MBSR and MBCT to alleviate symptoms, both mental and physical, in the adjunct treatment of cancer, cardiovascular disease, chronic pain, depression, anxiety disorders and in prevention in healthy adults and children.

NEUROBIOLOGICAL MECHANISMS

S-ART self-awareness, self-regulation,
self-transcendence, David Vago



Noble Eightfold Path



Right View

Right Intention

Right Speech

Right Action

Right Livelihood

Right Effort

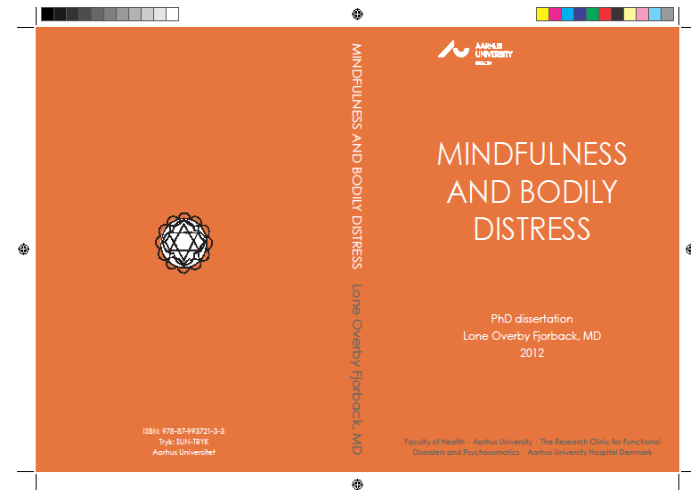
Right Mindfulness

Right Concentration

BUDDHA'S TEACHING

- 1) Suffering
- 2) Cause of suffering
- 3) End of suffering
- 4) Path to the end of suffering

RESULTS:
PATIENTS IMPROVED
INTERVENTION SAVED MONEY



**Mindfulness therapy for somatization disorder and
functional somatic syndromes
-Randomized trial with one-year follow-up**

Lone Overby Fjorback, Mikkel Arendt, Eva Ørnbøl, Harald
Walach, Emma Rehfeld, Andreas Schröder, Per Fink

**Mindfulness therapy for somatization disorder and
functional somatic syndromes:
Analysis of economic consequences alongside a
randomized trial**

Lone Overby Fjorback , Tina Carstensen, Mikkel Arendt, Eva
Ørnbøl, Harald Walach, Emma Rehfeld, Per Fink

DISABILITY PENSION

Disability Pension at 15-month	Mindfulness Therapy	Enhanced Treatment	χ^2 (df), p
+	25% (15)	45% (27)	5.0 (1), p= 0.025
-	75% (44)	55% (33)	

REDUCTION IN TOTAL HEALTH CARE COSTS

	Mean (SD)	Median	Wilcoxon matched pairs signed rank Difference=0
Total health care costs €			
One year pre-treatment	4930 € (8627)	2750 €	Z= 3.8
Baseline and one year ahead	3373 € (5360)	1475 €	P=0.0001

POSSIBLE RISK FACTORS

Unemployment and sickness benefit
five and ten years prior to inclusion

	Patients N=119	Controls N=5950	Wilcoxon Mann Whitney
10 years back in time	Mean (SD)	Mean (SD)	P
Weeks of self-support	299 (159)	429 (142)	<0.0001
Weeks of sickness benefit	69 (60)	13 (29)	<0.0001
Weeks of unemployment	80 (114)	44 (88)	<0.0001

FILM 'MINDFUL MEDICINE'

<https://vimeo.com/89295290> follows a MBSR group of eight weeks. Participants of the course have different backgrounds and reasons for participating . We follow three main participants – Rikke, Marlene and David. Rikke has BDS – bodily distress syndrome and struggling especially with fatigue and depression. Marlene has stress and migraine and David would like live more balanced.

During the course they all discover new sides of themselves and we get a glimpse of that meditation is hard work – and sometimes can be frustrating. But the method opens a perhaps hidden way into a sense of community, connectedness and an opportunity to contain conflicting emotions.



This book will be a gift for anyone who wants to understand and practice mindfulness, in order to find healing in the middle of a busy and stressful life.

I recommend this book to anyone who wishes to experience Lones' a unique approach to teaching mindfulness with heart and a clear mind.

Melissa Blacker



FOTO © MEW

Lone Overby Fjorback (f. 1967) er psykiater, ph.d. og forsker i mindfulness. Hun arbejder som overlæge på Forskningsklinikken for Funktionelle lidelser og er leder af Dansk Center for Mindfulness ved Aarhus Universitetshospital. Hun er desuden gift og mor til tre.

Er du deprimeret, stresset eller udbændt? Mindfulness, medfølelse og medicin kan hjælpe dig

Denne bog er skrevet til dig, der sidder fast, hvad enten det er i stress eller depression. Uanset hvordan du har det, eller hvad der er sket, er der hjælp at hente.

Du kan få det bedre igen.
Tre ord er vigtige her:
Medicin, medfølelse og mindfulness.
Medicin, fordi det kan være nødvendigt.
Medfølelse, fordi det er nødvendigt.

Og mindfulness, fordi det kan lære dig at tage imod livet igen. Yoga og meditation kan hjælpe dig med at komme i kontakt med krop og sind – en kontakt, der kan være sluttet, når man er nede.

Du kan lære at forstå, hvad der trækker dig ned – og samtidig skabe sunde vaner i sindet, der kan bringe glæde, lethed og balance i dit liv.

Der er nu forskningsmæssigt belæg for, at du kan styrke dit mentale helbred helt i lighed med dit fysiske helbred. I denne bog fortæller psykiater og forsker i mindfulness, Lone Overby Fjorback, hvordan du gør.

 gads forlag



LONE OVERBY FJORBACK MÅ JEG HJÆLPE DIG?

LONE OVERBY FJORBACK




FRI AF
DEPRESSION

MÅ JEG HJÆLPE DIG?

HVORFOR HAR DU DET DÅRLIGT?

Måske har du en fornemmelse af, hvad det er i dit liv, der har gjort, at du har det dårligt: Du har været for presset i for lang tid, du har mistet nogen, du holdt af, eller du har båret rundt på noget i mange år, der nu har lagt dig ned. Måske har du ingen anelse om, hvorfor du nu befinder dig i et hul, du ikke føler, du kan komme op af. Stol ikke for meget på dine tanker og følelser – de vil sikkert gerne fortælle dig om alle de ting, der generer dig eller ikke er som de burde være. Men alt, hvad der er sket med dig, fører frem til der, hvor du er nu – også det dårlige, som du gerne ville have været foruden. Det hverken kan eller skal du lave om på, men du kan forsøge at blive klogere på, hvordan du har det.

COVER DESIGN  SISTERRAND

Thank you for your attention!
www.mindfulness.au.dk

