

420 - Mindfulness

With Steven Bruce and Alison Bale

This discussion provides a comprehensive overview of the role of mindfulness in pain relief, with a focus on how it can be incorporated into physical therapy.

Key points include:

- Mindfulness is about being present and turning towards difficulties, not just distraction or relaxation. It can benefit a wide range of people, not just those with mental health conditions.
- Mindfulness can help healthcare practitioners stay focused and present with their patients, which can improve treatment outcomes.
- Mindfulness does not require long meditation sessions - even brief moments of awareness can be beneficial.
- Research shows mindfulness meditation can significantly reduce pain intensity and unpleasantness through changes in brain activity, and is more effective than placebo or "sham" approaches.
- Physical therapists can introduce mindfulness to patients by planting seeds, providing resources, and encouraging small, consistent practices.

The discussion also highlights the importance of finding a mindfulness teacher or approach that resonates with the individual, as well as the need to start where you are and not get discouraged.

Overall, the discussion argues the case for the integration of mindfulness-based interventions into physical therapy.