

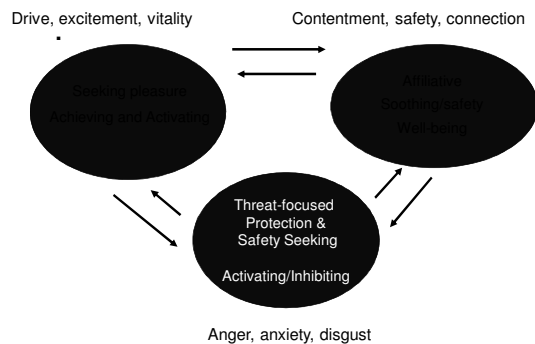
No Separate Self

Mindfulness as a Path to Compassion

Ronald D. Siegel, Psy.D.

Mindfulness, Self, and Others

Motivational Systems



The Western View of the Self

- Emphasis on separateness vs. connection to family, tribe, nature, etc.
- Healthy (Western) development:
 - Individuated
 - Aware of Boundaries
 - Knowing one's needs
 - Clear identity and sense of self

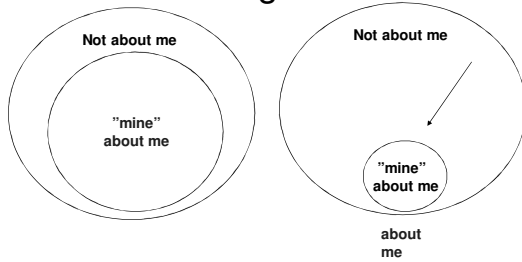
Narcissism in Western Psychology

- DSM
 - Character disorder
- Behavior therapy
 - Self efficacy
- Psychodynamic psychotherapy
 - Healthy narcissism or self esteem

Narcissism in Buddhist Psychology

- We suffer when we don't know who we really are
- Attempt to buttress self is central cause of suffering
- Our concept of "self" is based on a fundamental misunderstanding

Buddhist Therapeutic Progress



-- Adapted from Engler & Fulton

Where do I Begin and End?



What about Boundaries?



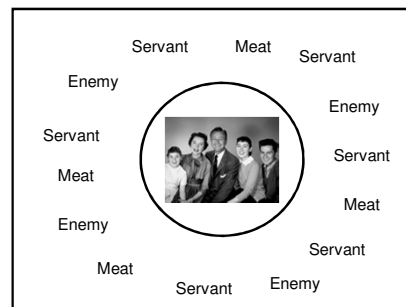
Boundaries



Where is the Organism?



Us and Them



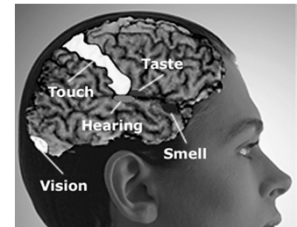
Constructing Experience

- Identity is a construction project
- Mind is a world-building organ
 - Makes order out of chaos
 - Constructs reality from data streaming in at break-neck speed



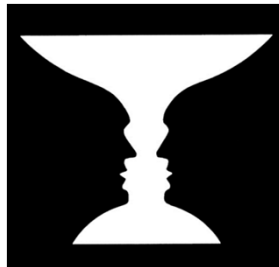
Sense Contact

- Coming together of
 - Sense organ
 - Sense object
 - Awareness of object
- Six senses
 - Seeing
 - Hearing
 - Smelling
 - Tasting
 - Touching
 - Thinking

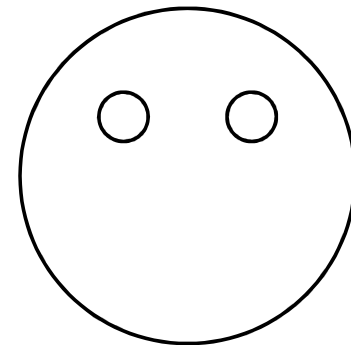


Perception

- Evaluates sense experience
 - Conditioned by culture and language
- Constructs and categorizes
 - Omits details
 - Fills in missing information



[VIDEO](#)



Feeling

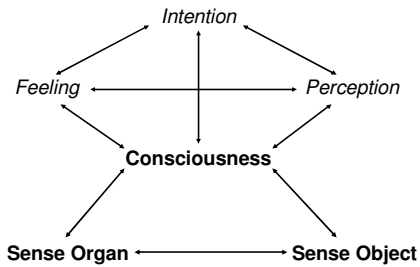
- We add an affective or hedonic tone to all experience
 - Pleasant
 - Unpleasant
 - Neutral



Intention and Disposition

- We try to
 - Hold onto the pleasant
 - Push away the unpleasant
 - Ignore the neutral
- We develop habits of intention
 - Dispositions
 - Learned behaviors
 - Conditioned responses
 - Personality characteristics

The Construction of Experience



A human being is part of the whole called by us universe ... We experience ourselves, our thoughts and feelings as something separate from the rest. A kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self.

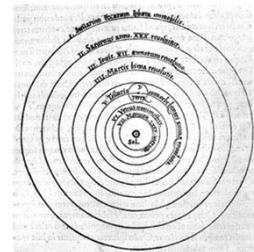
The Self

- A verb, not a noun
 - *Selling occurs*
- We respond differently when experiences belong to "me"
- Creates further distortions



Copernicus of the Mind

- Identity is recreated moment by moment
- Continuity of self is illusory
- Like frames of a movie



Narcissism: Obstacle to Compassion



The Failure of Success

- The pain of I, me, me, mine
- Narcissistic recalibration
- Narcissistic defenses are all compensatory

Jung's Shadow & The Separate Self

- Identifying with some attributes while rejecting others
- We become defensive when shadow is illuminated



We're all Bozos on this Bus

- Dandelions in a field
 - Not a path to perfection, but a path to wholeness
 - Boundary of what we can accept in ourselves is the boundary of our freedom
- Zen Patriarch

Mindfulness, Compassion, and Relationships

Relational-Cultural Theory

- Grew out of feminist critique of conventional psychology
- Benefits of mutual connection
 - Energy and vitality
 - Greater capacity to act
 - Increased clarity
 - Enhanced self-worth (efficacy)
 - Desire and capacity for more connection

Three Objects of Awareness

- Mindfulness of sensations, thoughts, feelings in “me”
- Mindfulness of the words, body language, mood of the other
- Mindfulness of the flow of relationship

Life in a Space Suit

- Defenses against pain insulate us from one another
- We imagine they keep us safe, but they leave us more vulnerable

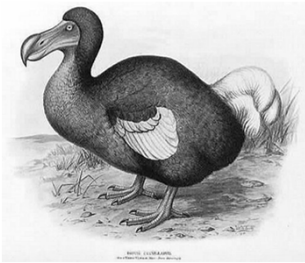


Condon, Desbordes, &
Miller (2013)



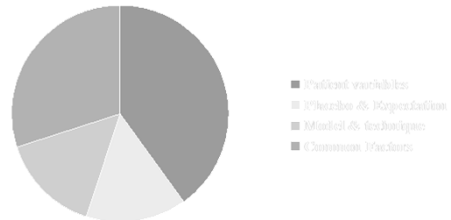
Compassion in the Therapeutic Relationship

Dodo Bird Hypothesis



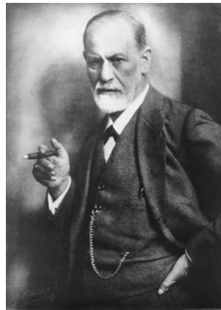
“Everybody has won, and all must have prizes.”

What Matters Most in Psychotherapy?



“Evenly Hovering Attention”

- “Listen and not to trouble to keep in mind anything in particular”
— Freud, 1912



And I, Sir, Can Be Run Through with a Sword



Affect Tolerance

- Not “my,” but “the”
 - Anger
 - Fear
 - Lust
 - Joy

Embracing Affect

- Patients can only be with those emotions that we can embrace
- Emotions experienced as transient
- Teaspoon of salt in a pond



Not Knowing



Beginner's Mind



For recorded meditations, visit:
www.mindfulness-solution.com

email:
rsiegel@hms.harvard.edu

Clinician Resources

Please visit www.meditationandpsychotherapy.org for updated listings.

Mindfulness-Oriented Psychotherapy

Books

- Baer, R. (Ed.) (2006). *Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*. Burlington, MA: Academic Press.
- Bien, T. (2006). *Mindful therapy: A guide for therapists and helping professionals*. Boston, MA: Wisdom.
- Bowen, S., Chawla, N., & Marlatt, G. A. (2011). *Mindfulness-based relapse prevention for addictive behaviors*. New York, NY: Guilford Press.
- Eifert, G. & Forsyth, J. (2005). *Acceptance and commitment therapy for anxiety disorders*. Oakland, CA: New Harbinger.
- Epstein, M. (1995). *Thoughts without a thinker: Psychotherapy from a Buddhist perspective*. New York: Basic Books.
- Germer, C. K., Siegel, R. D. , & Fulton, P. R. (Eds.) (2013). *Mindfulness and psychotherapy, 2nd Edition*. New York: Guilford Press.
- Germer, C., Siegel, R. D. (Eds.) (2012) *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*. New York: Guilford Press.
- Gilbert, P. (2005). *Compassion: Conceptualisations, research and use in psychotherapy*. London: Routledge.
- Gilbert, P. (2009). *The compassionate mind: A New approach to life's challenges*. Oakland, CA: New Harbinger Press.
- Goleman, D. & Dalai Lama. (2003) *Destructive emotions: How can we overcome them?* New York: Bantam Dell.
- Hayes, S., Smith, S. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
- Hayes, S. C., Follette, V. M., & Linehan, M. (2011). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. New York, NY: Guilford Press.

- Hayes, S., Strosahl, K., & Wilson, K. (1999). *Acceptance and commitment therapy*. New York: Guilford Press.
- Kabat-Zinn, J. (1990). *Full catastrophe living*. New York: Delacorte Press
- Kramer, G. (2007). *Insight dialogue: The interpersonal path to freedom*. Boston, MA: Shambhala.
- Kurtz, R. (1990). *Body-centered psychotherapy: The Hakomi method*. Mendocino, CA: LifeRhythm.
- Kwee, M., Gergen, K., & Koshikawa (Eds.) (2007). *Horizons in Buddhist psychology*. Chagrin Falls, Ohio: Taos Institute Publications.
- Langan, R. (2006). *Minding what matters: Psychotherapy and the Buddha within*. Boston: Wisdom Publications.
- Linehan, M. M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- Magid, B. (2002). *Ordinary mind: Exploring the common ground of Zen and psychotherapy*. Boston: Wisdom Publications.
- Marra, T. (2005). *Dialectical behavior therapy in private practice: A practical and comprehensive guide*. Oakland, CA: New Harbinger Publications.
- McQuaid, J., & Carmona, P. (2004). *Peaceful mind: using mindfulness and cognitive behavioral psychology to overcome depression*. Oakland, CA: New Harbinger Publications.
- Miller, A., Rathus, J., & Linehan, M. (2007). *Dialectical Behavior Therapy with suicidal adolescents*. New York: The Guilford Press.
- Mruk, C. & Hartzell, J. (2003). *Zen and psychotherapy: Integrating traditional and nontraditional approaches*. New York: Springer Publishing Co.
- Orsillo, S & Roemer, L (Eds.) (2005). *Acceptance and Mindfulness-Based Approaches to Anxiety: Conceptualization and Treatment*. New York: Springer.
- Orsillo, S. M. & Roemer, L., (2011). *The mindful way through anxiety*. New York, NY: Guilford.
- Pollak, S. M., Pedulla, T., & Siegel, R. D., (2014). *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*. New York, NY: Guilford.
- Roemer, L., & Orsillo, S. M. (2009). *Mindfulness and acceptance-based behavioral therapies in practice*. New York, NY: Guilford Press.

- Safran, J. E. (2003). *Psychoanalysis and Buddhism*. Boston: Wisdom Publications.
- Schwartz, J. (1996). *Brain lock*. New York: Regan Books.
- Segal, Z. V., Williams, J. M. G., Teasdale, J. D. (2012). *Mindfulness-based cognitive therapy for depression, (2nd ed.)*. New York, NY: Guilford Press.
- Shapiro, S. L., & Carlson, L.E. (2009). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Washington, D.C: American Psychological Association.
- Siegel, D. (2007). *The mindful brain*. New York: W.W. Norton.
- Siegel, R. D., Urdang, M., & Johnson, D. (2001). *Back sense: A revolutionary approach to halting the cycle of back pain*. New York: Broadway Books.
- Stern, D. (2004) *The present moment in psychotherapy and everyday life*. NY: W. W. Norton.
- Unno, M. (Ed.) (2006). *Buddhism and psychotherapy across cultures*. Boston: Wisdom Publications.

Websites

- Institute for Meditation and Psychotherapy: www.meditationandpsychotherapy.org
- Mindfulness-Based Stress Reduction: www.umassmed.edu/cfm
- Dialectical Behavior Therapy: www.behavioraltech.com
- Acceptance and Commitment Therapy: www.acceptanceandcommitmenttherapy.com
- Mindfulness and Acceptance Special Interest Group of the Association for the Advancement of Behavior Therapy: listserv.kent.edu/archives/mindfulness/html
- Self-Compassion Resources: www.self-compassion.org
- The *Back Sense* program for treating chronic back pain: www.backsense.org

Mindfulness Practice Resources

(Adapted and updated from *The Mindfulness Solution: Everyday Practices for Everyday Problems*, by Ronald D. Siegel, Guilford Press, 2010).

Please visit www.mindfulness-solution.com for updated listings.

Mindfulness Practice

Books

- Aronson, H. (2004). *Buddhist practice on Western ground: Reconciling Eastern ideals and Western psychology*. Boston: Shambhala Publications.
- Bays, J. C. (2011). *How to train a wild elephant & other adventures in mindfulness*. Boston: Shambhala Publications.
- Beck, C. (1989). *Everyday Zen: Love and work*. San Francisco: HarperSanFrancisco.
- Brach, T. (2003). *Radical acceptance: Embracing your life with the heart of a Buddha*. New York: Bantam Dell.
- Brach, T. (2012). *True refuge: Finding peace and freedom in our own awakened heart*. New York: Bantam Books.
- Chodron, P. (2001). *The wisdom of no escape and the path of loving-kindness*. Boston: Shambhala Publications.
- Chodron, P. (2009). *Taking the leap: Freeing ourselves from old habits and fears*. Boston, MA: Shambhala.
- Dalai Lama & Cutler, H. (1998). *The art of happiness: A handbook for living*. New York: Riverhead.
- Germer, C. K. (2009). *The mindful path to self-compassion: freeing yourself from destructive thoughts and emotions*. New York: Guilford.
- Goldstein, J. (1993). *Insight meditation: The practice of freedom*. Boston: Shambhala Publications.
- Goldstein, J., & Kornfield, J. (1987). *Seeking the heart of wisdom*. Boston: Shambhala Publications.
- Goleman, D. (2003). *Destructive emotions: How can we overcome them?* New York: Bantam Dell.
- Gunaratana, B. (2002). *Mindfulness in plain English*. Somerville, MA: Wisdom Publications.

- Hanh, T. N. (1975/1987). *The miracle of mindfulness*. Boston: Beacon Press.
- Kabat-Zinn, J. (1994). *Wherever you go there you are: Mindfulness meditation in everyday life*. New York: Hyperion.
- Kabat-Zinn, J. (2005). *Coming to our senses: Healing ourselves and the world through mindfulness*. New York: Hyperion.
- Kornfield, J. (1993). *A path with heart: A guide through the perils and promises of spiritual life*. New York: Bantam.
- Kornfield, J. (2008). *The wise heart: A guide to the universal teachings of Buddhist psychology*. New York, NY: Bantam.
- Kornfield, J. (2011). *Bringing home the dharma: Awakening right where you are*. Boston, MA: Shambhala.
- Lama Surya Das (1997). *Awakening the Buddha within: Tibetan wisdom for the Western world*. New York: Broadway.
- Rosenberg, L. (1998). *Breath by breath: The liberating practice of insight meditation*. Boston: Shambhala Publications.
- Salzberg, S. (1995). *Lovingkindness: The revolutionary art of happiness*. Boston: Shambhala Publications.
- Salzberg, S. (2011). *Real happiness: The power of meditation*. New York, NY: Workman.
- Siegel, R. D. (2010). *The mindfulness solution: Everyday practices for everyday problems*. New York: Guilford.
- Smith, J. (Ed.). (1998). *Breath sweeps mind: A first guide to meditation practice*. New York: Riverhead Books.
- Trungpa, C. (2005). *Training the mind and cultivating loving-kindness*. Boston: Shambhala Publications.
- Weiss, A. (2004). *Beginning mindfulness: Learning the way of awareness*. Novato, CA: New World Library.

Recordings

Meditations from *The Mindfulness Solution: Everyday Practices for Everyday Problems*:
www.mindfulness-solution.com

Meditation Training Centers

Secular

Center for Mindfulness in Medicine, Healthcare, and Society, University of Massachusetts Medical School, 55 Lake Avenue North, Worcester, MA 01655.

<http://www.umassmed.edu/cfm/mbsr/>

Vipassana

Barre Center for Buddhist Studies, 149 Lockwood Road, Barre, MA 01005

<http://www.dharma.org>

Insight Meditation Society, 1230 Pleasant St., Barre, MA 01005

<http://www.dharma.org>

Insight LA, 2633 Lincoln Blvd, #206, Santa Monica, CA 90405

<http://www.insightla.org>

New York Insight, P.O. Box 1790, Murray Hill Station, New York, NY 10156.

<http://www.nyimc.org>

Spirit Rock Meditation Center, P.O. Box 909, Woodacre, CA 94973

<http://www.spiritrock.org>

Tibetan

Naropa University, 2130 Arapahoe Ave Boulder, CO 80302

<http://www.naropa.edu>

Shambala Mountain Center, 4921 County Road 68-C, Red Feather Lakes, CO 80545

<http://www.shambhalamountain.org>

Zen

San Francisco Zen Center, 300 Page Street, San Francisco, CA 94102

<http://www.sfzc.com>

Zen Center of Los Angeles

<http://www.zcla.org>

Zen Mountain Monastery, P.O.Box 197, Mt. Tremper, NY 12457

<http://www.mro.org/zmm/zmmhome/>

Buddhist Psychology

Books

- Batchelor, S. (1997). *Buddhism without beliefs*. New York: Riverhead Books.
- Bhikkhu Bodhi (Ed.). (1999). *A comprehensive manual of Abhidhamma*. Seattle, WA: Buddhist Publication Society.
- Fleischman, P. (1999). *Karma and chaos: New and collected essays on vipassana meditation*. Seattle: Vipassana Publications.
- Johansson, R. (1979). *The dynamic psychology of early Buddhism*. New York: Humanities Press.
- Kalupahana, D. (1987). *The principles of Buddhist psychology*. Albany: SUNY Press.
- Nyanaponika Thera. (1965/1996). *The heart of Buddhist meditation*. Boston: Weiser Books.
- Rahula, W. (1986) *What the Buddha taught*. New York: Grove Press.

Websites

- Buddhist information and education:** www.buddhanet.net
- Buddhism and science:** www.mindandlife.org
- Audiovisual materials of all kinds:** www.soundstrue.com
- Mindfulness teacher talks:** www.dharmaseed.org
- Buddhist journal (USA):** www.tricycle.com
- Journal for mindfulness practitioners:** www.inquiringmind.com
- Mindfulness and self compassion:** <http://www.mindfulselfcompassion.org>

About the Presenter

Dr. Ronald D. Siegel is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for over 30 years. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness and psychotherapy and mind/body treatment, has worked for many years in community mental health with inner city children and families, and maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is author of a guide for clinicians and general audiences, *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coauthor of the self-treatment guide *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*, which integrates Western and Eastern approaches for treating chronic back pain, coauthor of a new skills manual, *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; and coeditor of the critically acclaimed text, *Mindfulness and Psychotherapy, 2nd Edition* and of *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice* with a foreword by His Holiness the Dalai Lama. He is also a regular contributor to other professional publications, and is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy.

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For recordings of mindfulness practice instructions, including meditations for working with anxiety, depression, relationship issues, addictions, and other difficulties, please visit

www.mindfulness-solution.com

For additional recorded meditations, and patient handouts, please visit

www.sittingtogether.com

For information about mindfulness and psychotherapy programs, please visit

www.meditationandpsychotherapy.org

For information about the *Back Sense* program for treating chronic back pain, please visit

www.backsense.org