**AGPA Connect 2023 Presenter Information**

**Course Code:** 63

**Course Title:** Integrating Mindfulness Meditation within Racial and Social Justice: A Group Wellness Model

**Course Times:** 2:00 PM - 4:30 PM

**Course Dates:** Saturday, March 11

**Instructors:** Mansi Brat

 Michael Buxton

**Course Description:** Mindfulness is a relational practice that teaches all human beings are inter-connected. It is the cultivation of an awareness that goes beyond identifying with just ourselves, to becoming aware of our communities, the culture, the suffering of our world, ultimately to the totality of human experience. As we navigate some complex issues of our nation based in race and systemic oppression, mindfulness practices support individuals in alleviating historical racial-social trauma, leading one to access their core wellbeing.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎Conduct a group therapy which combines meditation and mindfulness practices geared towards ‎racial healing and social justice.‎
2. ‎Orient participants to the practice of mindful meditation group therapy.‎
3. ‎Sit in seated, focused, silent meditation.‎
4. ‎Implement compassion-based guided meditations focused on racial awareness and experience.‎
5. ‎Empower participants to embody compassion-based practices for self.‎
6. ‎Encourage mindful sharing of thoughts and emotions which emerge during meditation to help ‎participants build connections at micro/macro levels of their unique communities.‎

**Significant Articles:**

1. Germer, C. K., Siegel, R. D., & Fulton, P. R. (2013). Mindfulness and Psychotherapy. (2nd Ed.). New ‎York, NY: The Guilford Press.‎
2. Kabat-Zinn, J. (1990). Full catastrophe living: Using the wisdom of your body and mind to face stress, ‎pain, and illness. New York, NY: Dell Publishing.‎
3. King, R. (2018). Mindful of race: Transforming Racism from the inside out. Boulder, CO: Sounds True.‎
4. Magee, R. V. (2019). The inner work of racial justice: healing ourselves and transforming our ‎communities through mindfulness. New York: Tarcher Perigee.‎
5. Yang, L. (2017). Awakening Together: The Spiritual Practice of Inclusivity and Community. Somerville, ‎MA: Wisdom Publications.‎

**Agenda**

Brat; Buxton - AGPA Connect 2023 2.5 Hour Workshop Program Outline/Agenda (150 mins) Title: Integrating Mindfulness Meditation within Racial and Social Justice: A Group Wellness Model Workshop Outline:

1. Brief instructions for orienting clients to seated, focused meditation (5 minutes; Objective 2; Buxton; Lecture)
2. 15-minute silent, group meditation (with bells) (15 minutes; Objective 2; Buxton; Experiential Activity)
3. Introductions of ourselves, outline of the workshop, purposes, and agreements. (15 minutes; Objective 1; Brat, Buxton; Lecture)
4. Instruction and handout on core mindfulness meditation practices, and healing from race and social injustices and harm within the context of group therapy. Discussion and process -
	* 1. cultivating personal and interpersonal space for emotions and thoughts
		2. non-judgmental, non-attached awareness of intra- and interpersonal experience
		3. sharing/asserting from a place of witness of one’s own awareness iv. accepting silence from self and others in group therapy
		4. processing race-related issues during meditation/this workshop (25 minutes; Objectives 1, 2, 5; Buxton, Brat; Lecture)
5. 15 minutes Guided mindfulness meditation (with bells) (20 minutes; Objective 2; Buxton; Experiential Activity)
6. 15 minutes Open sharing within the group (big group broken into small sub-groups or breakout rooms), lightly guided by group leaders. (15 minutes; Objective 5, 6; Buxton, Brat; Experiential Activity and Group Process)
7. Teach, discuss the impact of racial prejudice and conditioning on our individual and collective well-being, utilizing theoretical and definitional models to help group members frame and give language and voice to their experience. Introduce wellness models. (25 minutes; Objective 5; Brat; Lecture/Discussion).
8. Reflection journal and sharing of lived experiences by participants and how they plan to implement the learnings from the workshop (20 minutes, Objective 5 & 6; Brat, Buxton, Activity)
9. Complete evaluations (10 mins)

**Assessment Questions:**

Correct Answer 1

a state of awareness that arises by being present in the moment, with an attitude of non-judgment and curiosity

Question 2 (include possible answers)

2. Which one of the following is NOT an attitude of mindfulness as described by Kabat-Zinn in his book Full Catastrophe Living? o Beginner’s Mind o Non-striving o Acceptance o Rewarding

Correct Answer 2

Rewarding

Question 3 (include possible answers)

3. It is not advisable to resume natural breathing (inhales and exhales) while sitting on meditation cushion for meditation practice? True or False

Correct Answer 3

False

Question 4 (include possible answers)

4. What four postures allow a successful mindfulness meditation practice? o sitting, standing, walking, and laying down o sitting, jogging, sleeping, and balancing o sitting, lifting weights, riding a bike, and walking o sitting, doing dishes, cleaning, and sleeping

Correct Answer 4

o sitting, standing, walking, and laying down

Question 5 (include possible answers)

5. Name the two wings of Mindfulness?

Correct Answer 5

Awareness and Compassion

Question 6 (include possible answers)

What are the foundational practices of mindfulness meditation? o Mindful Eating, Mindful Walking, Yoga, and Qigong o Mindfulness of Breath, Mindfulness of Body, Mindfulness of Thoughts, Mindfulness of Feelings, and Loving-Kindness Meditation o Mindfulness of Breath and Compassion-Based Breath Practice o Body Scan Meditation

Correct Answer 6

Mindfulness of Breath, Mindfulness of Body, Mindfulness of Thoughts, Mindfulness of Feelings, and Loving-Kindness Meditation

Question 7 (include possible answers)

7. What is recommended duration of meditation practice daily for beginning meditators? o 10-15 minutes o 37 minutes o At least 1 hour o As much as you'd like

Correct Answer 7

10-15 minutes

Question 8 (include possible answers)

8. Who is the pioneer of the Mindful Self-Compassion (MSC) program? o Larry Yang o Daniel Goleman o Germer & Neff o Corey & Corey

Correct Answer 8

Germer & Neff

Question 9 (include possible answers)

What is a good group size when implementing a mindfulness meditation group therapy model at your site? o 10-15 group members o 50 group members o any number o 4 members

Correct Answer 9

10-15 group members

Question 10 (include possible answers)

10. The following is NOT a mindfulness-based program or therapeutic modality? o MBCT (Mindfulness-based Cognitive Therapy) o MBSR (Mindfulness-based Stress Reduction) o ACT (Acceptance and Commitment Therapy) o MI (Motivational Interviewing)

Correct Answer 10

MI (Motivational Interviewing)