

iREST® MEDITATION ON THE COLLEGE CAMPUS

Sheila Figliotti, LCSW-R

Clinical Social Worker

UBCS

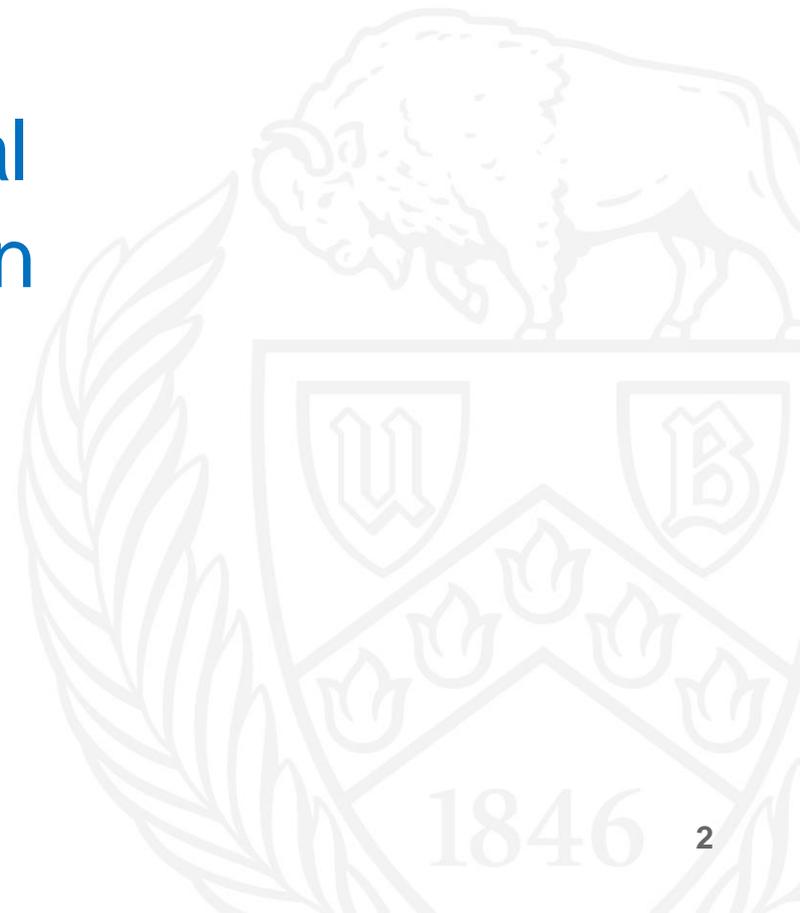
CCNY June 2018

 University at Buffalo
Student Life



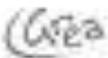
Conflict of Interest Statement

I have no actual or potential conflict of interest in relation to this presentation.



What is This???



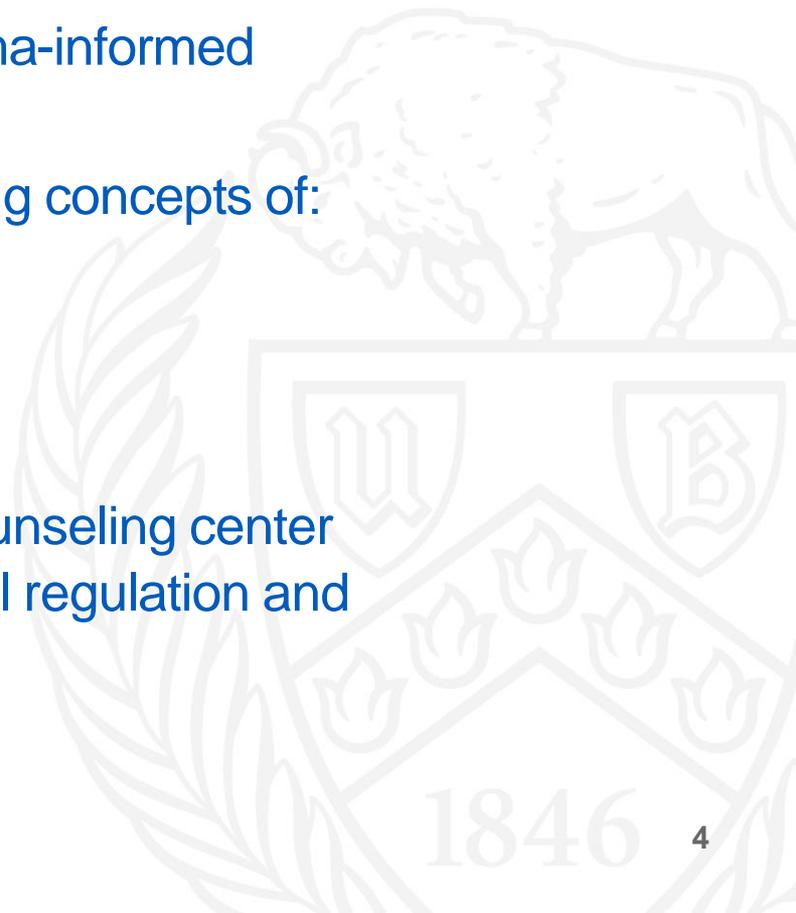

www.sangre.net



1846

Learning Objectives

- Understand the history of iRest as a trauma-informed meditation practice.
- Have a sense of 10-step protocol, including concepts of:
 - Welcoming
 - Messengers
 - Awareness/Ground of Being
- Learn how iRest is offered in a college counseling center that supports distress tolerance, emotional regulation and resilience.



History

- Based on Yoga Nidra
- Dr. Richard Miller, PhD.
- Department of Defense 2003
 - iRest: www.irest.us
 - Warriors at Ease

Other Venues

- Schools
- Hospitals
- Prisons
- Hospices
- Mental Health
- Substance Use Treatment
- COLLEGES!



What is Yoga Nidra?

- Ancient sequential yoga meditation.

Yoga: “The view, path and means by which you experience your interconnection with yourself, others and the world around you.”

Nidra: “Changing states of consciousness, waking sleeping, dreaming, which includes sensations, emotions, thoughts and images.”

(Miller, 2015, p.18)

What is iRest?

- Integrative Restoration: a modern, secular adaptation of Yoga Nidra.
- Integrative: “...because it gives us the skills to respond more effectively to psychological and physical pain, increasing feelings of being “a fully functioning, integrated and healthy human being.”
- Restorative: ...”because it helps you to rediscover your inner resource of joy, peace and well-being, enabling connection to self and all of life.

(Miller, 2015, p.19)



10 Step Protocol

- Intention
- Heartfelt Desire
- Inner Resource of Well-being
- Body Sensing
- Breath Sensing
- (Physical)Feelings
- Emotions
- Cognitions, Beliefs, Imagery
- Joy, Bliss
- Being, Awareness



Preparatory

- INTENTION
- Heartfelt Desire/Purpose
- Inner Resource of Well-being



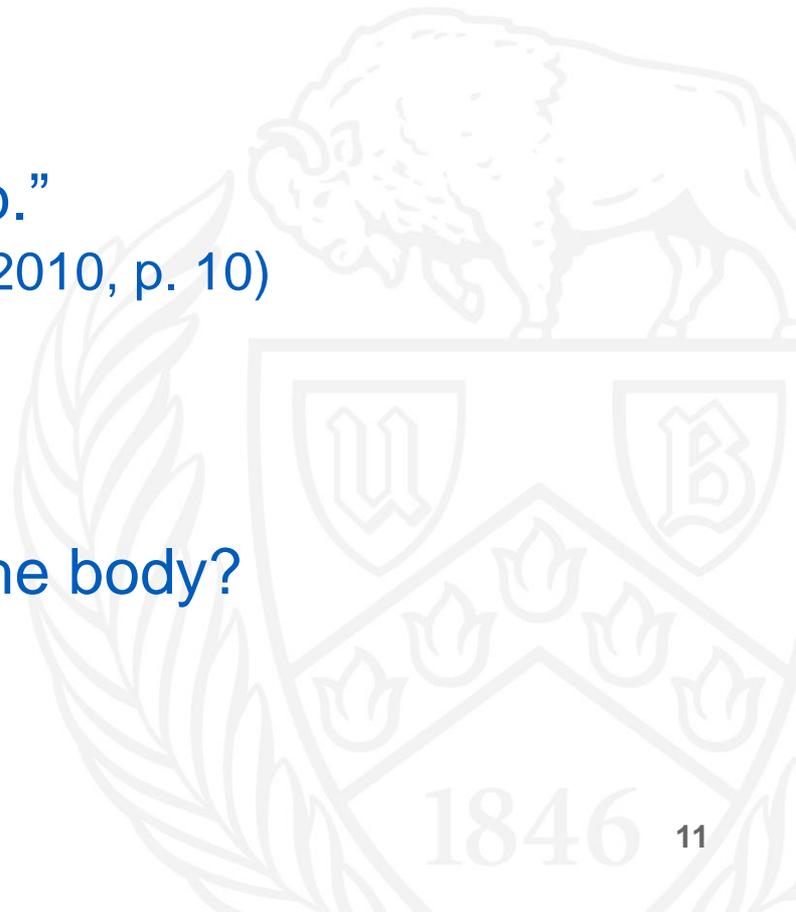
Calming, Focus, Messengers, Opposites

- Body Sensing
- Breath Sensing
- Physical Feelings



Emotions: Welcoming, Opposites, Continuums

- Ways to relate with our emotions
 - “But discomfort needn’t disturb.”
(Miller, 2010, p. 10)
- Somatic, spatial, cognitive
 - Where and how is this felt in the body?

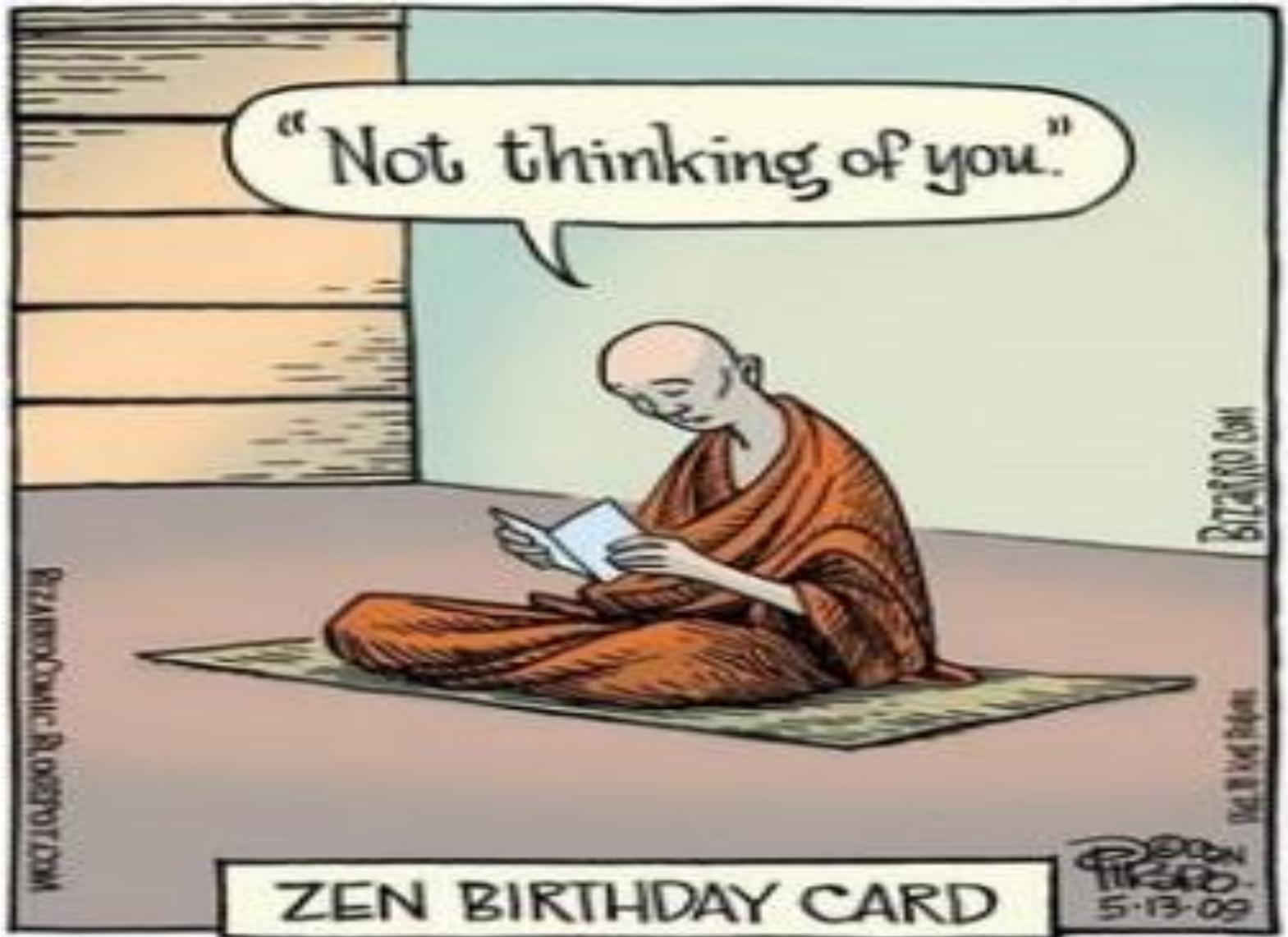


Integration

- “As the practitioner’s system becomes more regulated, the fragmented bits and pieces of hurt, injury, and trauma come back to the surface and are integrated into the whole person. Individuals have a somatic experience of having the pain, but also being more than the pain.”

(Carnes & Northcut, 2017, Fragmented and Separate Versus Attached and Connected Section, para. 2)

- Looking deeply into the symptoms leads to integration.



Welcoming Cognitions as Messengers

- Thoughts/Beliefs
 - DMN*
 - Going away from our Essential Nature
 - Opposites, both at the same time

* (Brewer, Worhunsky, Gray, Tang, Weber, & Kober, 2011)



Joy

- Caused and Uncaused
- Everything just as it is
 - Being with whatever arise
 - Micro-Practices



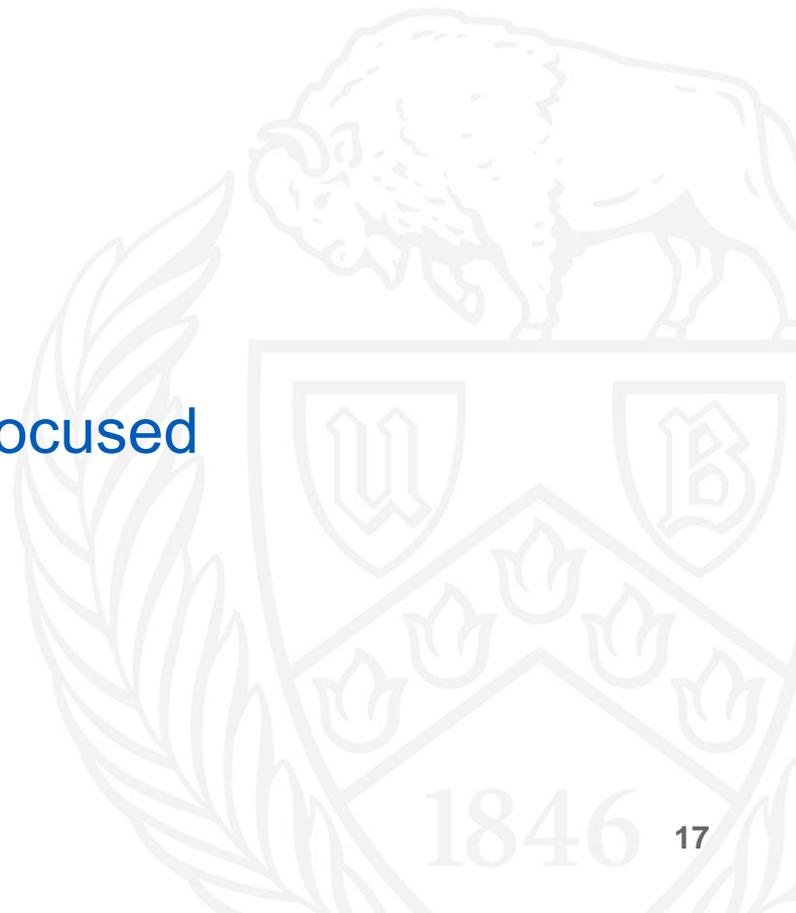
Awareness- Ground of Being

- Stepping In:
- Stepping Back:
- Stepping Back More



Pre and Post-Group Questionnaires

- Likert Scale
 - I'm Overwhelmed
 - I'm Irritable
 - I'm Anxious
 - I'm Having Difficulty Staying Focused
 - I'm Having Trouble Sleeping



Results and Change

Question		Mean	SD	p-value
1. I'm overwhelmed	Pre:	5.8	2.4	p=.003
	Post:	4.1	2.0	
2. I'm irritable	Pre:	4.2	2.2	p=.015
	Post:	3.1	1.2	
3. I'm anxious	Pre:	6.7	1.8	p=.000
	Post:	4.5	1.6	
4. I'm having difficulty staying focused on tasks	Pre:	5.9	2.8	p=.001
	Post:	4.0	1.8	
5. I'm having trouble sleeping	Pre:	5.1	2.4	p=.000
	Post:	2.8	1.4	
6. I'm (insert other concern)_____ ; (n=9)	Pre:	7.2	1.5	p=.002
	Post:	4.9	1.2	

Contraindication for General Groups

- Psychotic symptoms
- Actively grieving
 - Individual or separate group



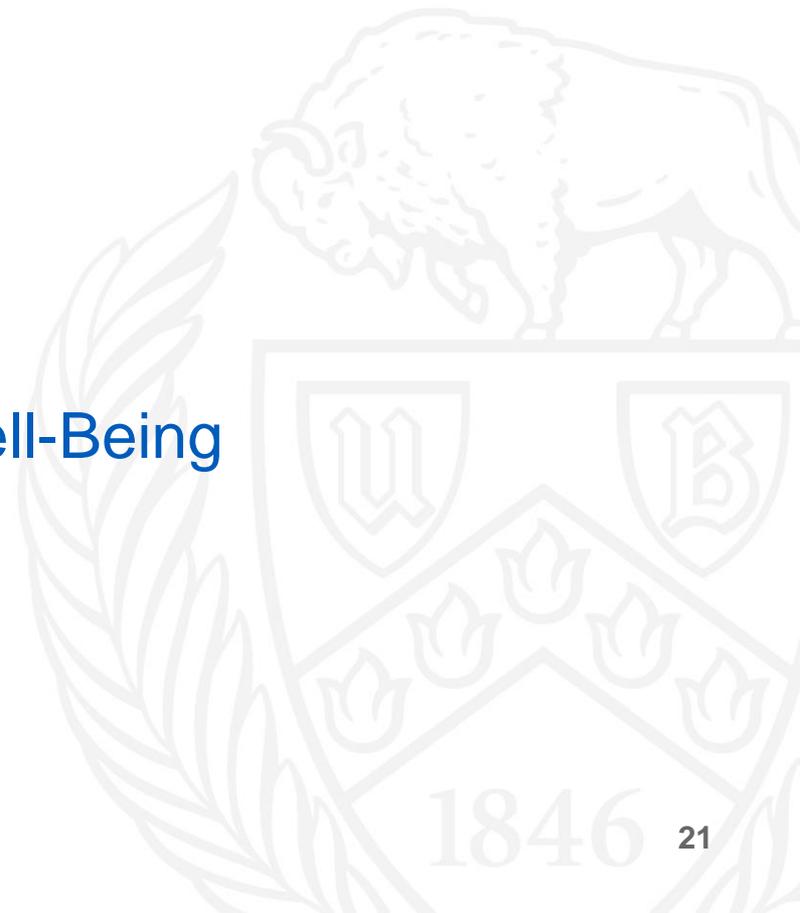
iRest individually

- Client Choice
- Symptom management: Stand-Alone
 - Inner Resource
 - Body/Breath Sensing
 - Stepping in and Back
 - Progressive
 - Dyad: Guided, being with what arises



Brief iRest Meditation

- Choices
 - Eyes
 - Hands
 - Breath
 - Body areas
 - Inner Resource: Words for Well-Being
 - Joy





Plot twist. Waldo finds himself.

References

- Brewer, J. A., Worhunsky, P. D., Gray, J. R., Tang, Y.-Y., Weber, J., & Kober, H. (2011). Meditation experience is associated with differences in default mode network activity and connectivity. *Proceedings of the National Academy of Sciences of the United States of America*, 108(50), 20254-20259.
- Carnes, R., & Northcut, T. B. (2017). Beginning with the clients: Mindfully reconciling opposites with survivors of trauma/complex traumatic stress disorders. In T. B. Northcut (Ed.), *Cultivating mindfulness in clinical social work: Narratives from practice* [Kindle version]. Retrieved from Amazon.com
- Miller, R. (2010). *Yoga Nidra: A meditative practice for deep relaxation and healing*. Boulder, CO: Sounds True, Inc.
- Miller, R. C. (2015). *The iRest program for healing PTSD: A proven-effective approach to using Yoga Nidra meditation and deep relaxation techniques to overcome trauma*. Oakland, CA: New Harbinger Publications, Inc.

Suggested Reading on Interoception

- Farb, N., Daubenmier, J., Price, C. J., Gard, T., Kerr, C., Dunn, B. D., Klein, A. C., Paulus, M. P., & Mehling, W. E. (2015). Interoception, contemplative practice, and health. *Frontiers in Psychology*, 6, 1-26.