Mindfulness-Based Cognitive Therapy for TB
Transforming Depression & Lives

THE ROLE OF CLINICIAN TRAINING

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With Deep Gratitude:
Study colleagues on the research team

MBCT RCT Participants & Clinicians at Toronto Rehab Institute, Ottawa Rehab Center & St Joseph’s Care Group, Thunder Bay

Funded by

[Ontario Neurotrauma Foundation logo]
Rogers (1983) noted that the diffusion literature takes us up to the point of deciding to adopt an innovation and says nothing about what to do next to: implement innovation with fidelity.

In Fixsen et al., 2005 Implementation Research: A Synthesis of the Literature
Mindfulness-Based Cognitive Therapy
Mindfulness-Based Cognitive Therapy-TBI:

- 10 week psycho-educational group
- Intensive training in Mindfulness meditation
- To apply to challenges of their daily lives

Based on Segal, Williams, Teasdale, 2002
TBI Adaptation Felteau, 2010
Participants learn to:

- **Reduce reactivity**
- **Decenter from ruminative thinking**
- ‘sit with’ + - +/- thoughts, emotions, physical sensations
- **prevent further depressive relapse**

Practices include: body scans, sitting meditation, walking meditation, mindful movement, process of inquiry & dialogue
MBCT Results

• Data from 6 RCT’s + 2 meta-analyses (Hoffman, 2010; Piet & Hoogard 2011) indicate MBCT is associated with a 50% reduction in depression relapse risk
MBCT – TBI Results

- MBCT – TBI consistently shows a 59% reduction in depression symptoms

Bedard, Felteau et al., 2011; 2007; 2005; 2003
Brains on Meditation

Hippocampus↑ learning & memory

Cingulate↑ self-awareness, compassion & introspection

Amygdala↓ anxiety & stress

In **theory** there is **no difference** between **theory and practice**; in **practice, there is.**”

Yogi Berra
Don’t Get Trapped

The delivery of successful outcomes is associated with a longitudinal training program

Crane et al., 2010
Developmental Process

“The teacher/clinician’s embodiment of the key therapeutic ingredients of MBCT & their personal mindfulness practice are essential”

Crane, Kuyken, Hastings, Rothwell & Williams, 2010
Embodiment, not Methodology

• The teacher embodies the heart of inquiry; the possibility of encountering, being with and befriending experiences with
  • Loving kindness
  • Compassion
  • Sympathetic joy
  • Equanimity

Woods SL, 2011
Fostering Transformative Dimensions
MBCT-TBI Learning Conditions

- Trust
- Non-judgment
- Compassion

- Safety
- Confidentiality

- Authenticity
- Acceptance
- Support

My Back Hurts

My Knees Hurt

I could have done this better before my TBI

Non-Reactivity: Learning to Be with What Is
I am OK just as I am

Self-Compassion
Multi-site RCT of MBCT-TBI

3 centers: Toronto, Ottawa, Thunder Bay Canada

Blind block randomization of 120 participants
Cross-over wait list control design

5 treatment waves Sept 2010 – June 2012
RCT of MBCT-TBI

Inclusions: 18+, 1>5 yrs post TBI, any severity level with insight

Exclusions: concurrent interventions, anti-depressants allowed, unusual psychological processes, suicidal ideation, substance abuse, lack of insight (BDI-II, SCL-90-R, Alcohol, Substance & Drug Abuse Scales)
RCT Measurements for Depression, Memory, Health Status Mindfulness & Satisfaction

**Instrument**
- Demographics (S)
- BDI-II (S) & PHQ-9
- CVLT (S)
- COWAT
- WAIS: Digit Span (S)
- WAIS: Similarities (S)

**Outcome Measured**
- Depression symptoms & medication use/pain VAS
- Auditory attention/ST memory/ learning strategies
- Speeded verbal fluency/ exec functioning
- Auditory att./working mem
- Verbal abstract reasoning

S = Screening
## RCT Measures Con’t

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<th>Instrument</th>
<th>Outcome Measured</th>
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<tr>
<td>• Trail Marking Test</td>
<td>Executive functioning</td>
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<tr>
<td>• RAND-36</td>
<td>Health status</td>
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<tr>
<td>• SCL-90-R (S)</td>
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<td>• PHLMS &amp; TMS</td>
<td>Mindfulness</td>
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<td>• SWLS</td>
<td>Satisfaction with life</td>
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MBCT – TBI has been modified by:

- Time
- Program Planning/Learning Conditions
- Learning Accommodations
- Use of Critical Reflection
Transfer of Learning is Key

• Fostering critical reflection is key

• Use of New Learning Forms every session
Fostering Reflection & Insight

- Self-reflective questions asked at end of each session
- Answers recorded to make learning explicit
“Training alone, no matter how well done does not lead to successful implementation.”

Fixsen & Blase, 2008
Longitudinal Multidimensional MBCT Clinician Training Plan

- Initial Retreat
- Biweekly Learning Conferences & Website
- Ongoing Consultation Supervision Support
- MBCT 5-Day Training
- MBCT Adherence Scale
- Practice Teaching

Felteau & Segal, 2008
Differences Between

CBT

Focus on changing thoughts & behaviour

Diary of events, feelings, thoughts, behaviours

Testing cognitions, assumptions, evaluations, exposure

MBCT

Focus on relating differently to thoughts, feelings, sensations

Daily meditation practice

Focus on compassion towards self and others

Ongoing relapse prevention
Fidelity & Standardization By:

Standardized Training

Standardized MBCT – TBI Manual

Practice Teaching Healthy Group

MBCT- Adherence Scale

Ongoing Consultation & Supervision
The Road Forward

- Completion of multi-site Randomized Control Trial June 2012
- Diffusion & Dissemination
- Publication of manual
- Global Implementation
- Online training program
- Interested?
- Contact us
For further information, contact:

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Slides hosted at traumaticbraininjury.net under Resources