TEACHING GUIDE ON POSITIVE PSYCHOTHERAPY IN TIMES OF WAR: DEVELOPMENT OF MINDFUL DISTRESS TOLERANCE

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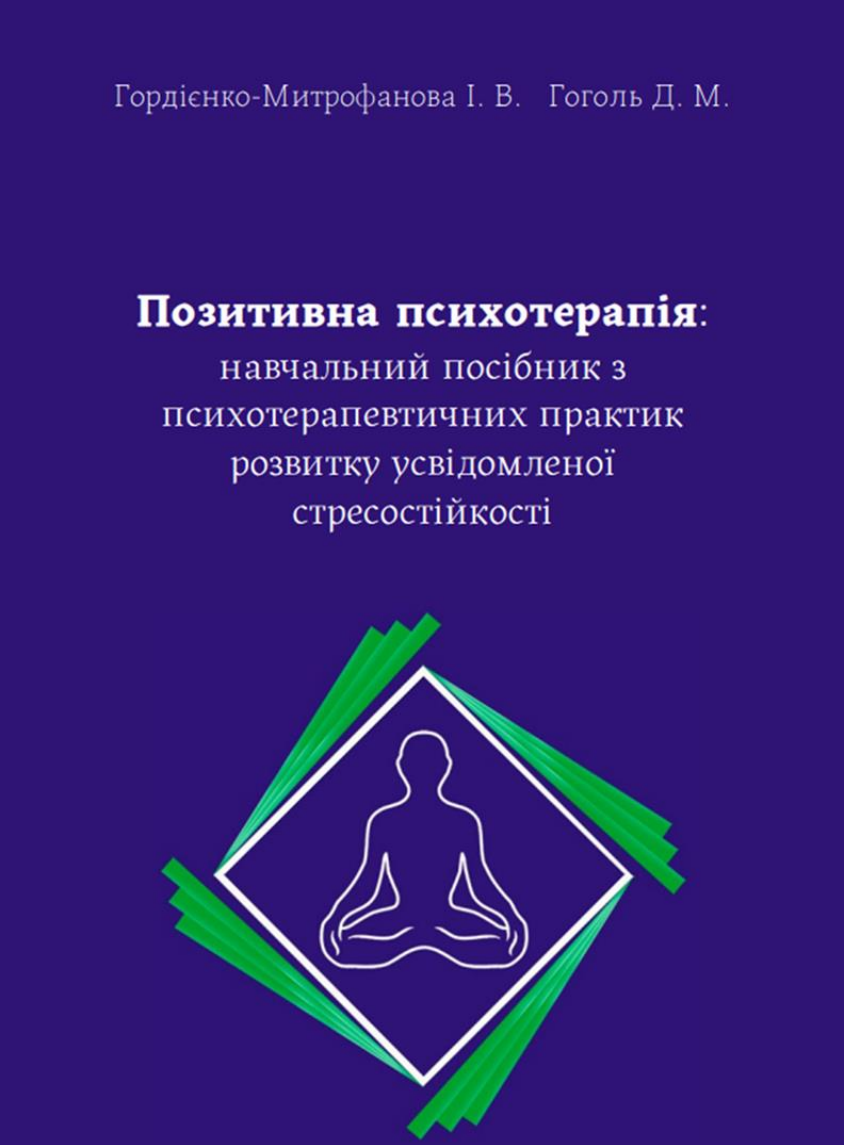

Tool for accepting

the “**unbearable lightness of being**” in

a state of total uncertainty.

March: Self-experimentation.

April: testing the tool with volunteers groups.

from May to October: using a tool to provide volunteer psychological assistance.

WHO ARE WE?
WHY WE DECIDED TO WRITE THIS TEACHING GUIDE

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Alexander Lowen

«Grouding»

Betty Alice Erickson

«Self-Hypnosis technique»

Francine Shapiro

«Calm / Safe place»

Lucina Artigas

«Butterfly Hug»

ONE MORE REASON WHY WE WROTE THIS TEACHING GUIDE

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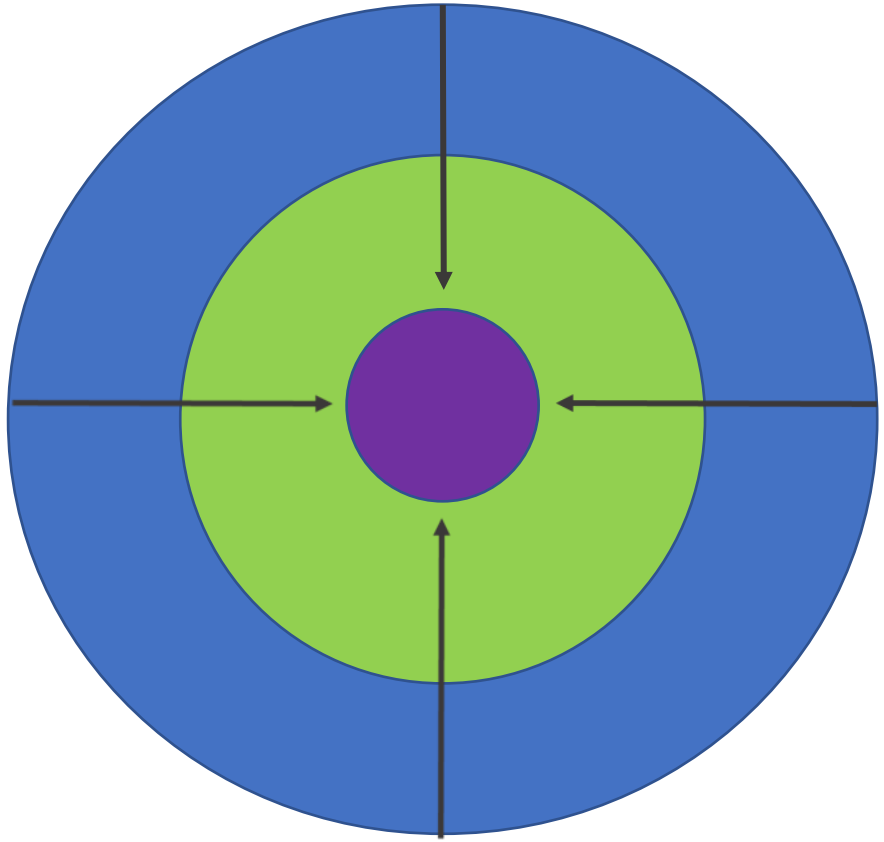

positive psychotherapy

integration of psychotherapeutic methods

mindful distress tolerance

THREE FOCUS POINTS

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The **mindful distress tolerance** is an integrative personality attribute, which manifests itself in the ability of self-management in a state of stress, primarily in the ability to quickly reach a state of relaxation through the release of emotional and muscular tension; this attribute is based on the mindful skills and abilities.

A TWO-COMPONENT MODEL OF MINDFULNESS:

1-st component:
the self-regulation of attention

2-nd component:
a particular orientation toward one's experiences

WHAT IS THE MINDFUL DISTRESS TOLERANCE?

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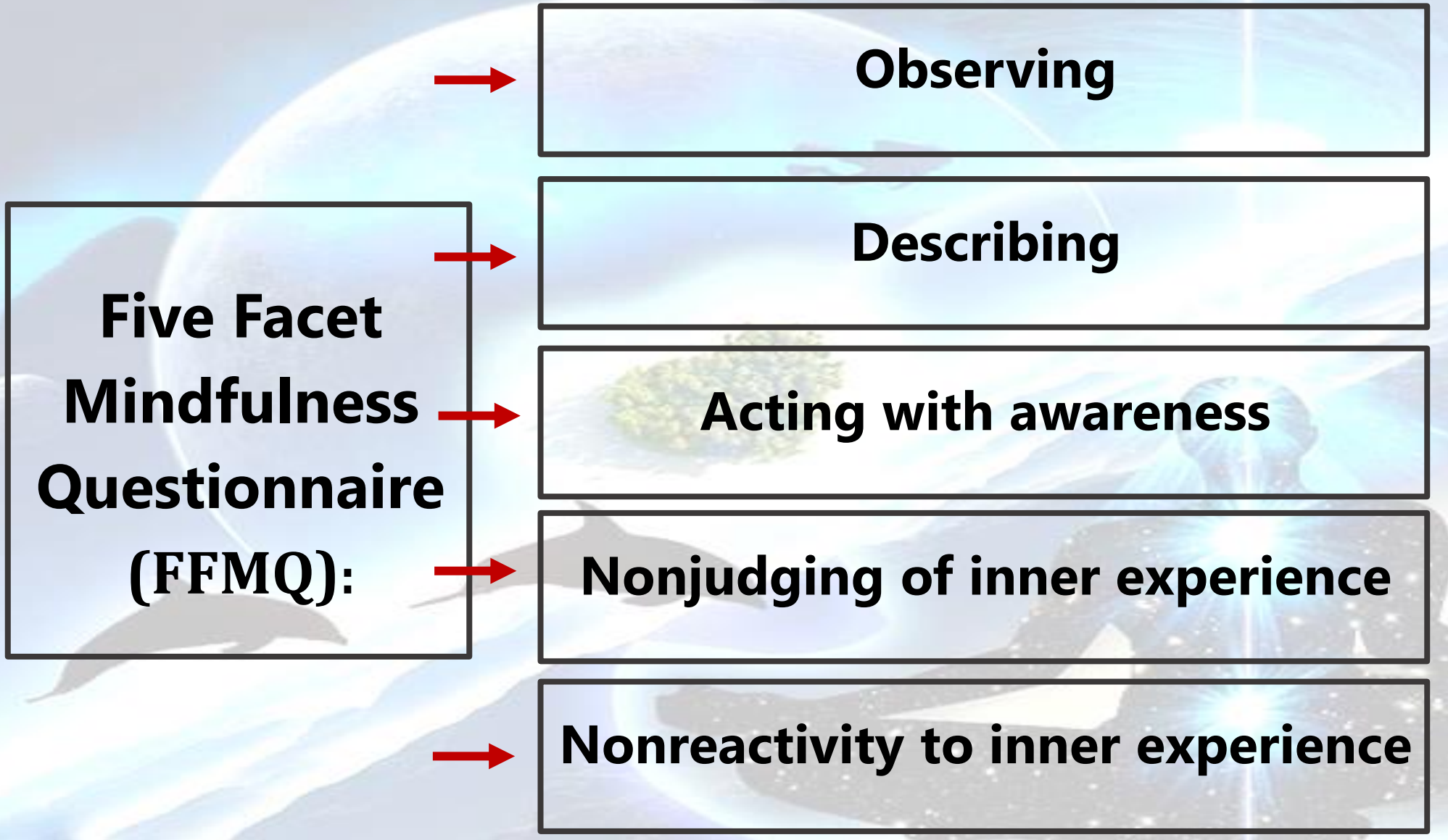

FIVE FACET MINDFULNESS QUESTIONNAIRE

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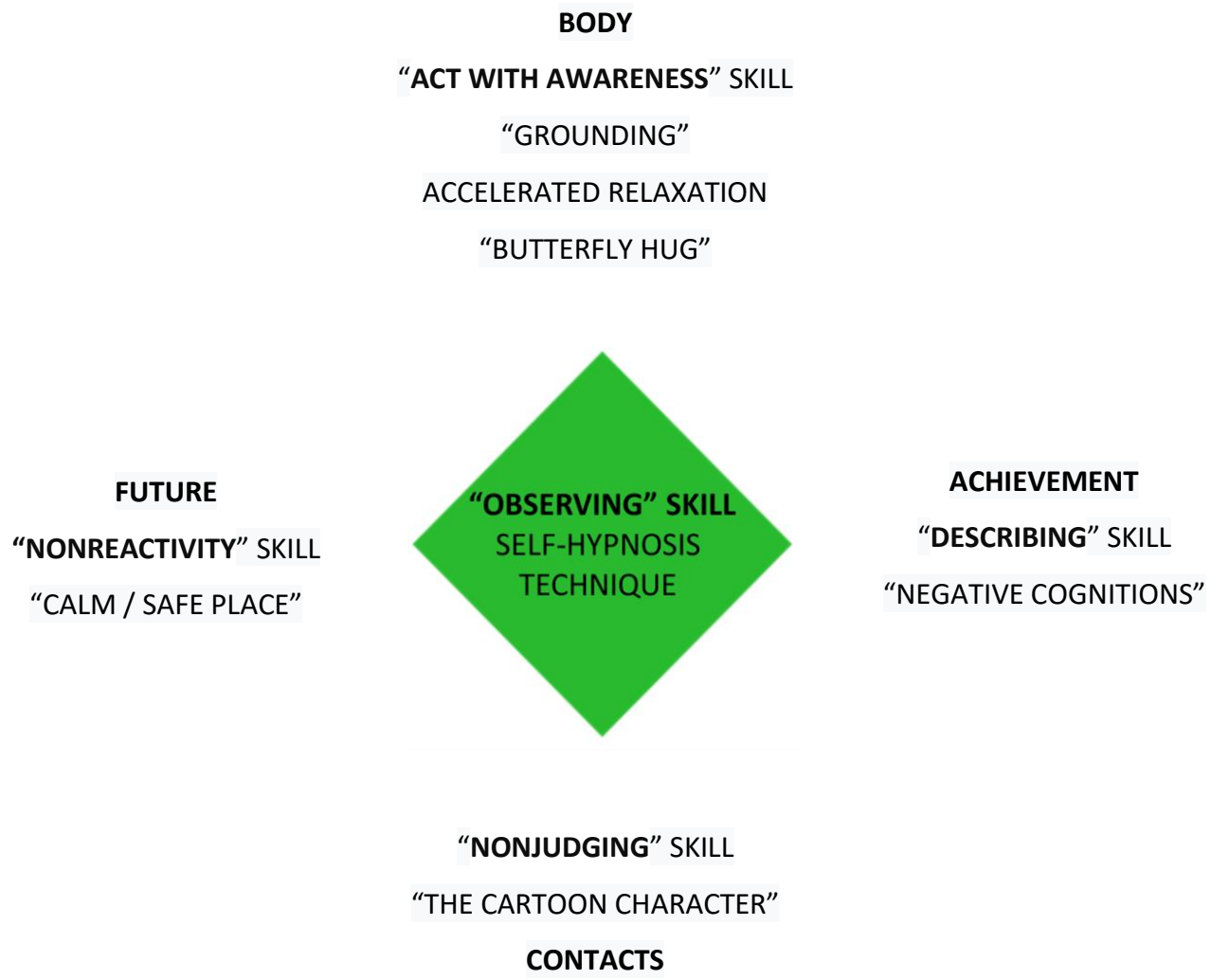

Fig. 1. Development of mindful distress tolerance in the Balance Model: integration of psychotherapeutic methods

SECTION 2. DEVELOPING MINDFUL DISTRESS TOLERANCE ACCORDING TO NOSSRAT PEZESHKIAN'S BALANCE MODEL: INTEGRATION OF PSYCHOTHERAPEUTIC METHODS

2.1. Philosophy and physiology of controlled breathing

Appendices A. Inhalation, exhalation and the cessation of breath techniques

Test questions. References

2.2. Contemporary popular breathing practices

Test questions. References

2.3. Developing mindful distress tolerance according to Nossrat Pezeshkian’s balance model

Appendices A. Energy autodiagnosis

Appendices B. “Basic Grounding Exercise” technique

Appendices C. “Butterfly’s Hug” technique

Appendices D. “Accelerated Relaxation” technique

Appendices E. “Negative Cognitions” technique

Appendices F. "Cartoon Character" technique

Appendices G. "Calm / Safe Place" technique

Appendices H. Self-hypnosis technique

Test questions. References

Assignments for independent work for the second section

NOSSRAT PESESCHKIAN'S BALANCE MODEL AND 5 MINDFULNESS SKILLS

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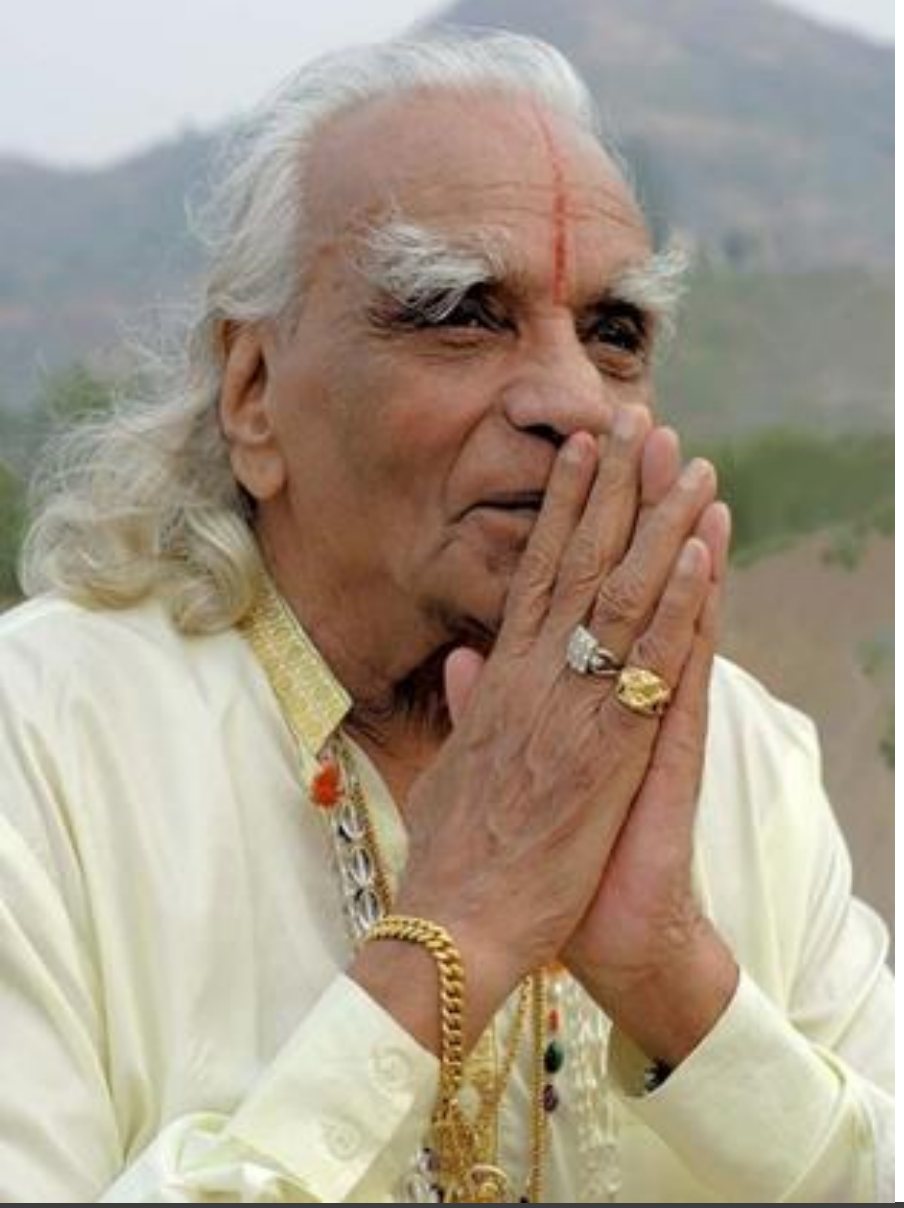

SECTION 2. DEVELOPING MINDFUL DISTRESS TOLERANCE ACCORDING TO NOSSRAT PEZESHKIAN'S BALANCE MODEL: INTEGRATION OF PSYCHOTHERAPEUTIC METHODS

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Variations and combinations in visamavritti pranayama are numerous, and no mortal, according to B.K.S. Iyengar, can perform all possible combinations in his life. B. K. S. Iyengar strongly recommends not to practice it on your own, without being observed by an experienced guru, citing the words of Swatmarama in his Hat-ha-Yoga Pradipika that **prana should be tamed more gradually than lions, elephants and tigers; otherwise, it will kill the practitioner**.

IYENGAR AND THE ART OF BREATHING

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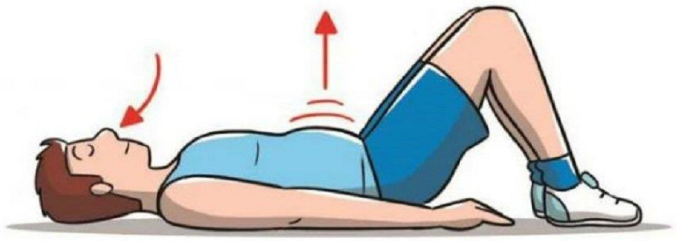
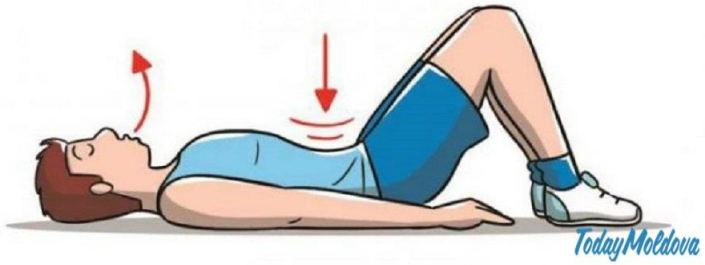




In the breathing techniques

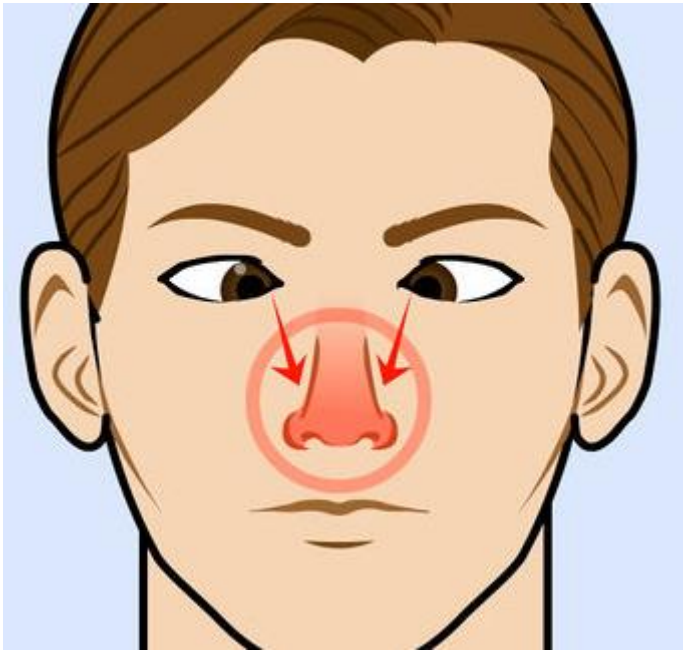
the focus on using

diaphragmatic breathing and

“nose tip gazing” is

essential to achieve mindfulness.

Breathing techniques are **never recommended to be practised by or with those people who are not familiar with either diaphragmatic breathing or nose tip gazing.**



DIAPHRAGMATIC BREATHING AND NOSE TIP GAZING

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Samavritti is a pranayama method in which **all 4 breathing processes have the same duration**.

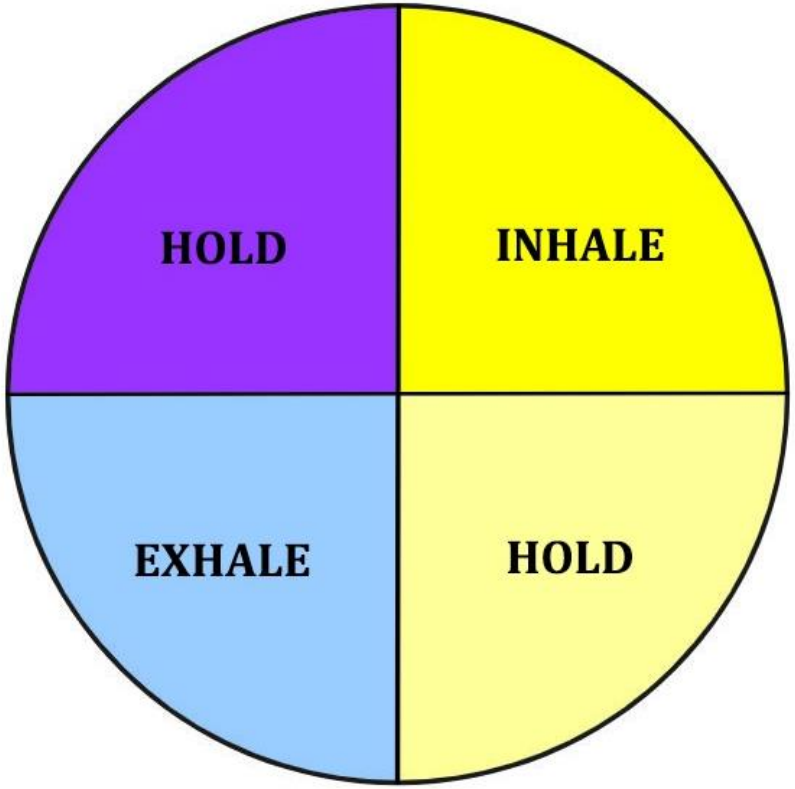

Fig. 2. Sammavritti circle graph

THE ART OF BREATHING

4 breathing processes:

1 inhalation (puraka),

2 the cessation of breath (hold) when the inhalation is complete (antara kumbhaka),,

3 exhalation (rechaka) and

4 the cessation of breath (hold) when the exhalation is complete (bahya kumbhaka).

Visamavritti is a pranayama method in which the duration of the **4 breathing processes is different and varied.**

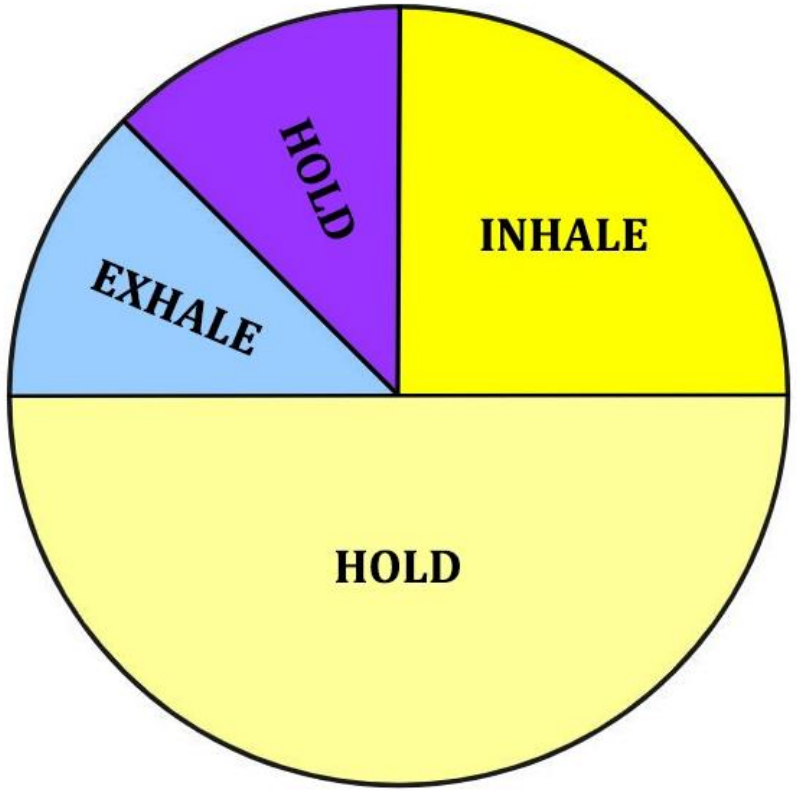

Fig. 3. Vissamavritti circle graph

SAMAVRITTI. VISAMAVRITTI

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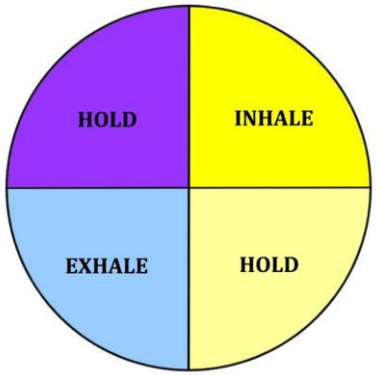
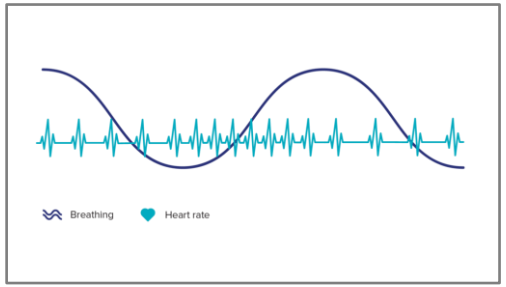
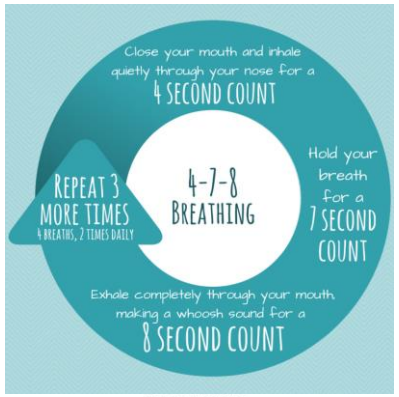
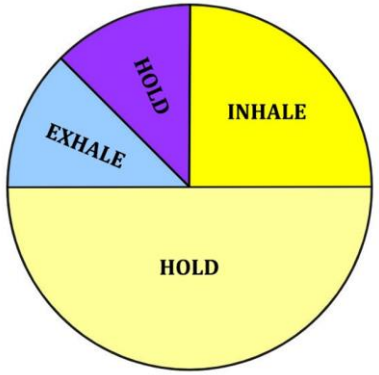




Coherent Breathing /
Stephen Elliott



The 4-7-8
(Relaxing Breath) /
Andrew Thomas Weil



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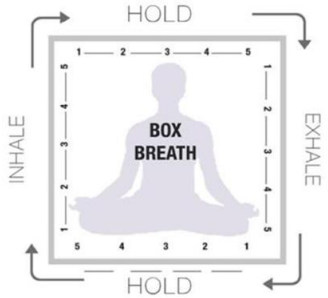

Box Breathing /
Mark Divine

The modern popular breathing techniques are different stages of mastering **Samavritti** and **Visamavritti pranayama**.

COHERENT BREATHING. BREATHING 4-7-8. BOX BREATHING

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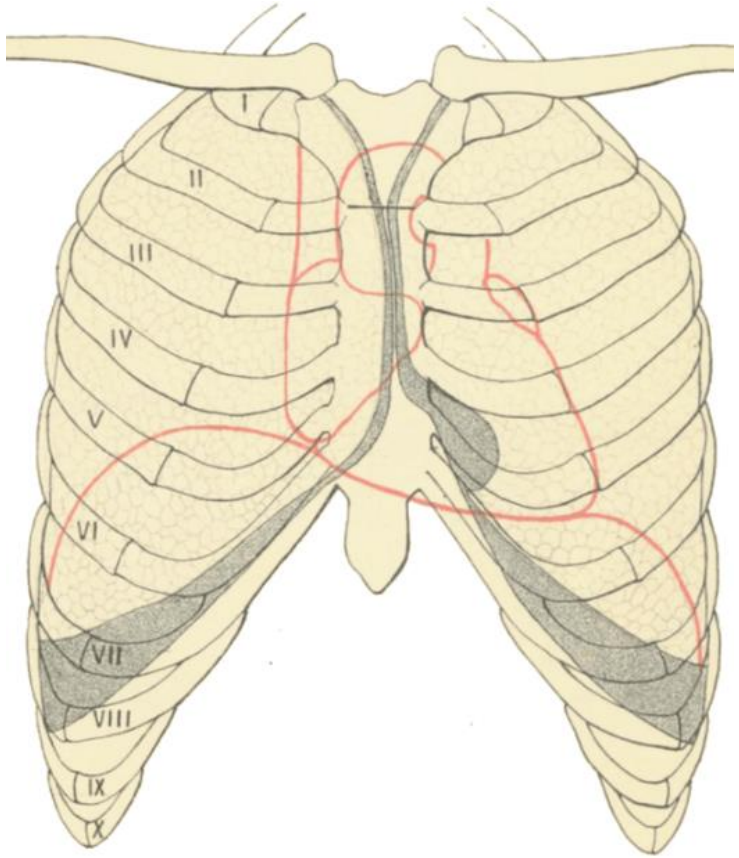

Fig. 4. Diaphragm of diagram (Ingraham, 2021)

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A Beginner's Guide to Breath Work Practices

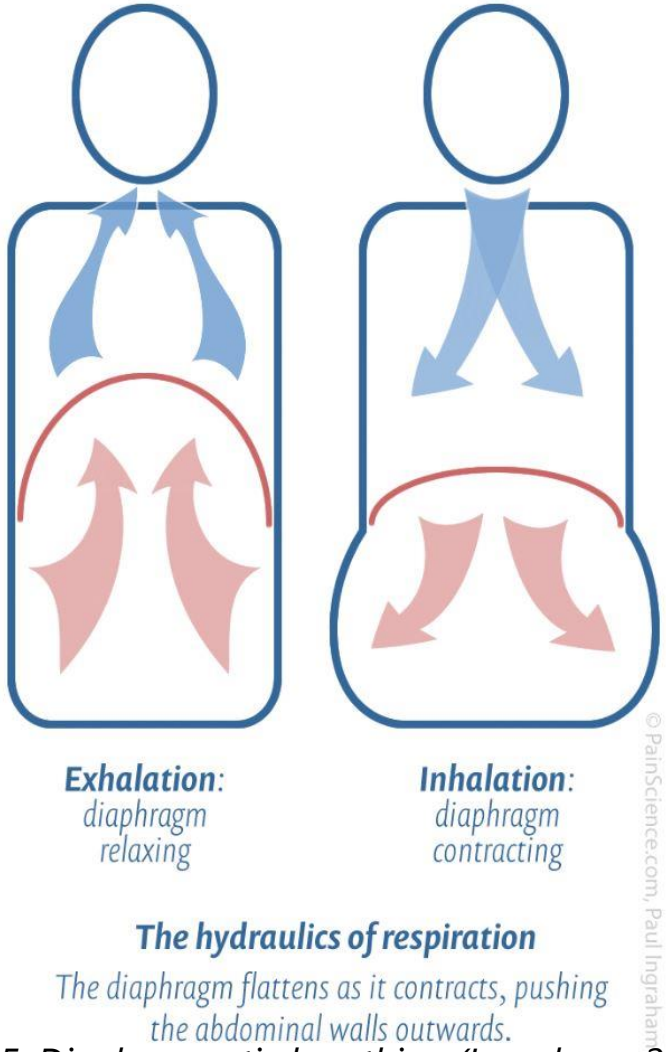

Fig. 5. Diaphragmatic breathing (Ingraham, 2021)

THE HYDRAULIC PRINCIPLES OF BREATHING

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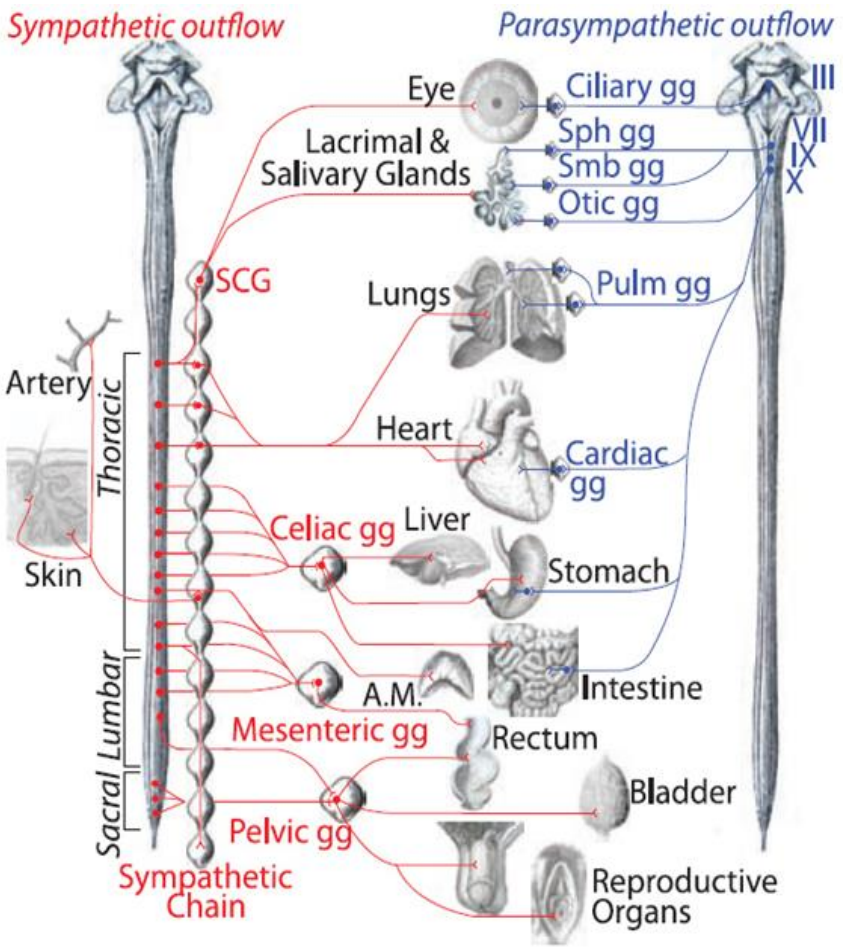

Fig. 6. Revised anatomy of the autonomic nervous system (Espinosa-Medina et al., 2016)

SECTION 4. CLASSICS AND MODERNITY: WHAT'S NEW IN SCIENCE?

4.1. Classical and new understanding of the anatomy of the autonomic nervous system

Test questions. References

4.2. The Critique of Pure Reason or critique of the triune brain

Test questions. References

Assignments for independent work for the fourth section

This simplified, bipartite architecture of the autonomic nervous system offers a new framework to understand pelvic neurophysiology as well as development and evolution of the autonomic nervous system.

"WHAT'S NEW IN SCIENCE?"
"REVISED ANATOMY OF THE AUTONOMIC NERVOUS SYSTEM"

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THE CRITIQUE OF PURE REASON or CRITIQUE OF THE TRIUNE BRAIN

In order to overcome the ancient idea of Plato about the battle, we may have to fundamentally rethink what it means to be rational what it means to be responsible for our actions and perhaps even what it means to be human. *Lisa Feldman Barrett*

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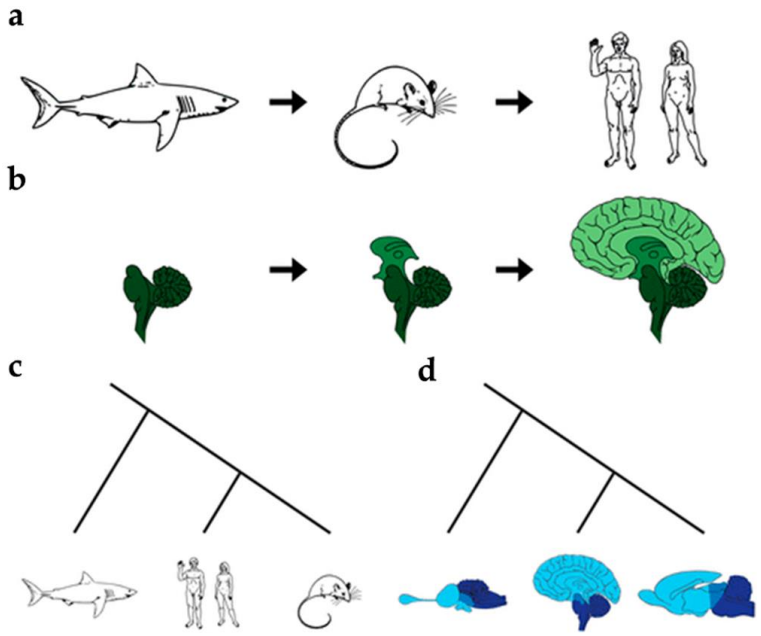

Fig. 7. Incorrect views (a, b) and correct views (c, d) of human evolution (Cesario, Johnson & Eisthen, 2020: 2).

"WHAT'S NEW IN SCIENCE?"
"YOUR BRAIN IS NOT AN ONION WITH A TINY REPTILE INSIDE"

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SECTION 1. STRESS. DISTRESS TOLERANCE. MINDFULNESS

1.1 Nossrat Pezeshkian's conception of health / disease

Appendices A. Positive psychotherapy mind-map

Appendices B. Actual abilities

Test questions. References

1.2. Historical background: stress, distress and eustress

Test questions. References

1.3. Mindfulness. Mindful Distress Tolerance

Test questions. References

Assignments for independent work for the first section

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Appendices G. "Calm / Safe Place" technique

Appendices H. Self-hypnosis technique

Test questions. References

Assignments for independent work for the second section

SECTION 3. DEFENCE MECHANISMS AND COPING STRATEGIES

3.1. Defence mechanisms. Ways of processing the conflict as defence mechanisms

Appendix A. Methodology for measuring the psychological defence

Test questions. References

3.2. Coping strategies. Sincerity-courtesy balance as a coping strategy

Appendix A. "Coping Behaviours" questionnaire

Test questions. References

Assignments for independent work for the third section

SECTION 4. CLASSICS AND MODERNITY: WHAT'S NEW IN SCIENCE?

4.1. Classical and new understanding of the anatomy of the autonomic nervous system

Test questions. References

4.2. The Critique of Pure Reason or critique of the triune brain

Test questions. References

Assignments for independent work for the fourth section

WOULD YOU LIKE TO SEE WHAT ELSE WE HAVE WRITTEN ABOUT?

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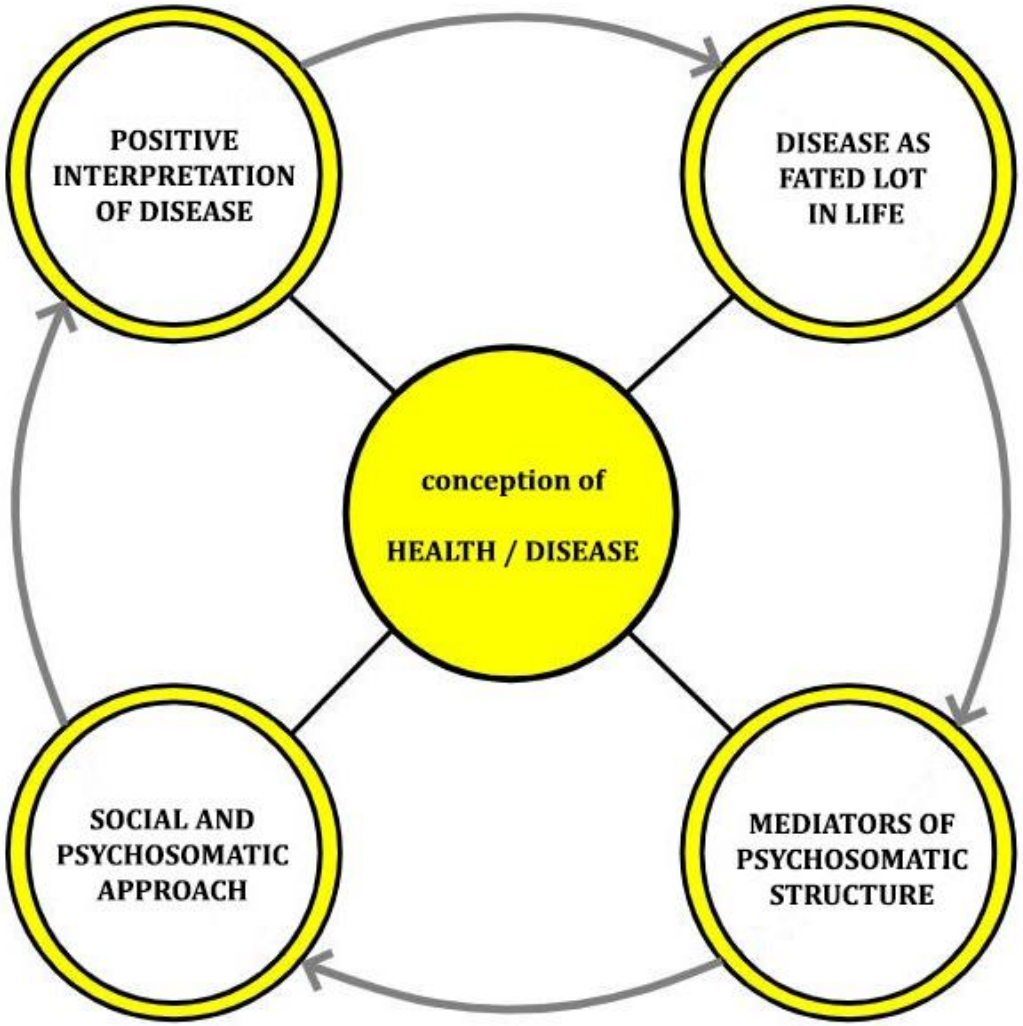

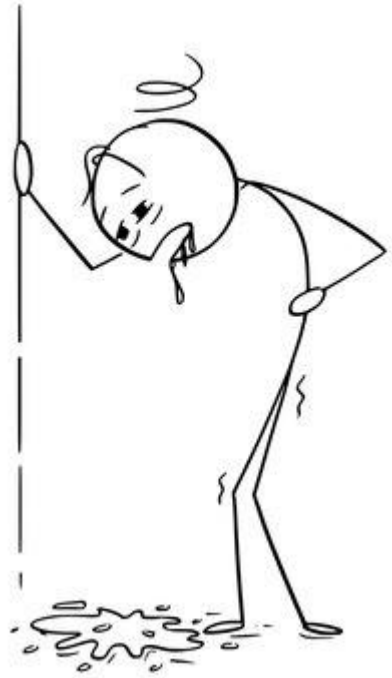

Fig. 8. Graphical representation of N. Peseschkian's conception of health / disease

IN CONCLUSION ...

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We can not control the wind.

We are buffeted by events that are beyond our control, but we can still react constructively.

THANK YOU VERY MUCH FOR YOUR ATTENTION