



# Transformative Mindfulness

*methods for inquiry and intervention,  
methods for self healing*

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Mindfulness has become a popular word in counselling in the past few years. Prompted by the work of Jon Kabat-Zinn and the MBSR program - Mindfulness Based Stress Reduction.

[www.umassmed.edu/cfm/stress-reduction](http://www.umassmed.edu/cfm/stress-reduction)

[www.youtube.com/watch?v=3nwwKbM\\_vJc](http://www.youtube.com/watch?v=3nwwKbM_vJc)

Mindfulness in therapy took off when MBSR was integrated with cognitive behavioural therapy to develop the MBCT program. [www.bangor.ac.uk/mindfulness](http://www.bangor.ac.uk/mindfulness)

I came to the life changing benefits of mindfulness through my involvement with Tibetan Buddhism and by reading Jon Kabat-Zinn's book "Full Catastrophe Living" in 2002, at a time when full catastrophe seemed to say it all:) I later embraced the approach of Thich Nhat Hanh to mindfulness, warm hearted to complement the more clinical approach of MBSR.

<http://plumvillage.org>

As one of my teachers said, mindfulness is subversive, it gets you back in touch with who you are, your own truth, your own present moment, and away from the rules and stories we live by. Connecting with here and now, with awareness and a warm heart, all of life's challenges and joys are lived with a greater sense of lightness and vitality.

I love to share good things of life with others, so I taught a few MBSR style groups, and integrated mindfulness into my life.

Mindfulness practice requires commitment and brings an overall improvement into the quality of our lives. MBSR is a powerful program, training people how to help themselves, rather than a counselling method. Our clients may not be willing or able to commit to a practice of mindfulness to bring the changes they need. Direct intervention using the benefits of mindfulness is also valuable. Transformative Mindfulness is such a method of intervention “using the power of your mind for better health and wellbeing”. <http://lamponthepath.org/node/134>

Transformative Mindfulness (TMM) integrates the focus and awareness of mindfulness with receptive visualisation and expressive drawing to bring insight and change to a chosen situation in life, quite simply and powerfully. It is a simple process for the therapist to learn, and for the client to work with. It fits well into a counselling situation - following an initial discussion the therapist facilitates the meditative / drawing process. After this the client shares their insights and how to integrate the change into their life.



The approach can be used to help with emotional or physical issues, with children, young people and adults. The foundation exercise brings healing change to a ‘problem’. Other exercises bring greater insight and perspective to issues, build strengths and transform outer or inner conflict. Profound change can occur as a deep understanding of the causes of issues is accessed in a compassionate way. Mindful acceptance then supports transformation.

Part of the change process involves calling on a source of help, of wisdom and compassion, of healing, of light, angels, guides, whatever words the client needs to access a source of help, from outside or from within. Maybe we can see this as archetypal or transpersonal or simply the client’s higher self, the part of them that knows what is best! This invitation to support, to beneficial change and the letting go and allowing that comes with it, this seems to bring a depth of change ‘beyond reason’.

TMM has been developed by Dekyi-Lee Oldershaw over 20 years, integrating ancient wisdom of the mind from Buddhism with a modern therapeutic approach. TMM is embraced by Universal Education to help people develop ‘a good heart’ [www.compassionandwisdom.org](http://www.compassionandwisdom.org) and has partnered with Toronto University to provide clinical training. [www.transformativemindfulness.com](http://www.transformativemindfulness.com)

TMM can be offered as ‘self healing’, teaching clients to use the exercises for themselves at home. Often this is done in group workshops. This self care approach is also very relevant to ourselves as therapists, whether caring for the challenges we face in our work, or in our personal lives.