

How well does it work?

Meditation is a tool to help us to realise our true natures.

Like using any tool, we benefit from guidance and regular practice.

For this reason, people who tend to get most benefit are those who are willing to commit themselves and put in the time for practice between groups.

It also helps if people have some sense of a spiritual life; although this is not essential and some people may develop this as they meditate regularly.

Further information

'Mindfulness-Based Cognitive Therapy for Depression' by Segal, Teasdale & Williams (2002) Guildford Press
ISBN 1-57230-706-4

Meditation CD's and books available from the Biame Network
www.biamenetwork.net

Contact us

For more information, please ask your care co-ordinator.

For information on Trust services visit www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900
Free phone: 0800 073 1778
Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, Braille) or in another language, please call the PALS number.

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Avon and Wiltshire
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NHS Trust

Meditation and Dynamic Psychotherapy

This is one of a series of information leaflets on psychological therapies for service users. The therapy is described, what it involves, and the kinds of problem it may be helpful for.

you matter, we care

Meditation and dynamic psychotherapy

Meditation has been used for thousands of years to help people with psychological, spiritual growth and development. There are many different forms of meditation.

The overall approach is an emphasis on the expression of life and engaging with yourself and the world with awareness. Much of this therapy is practised in groups.

Feelings

These meditations promote an awareness of our physical bodies, enabling us to simply 'be' with what we are experiencing and in so doing, to 'digest' intense feelings both from now and the past.

We can learn to be with and accept 'what is' and face feelings that we have repressed.

This awareness also brings people more fully into the 'here and now' and makes relating to and communicating with others clearer and less cluttered with our experiences.

Transcendence

Some people see meditation as a way to withdraw from reality and it can be used in this way. However, the challenge of this type of meditation is to live fully in the here and now, whilst at the same time embracing other aspects of consciousness.

Being in touch with spirit or a higher self can help us find new perspectives on our lives and some sense of the unique contribution we might make.

This process can be like the calm at the eye of a storm. The storm still goes on and we are in it but also, when well centred, we can experience the peace and stillness that is there too.

Compassion

Self criticism and a sense of shame are at the heart of many common mental health problems.

Meditations which promote acceptance and compassion for ourselves, can free us up to live more openly and spontaneously.

Accepting the ways in which we have defended ourselves helps dissolve these defences and promotes change. This sense of self acceptance leads to an acceptance of others and to more heart centred relationships.

These meditations shared in a group are even more effective in dissolving shameful feelings.

Benefits

This type of meditation could help you to:

- be more grounded and centred in the present moment and thereby less concerned about the past and less anxious about the future
- learn to manage the whole range of intense feelings
- develop acceptance and compassion for self and others
- resolve internal and external conflicts and live more peacefully
- heal old psychological wounds and deep seated traumas
- discover or rediscover a sense of purpose or meaning
- feel more connected to themselves and the outside world.