

PEARLS OF MINDFULNESS

Countertransference: Sati-Mindfulness and Countertransference to develop alliance

Feelings tone (Neutral, Unpleasant, Pleasant)

Mindfulness point: Balance the energy when partners go into attack-defend mode.

Exercise

<p>Write about dialogue in attack-defend mode</p> <p>Eg- Attack-You never do dishes Defend-I try my best</p>	<p>Couples -Gottman- view summary</p> <p>Summarize communication, see the attack as part of contempt, criticism cycle Leading to defend, stonewalling</p> <p>Write your own example</p>	<p>Mindfulness View Summary</p> <p>Feelings tone- See spectrum of pleasant, unpleasant, neutral</p> <p>Give your example of how you bring forward balance</p>
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See PEARL Summary exercise next

Application in session

Counsellor (PB)- So how has the past week been

Wife (W)- It has been up and down, at times I was angry, at times afraid to express

Husband (H)- We are working on the tools you suggested, and recording and re-hearing our discussions to make us both more aware of how we sound, how the other person reacts.

Classical (Gottman informed) Counselling View- summarize the thoughts, feelings, sensations, emotions, memories -gather moments of connection, compassion, clarity. Were any of the four horsemen present-(Criticism, Contempt, Defense, Stonewalling)

Mindfulness - Modified Application- Pause and feel the energy, watch for unpleasant, pleasant and neutral moments and create a spectrum of Ease to Unease, see how communication does not turn into a contest into who is right, who is wrong.

PEARL Summary

Protective- Contest is diminished

Embodied- Alliances are strengthened

Attentive- to Calm

Receptive- Absorb shared moments

Liberating- De-link from Drama cycles

Exercise-Write your own PEARL Summary from the exercise on previous page.

P- Protective

E- Embodied

A- Attentive

R-Receptive

L-Liberating

Mindfulness and Therapy- Worksheet- Developed by Prashant Bhatt, RP,
References: Anālayo, B. (2015). Understanding and practicing the Satipaṭṭhāna-sutta. *Buddhist foundations of mindfulness*, 71-88.

Developed by Prashant Bhatt, who focuses on marginalized and minoritized communities in his work as a psychotherapist. His work helps build nuanced conversations in identity and work behind myths of family “honour” and how one can monitor and modify patterns using tools such as the Mindfulness Meditations, Classical and Refined Countertransference, to build Healing Therapeutic Alliances

Bhatt has been in helping professions for four decades, bringing into his writing the experience of caring and precision, blended with humanity which comes from having witnessed suffering at a personal level.

He has worked in the context of intimate partner violence and intimacy anorexia. He has witnessed in displaced persons the reality of the dictum that all the wounds of war are not seen.

For Body Mindfulness exercises, Bhatt brings into his practice his many decades of clinical experience as an Imaging professional and Manual Medicine practitioner. As a Licensed Manual Medicine Practitioner he uses active release techniques, specializes in Deep Tissue Massage.

Books SHAFSHOOFA MALESHI Collection of narratives in different phases of the Libyan revolution. As the history of this region takes a decisive turn, I spent some time looking into narratives of common people long suppressed
You can download the book here [Shafshoofa Maleshi](#)

IN TRANSIT AT DUBAI INTERNATIONAL- Oral History Narratives of common people living in Middle East and North Africa

You can download the book here [IN TRANSIT AT DUBAI INTERNATIONAL](#)



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