

## Finding Connection Through Mindfulness Practices

by Jessica Lupon, LPC



l to r: Barbara Tatum, LPC, Meredith O'Brien, LCSW (founder), Jessica Lupon, LPC

Have you ever found yourself living day to day feeling out of touch with the world around you? Surviving each day, but not really feeling a part of it or maybe you simply recognize that time is just quickly passing you by.

Clients I have worked with have expressed concern about feeling this disconnection. This disconnection is often a sign that a person has lost touch with their mind body connection and they are not mindfully present to experience their life and relationships. I have learned through my work with Dialectical Behavior Therapy that Mindfulness is an important practice that can help us to reconnect our mind and body connection and become more centered.

Mindfulness is a psychological state of awareness that can be practiced using techniques such as meditation. When using mindfulness techniques, a person practices being more present in their thoughts, feelings, and environment while being non-judgmental. As a person learns how to observe their thoughts and feelings, without judging them, they are better able to understand what they are thinking and how it is impacting how they are feeling and acting. Researchers have been studying the effectiveness of utilizing mindfulness

skills and have found the benefits to include reducing ruminating thoughts, stress reduction, improvement in working memory, increased focus, less emotional reactivity, increased cognitive flexibility, and improved relationship satisfaction.\*

In the private practice environment, I provide information to my clients on different mindfulness techniques including types of meditation practices and skills to help them integrate more awareness into daily life. I use meditation in session to help clients to relax, center themselves, and refocus their thoughts. I also teach dialectical behavior therapy, which incorporates mindfulness techniques along with four additional skill sets, individually and in groups.

If you or someone you care for feels like they would benefit from establishing a better mind body connection and learning how to be more mindfully attentive in their life please call our practice. We also have four Dialectical Behavior Therapy groups currently running in the practice.

\*Davis, D. M. & Hayes, J.A. (2012). What are the Benefits of Mindfulness. *APA Journal of Psychotherapy*, 43(7),64.

**Meredith O'Brien & Affiliates, LLC**  
MENTAL HEALTH COUNSELING

52 Reckless Place, Red Bank, NJ  
mereditheob@gmail.com • 732.977.9729  
Meredithobrienlcsw.com

Individual Therapy • Group Therapy  
Family Therapy • Couples Therapy  
Children • Adolescents • Adults  
Dialectical Behavior Therapy Groups  
Depression • Anxiety • Substance Abuse  
Eating Disorders • Mindfulness • Parenting  
Self Esteem • Girls Leadership