

● Resource Page 4. Overview of Inner Resources for Stress Sessions ●

Session 1 Welcome to Inner Resources

- Treatment overview and rationale for using MM
- Psychoeducation about trauma and how MM can help
- Guidance about how to establish an MM practice
- Learn and practice two techniques for mindful body and breath awareness.

Session 2 Finding a Seat

- Establishing a daily practice by finding a time and place to do between-session practice on a regular basis
- Discussion of experiences with between-session practice and applying meditation techniques to stressful moments
- Learn and practice two techniques for mindful breath awareness, using body-focused imagery

Session 3 The Power of Letting Go

- Psychoeducation about ways to deal with obstacles to regular daily practice
- How to apply meditation techniques to daily life problems
- Learn and practice a body-focused imagery technique
- Learn the Letting Go practice to release stress as it arises

Session 4 Hum Sah: The Power of Conscious Breathing

- Psychoeducation about the power of the words we repeat to ourselves
- Learn to use the silent repetition of words that represent the sound of the breath
- Learn and practice breath-focused repetition of the breath sound and the Letting Go practice

Session 5 Centering in the Heart

- Psychoeducation about the value of paying mindful attention to positive emotions
- Learn and practice a technique for noticing experiences of positive emotions as they come up

Session 6 How to Release Tension

- Psychoeducation about the cumulative effects of tension
- Learn and practice Tension Release, which is a way to use breath, visualization, gentle movement, and intention to let go of difficult emotions and accumulated stress
- Address ways to maintain the meditation practice after the group has ended
- Introduction to self-guided meditation

(continued)

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Session 7 Making the Practice a Part of Your Life

- Discussion of the key skills learned and treatment gains over the past 6 weeks and areas for continued development
- Discuss ways to continue to use meditation after the group has ended
- Practice guided and unguided meditation in group

Session 8 Keeping the Practice Going

- Acknowledge accomplishments of the past weeks
- Discuss plans for continuing to use the practice after the group has ended
- Practice guided and self-guided meditation in group
- Say thanks and goodbye until the Booster Session

Session 9 Booster Session: Future Directions for Your Practice

- Discuss ongoing use of daily meditation and experiences with using practice in daily life
- Compare experiences of weekly group practice with solo practice
- Group practice of unguided meditation
- Express gratitude and say goodbye