

PART3

Mindfulness SIMT for Trauma & PTSD

Mindfulness SIMT

- One of Mindfulness Therapy
- Developed by Japan

SIMT:Self Insight Meditation Therapy

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(Japanese Association of Mindfulness Psychotherapy)

PTSD

Posttraumatic Stress Disorder

- **(A) avoidance**
 - **avoidance from an experience similar to the injury experience that the person was exposed to**
 - **Evasion actions such as the remembrance evasion of the injury experience itself**
- **(B) Intrusive recollection (flashback)**
- **(C) Injury often re-experience in the dream**
- **Change of a manner, the action**
 - **A social action becomes difficult**

Change in the brain of PTSD

- **Hippocampal atrophy**
- **Change that was seen in the victim of the great earthquake disaster**
 - **Atrophy of cingulate cortex, CC**
 - **Atrophy of Orbitofrontal cortex, OFC**
- **OFC**
 - **control of fear feelings**
 - **delete memory of the fear**
- **Front part of CC**
 - **Memory and Removal of the trauma**

SIMT for PTSD/Trauma

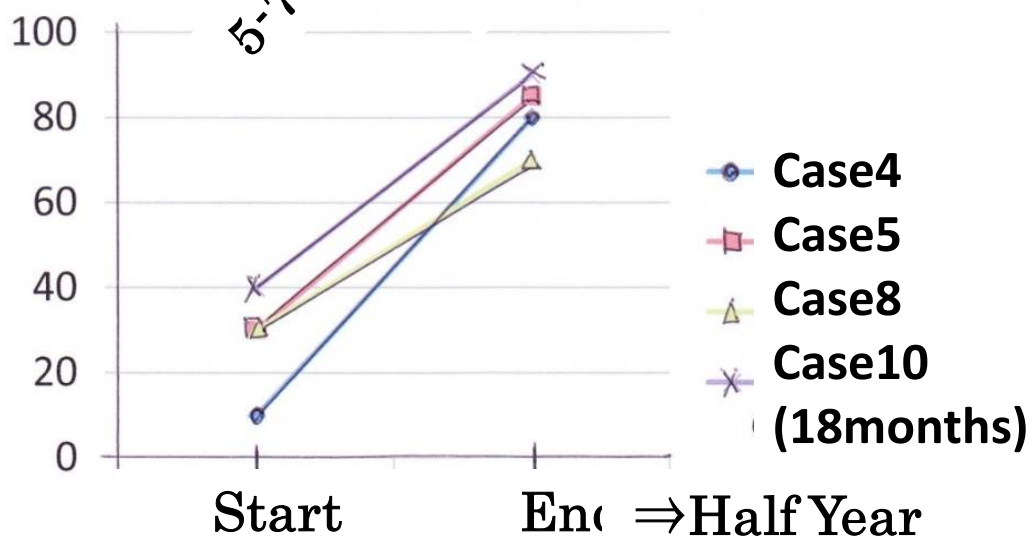
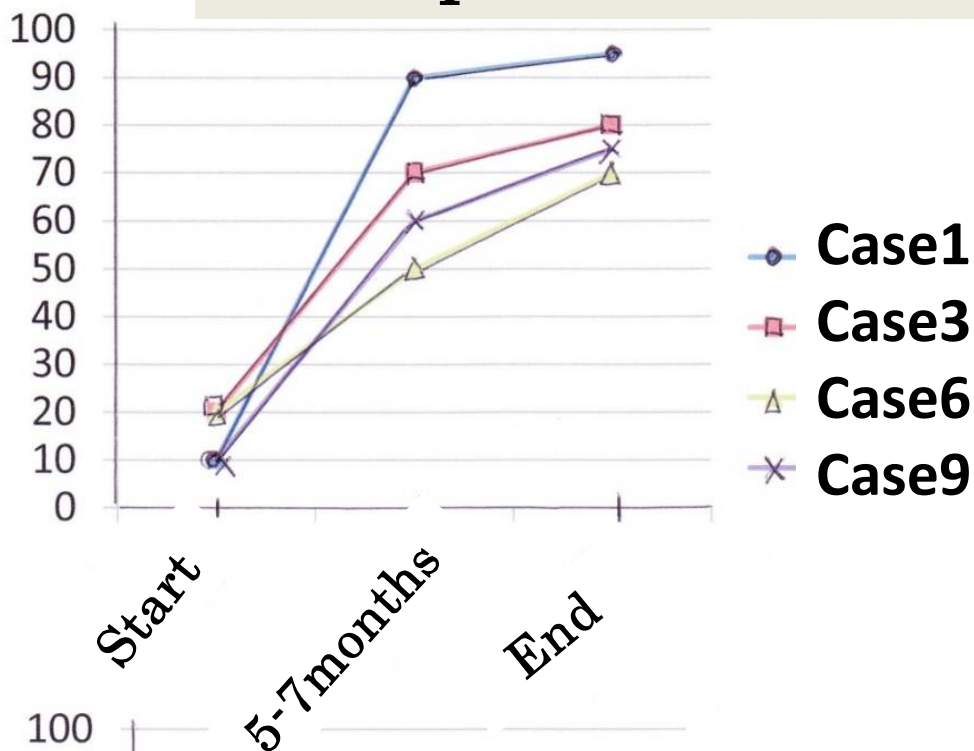
- Once a month, two hours, counselling by therapist
- Daily homework
- Submission of Record A
- Get advice from Therapist
- Session 1 to 10
- Afterwards, client plans the exposure method by oneself and carries it out

Daily Homework

- **Work A Early Getting up**
- **Work B Exccercize Action**
- **Work C Meditation**
- **Work D Insite on Action**
- **Work E (Change by Session)**
 - **S1=Observe in daily Life**
 - **S2=Naming of Psychology phenomenon**
- **Work F (Change by Session)**
 - **S1=Observe on Eating**
 - **S2= Move attention intentionally**
- **Work G My Own Work**

Effect to Trauma/PTSD

Frushback of PTSD and Depressive Disorder



Why Cured By SIMT?

★ A new reaction pattern becomes a custom

- Improvement of the acceptance of an unpleasant thing
- Negative thought decreases
- Constructive actions increase

★ As a result

➤ Psychological satisfaction, self-affirmation

➤ Change of the cranial nerve

☆ Activation = prefrontal cortex、PFC (working memory、Repressibilit)、Parasympathetic nerve、Serotonin nerve、hippocampus)

☆ Calming = inside prefrontal cortex、PFC (negative thinking)、sympathetic nerve、amygdala (Emotion)、Adrenal cortical hormone

➤ The part that caused a symptom is normalized

➤ Recovery of the social action function

Consideration of the reason to be cured by SIMT

★ Similarity with EMDR

Training of Distribution of the attention

Watching, remembrance of the trauma, simultaneous observation of unpleasant feelings

★ Think / no-think

When person repeats training of the restraint of the remembrance, as a result, he/she does not remember.

★ Polyvagal Theory

”The Pocket Guide to the Polyvagal Theory” by Stephen W. Porges, 2018

” The mindfulness requires to be neutral”

It is not compatible with the defense state to have to get a good evaluation for survival. “”

(Japanese version p245)

However, SIMT will be effective against depression and PTSD because SIMT attaches great importance to the on-site training in the spot of life that is personal relationships to evaluate and to be evaluated.

Case

★ Woman in her 40s

★ A certain event happened. Intense fear. She tried medical therapy, the breathing method, exercise, but was not cured.

★ Symptom at start of SIMT

Nightmare, flashback, suffocation, hyperpnoea, formication, the throat that is a sound and a shadow

☆ Evasion, associated topic, TV, experience

★ Process of SIMT

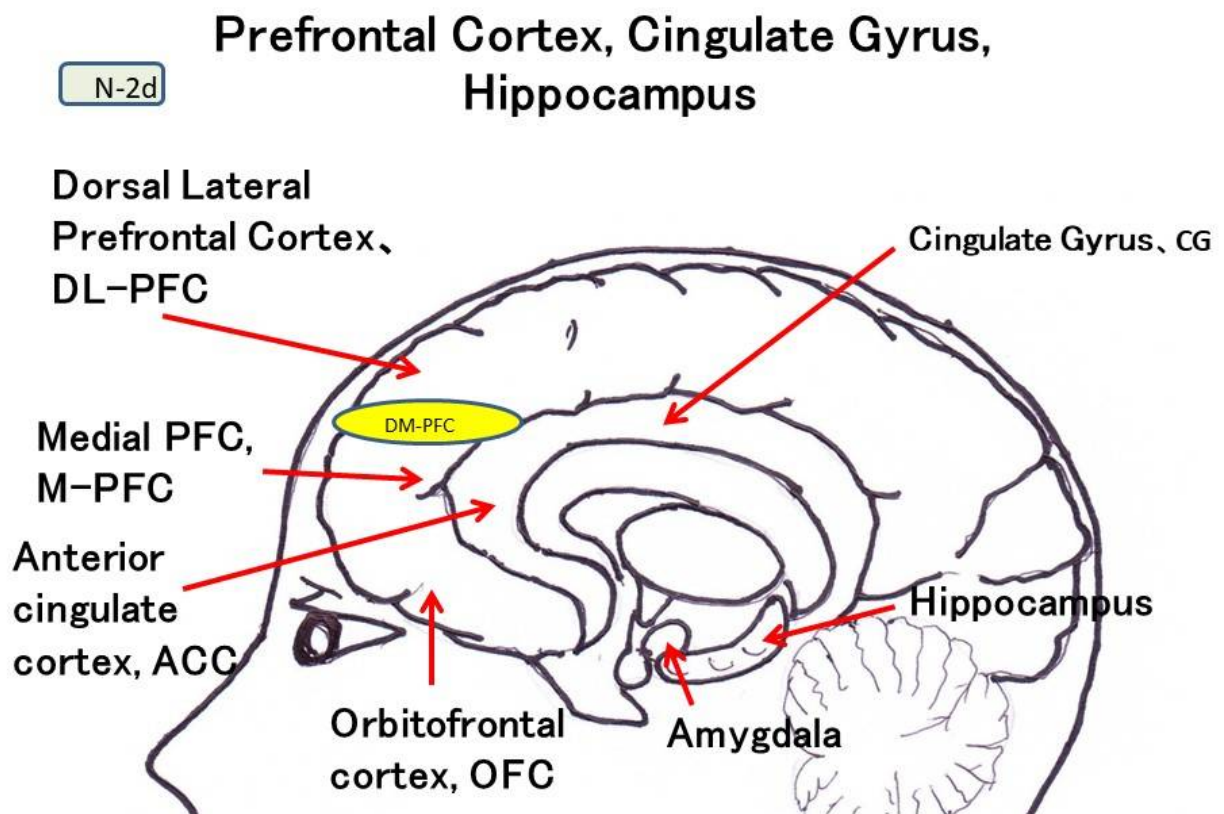
One time of individual interview

Five times of group sessions

Sending and advice of the diary by the mail

A symptom became light in 18 months

Prefrontal Cortex, Cingulate Gyrus, Hippocampus



Tohoku University

- **Change that was seen in the victim of the great earthquake disaster**
 - **Atrophy of cingulate cortex, CC**
 - **Atrophy of Orbitofrontal cortex, OFC**

<http://revive.doorblog.jp/archives/8462759.html>

<https://www.tohoku.ac.jp/japanese/2012/05/press20120516-02.html>

Think/No Think

- Anderson and Green
- <http://koumurayama.com/koujapanese/unwanted.pdf>