

# Mindfulness Based Counseling Practices

By Glenn Pichardo  
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SUNY Oneonta

# Learning Outcomes

1. Learn how to incorporate mindfulness with your life and job
2. Learn what meditation is (and isn't)
3. Learn the benefits of meditation
4. Learn how to meditate

# Mindfulness in Higher Education

SAVE THE DATE

LAUNCHING SUNY INITIATIVES ON

## Mindfulness & Health

A multidisciplinary scholarly conference

March 4, 2016    ☞    The University at Buffalo

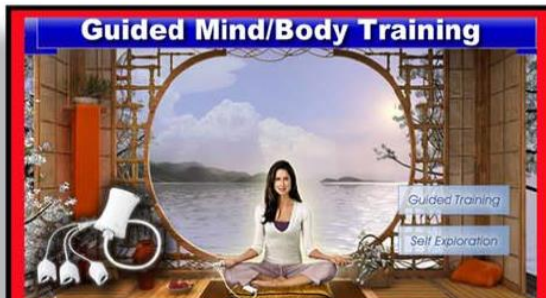
# PROMOTING WELL-BEING THROUGH MEDITATION AT SUNY ONEONTA

**DR. SHAWN BUBANY**  
LICENSED PSYCHOLOGIST

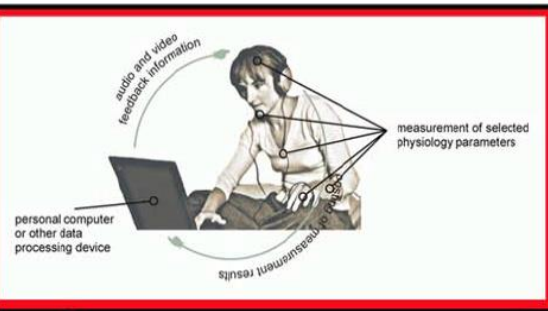
**DEBRA OST**  
CALL CENTER MANAGER

**GLENN PICHARDO**  
EOP COUNSELOR

**Abstract:** This poster will present meditation resources available at SUNY Oneonta and their intended impact on the mental, emotional and physical wellbeing of participants. Specifically it will cover activities such as "Meditation Monday's" a weekly workshop hosted by College staff. These workshops are open to all members of the campus community and were established to teach people different meditation techniques in order to reduce stress and increase inner stillness. The poster will also cover the Healing Rhythms Self Guided-Biofeedback Program, which is computer software and hardware offered at the SUNY Oneonta Counseling Center that uses biofeedback sensors to teach people to monitor and control physical stress. SUNY Oneonta also has a Yoga and Meditation Society that through workshops and lectures introduces people to the practice and philosophy of meditation and yoga. The poster will also cover courses at SUNY Oneonta that teach the philosophy and practice of meditation. Lastly, the Holistic Information Fair, an informational fair about topics such as meditation, Reiki and energy healing for members of the campus community will be presented.



The Healing Rhythms biofeedback program is available for student use at the College Counseling Center. This Program provides guided training on using meditation techniques. The Program involves instruction by noted experts, immediate feedback on heart rate and galvanic skin response and interactive exercises that visually depict physiological changes.



Meditation Mondays provided weekly guided meditations, which were open to all members of the campus community during the lunch hour. Meditations included body scan, loving-kindness and mindful eating.

Looking for a way to live a healthier, happier, stress-free life?

### Come to the HOLISTIC HEALING INFORMATIONAL FAIR!

The CSEA Local 635 Women's Committee is sponsoring a Holistic Healing, Informational Fair which will provide a number of holistic healers who will share information on a variety of different healing techniques which will include: Energy healing, Reiki, Massage, Nutrition, Essential Oils, Hypnosis and a variety of other topics that can help you to heal and to live the full and happy life you deserve! You will also be able to learn more about the wonderful services that are available to you through EAP.

Enter to WIN a gift certificate to *Tuscarora Northerns Healing Center!*

Please join us on **Thursday November 19<sup>th</sup>, 2015**  
In the **Crown Lounge of the Morris Conference Center** from **4-6 PM**  
Get a **free gift** from EAP and find out how to change your life!  
Contact Deb Ost: 436-2829 or Laura Emmett: 436-2081 for additional information.

The Holistic Healing Informational Fair was developed by an employee union and the Employee Assistance Program on campus. The Fair featured practitioners from the community that provided services such as meditation, reiki, massage and hypnosis.



The Yoga and Meditation Society was established in 1976 by faculty of the SUNY Oneonta Philosophy Department, Anthropology Department and the Religious Studies Committee. Through courses, lectures, guest speakers and workshops the Society aims to inform people about the benefits of Yoga and meditation as well as to facilitate dialogues related to the meaning, significance and the purpose of life.



Several courses at SUNY Oneonta teach about meditation including "Philosophy and Psychology of Yoga," and "Mysticism and Meditation in India and Chinese Tradition." Other courses such as "Stress Management" and "Creative Movement" allow students to practice meditation in class.

# Meditation Mondays



increase mindfulness

Relax *think clearer*

learn how to meditate

reduce stress



Mondays @ 12:00PM in Morris 104

November 3rd, 10th, 17th and 24th

December 1st, 8th and 15th

Open to All! No Experience Necessary.

For more information contact [bubanyst@oneonta.edu](mailto:bubanyst@oneonta.edu) or [pichard@oneonta.edu](mailto:pichard@oneonta.edu)



# Planetarium Meditation



**The SUNY Oneonta Planetarium is hosting a guided meditation session. Come learn how to meditate and destress in a state of the art planetarium!**

**Tuesday, April 12<sup>th</sup> @ 8PM**

**SUNY Oneonta Planetarium  
(Basement of Science I Building)**

**Please email [pichargd@oneonta.edu](mailto:pichargd@oneonta.edu) if you are interested in attending. Seating is limited.**

bringing you  
closer to  
your  
innermost  
Self

*Sandy*



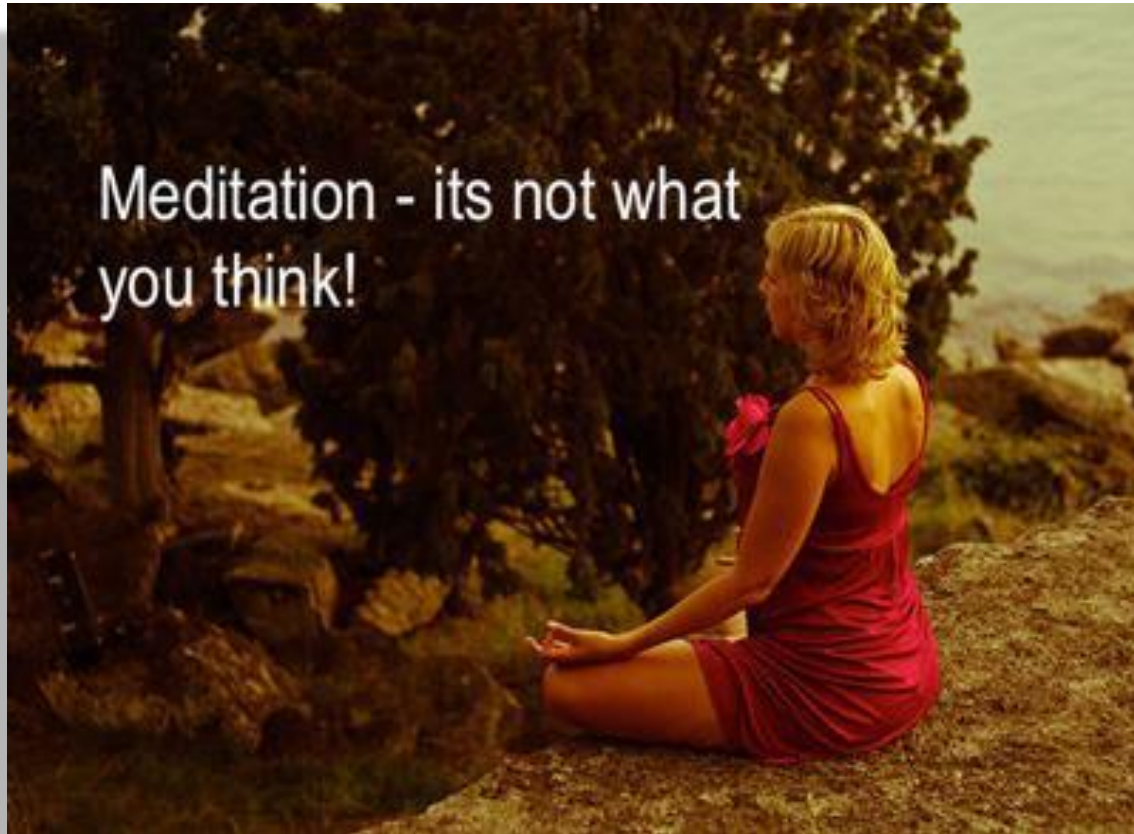
# Meditation and EOP Counseling

1. Meditate before the day (EOP Counselor)
2. Mindfulness Bell (App)
3. Meditate with students during counseling
4. Share Youtube videos



# Introduction to Meditation

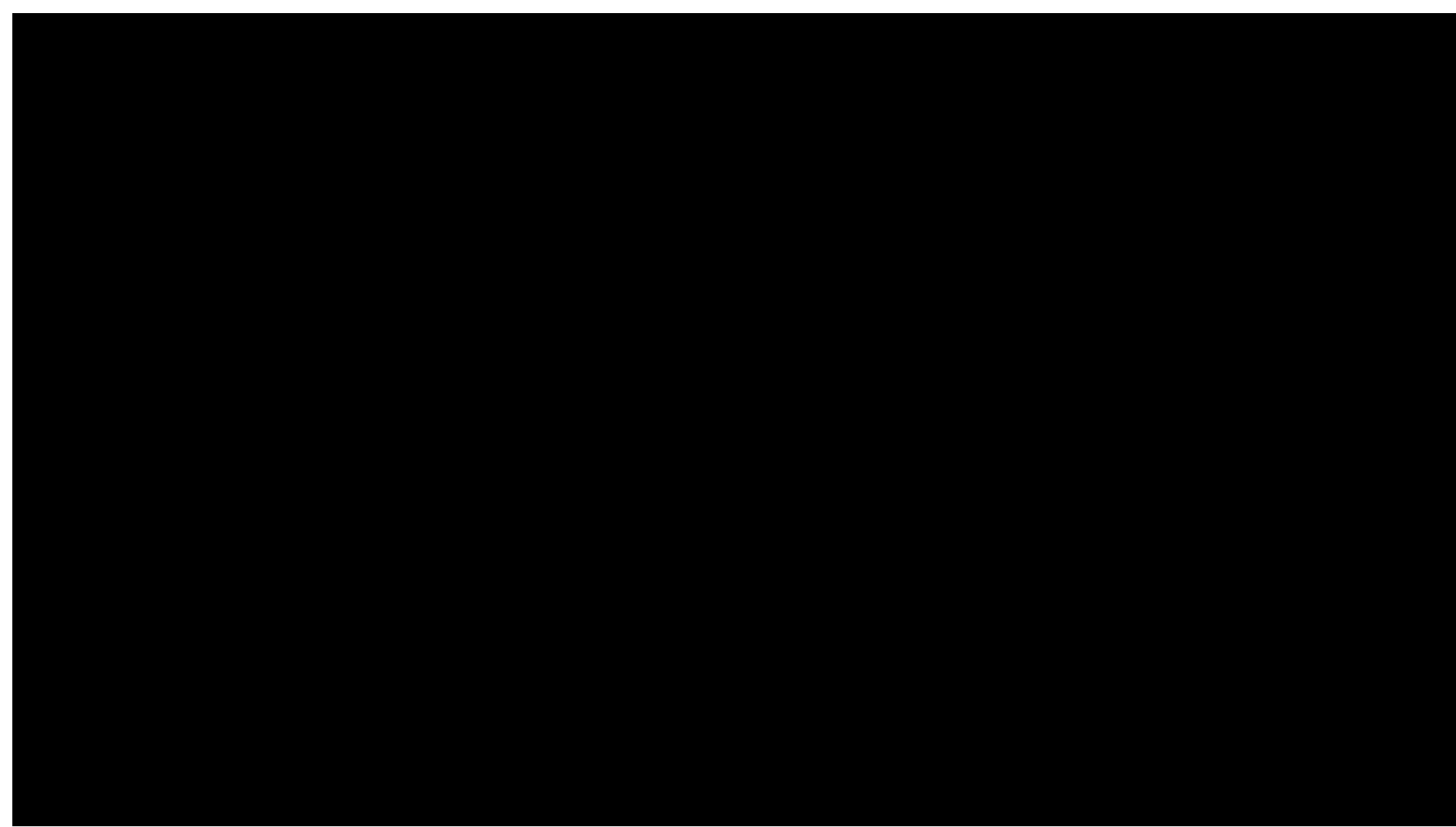
Meditation - its not what  
you think!



Being peaceful is so  
much easier on Friday.



# What is meditation?



# Benefits of Meditation

- \* Scientific Studies have shown that meditation\*:
  1. Increases positive emotion, decreases depression
  2. Reduces stress
  3. Changes your brain (for the better)
  4. Increases focus and attention
  5. Improves productivity

\*Seppala, E.M. (2013) “20 Scientific Reasons to Start Meditating Today.”

# Counting Meditation

1. Sit with your back straight, feet flat on the floor and arms at your side
2. Breathe in for a count of **4**
3. Hold for a count of **3**
4. Exhale for a count of **5**
5. Focus on breath
6. When mind wanders notice it, take count and go back to focusing on breath

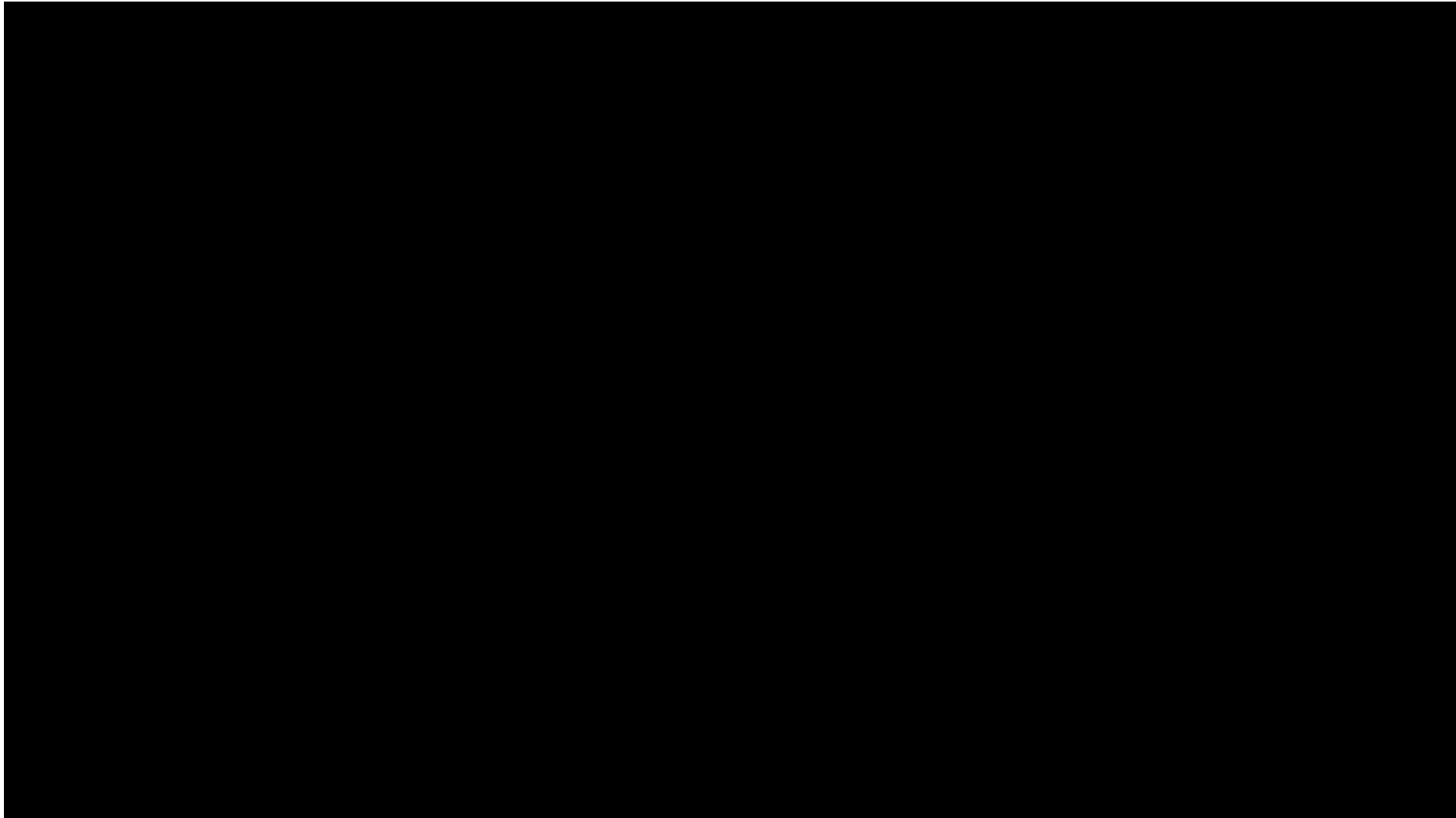
# Counting Meditation

- \* You noticed that your mind kept wandering
- \* The more you practice meditation the better you will be at keeping a focused mind
- \* If you cannot stop your thoughts, then who is controlling your thoughts?
- \* Most people are unaware that they are trapped in compulsive thinking.

# Awareness



# Visualization Meditation





# Meditation Resources

1. Glenn Pichardo: [pichargd@oneonta.edu](mailto:pichargd@oneonta.edu)
2. Online: Youtube videos, webpages, [calm.com](https://www.calm.com)
3. Your Counseling Center
4. Apps: Headspace, Relax Melodies

# Thank You!

May all beings be happy!

