1. Which core element is defined as “Maintaining a stance of openness, curiosity, and acceptance without self-judgment toward inner experience”?
   a. Attention  
   b. Altitude  
   c. Attitude  
   d. Intention

2. Studies show that mindfulness can lower ________.
   a. Stress and overall well-being  
   b. Anxiety and depression  
   c. Anxiety and stress  
   d. All of the above

3. What type of treatment seeks to increase therapeutic effectiveness through adapting or adjusting empirically supported interventions as needed to incorporate the worldview of the client respectfully in treatment?
   a. Religiously accommodative treatment  
   b. Religious integration treatment  
   c. Spiritual suppression treatment  
   d. All of the above

4. Secular mindfulness focuses on a person’s experience of________.
   a. The spiritual  
   b. Reality  
   c. Emotions  
   d. The intangible

5. What is the main theological issue with mindfulness?
   a. The need to incorporate all of reality, including God  
   b. The need to incorporate only the parts of reality that are spiritual  
   c. The need to incorporate the physical elements  
   d. Mindfulness should never be used by Christians

6. What theological principle applies to mindfulness?
   a. God’s omniscience  
   b. God’s omnipotence  
   c. God’s immanence  
   d. God’s omnipresence

7. What did Dr. Garzon suggest as a religious coping strategy?
   a. Surrender  
   b. Sing hymns  
   c. Sleep peacefully  
   d. Forgive

8. Lovingkindness meditation seeks to cultivate:
   a. Self-acceptance  
   b. Self-compassion  
   c. Compassion for others  
   d. All of the above

9. What type of mindfulness repeats the phrase, “May I be happy, may I be peaceful, may I be free from suffering”?
   a. Regular breath meditation  
   b. Christian-adapted breathing meditation  
   c. Secular lovingkindness meditation  
   d. Christian lovingkindness meditation

10. Which style of lovingkindness meditation involves sending kind intentions?
    a. Secular lovingkindness meditation  
    b. Christian-adapted lovingkindness meditation  
    c. Both of the above  
    d. Neither of the above

11. Which style of lovingkindness meditation involves a Biblical, theological foundation?
    a. Secular lovingkindness meditation  
    b. Christian-adapted lovingkindness meditation  
    c. Both of the above  
    d. Neither of the above

12. What is the focus of Christian-adapted lovingkindness meditation?
    a. Justice  
    b. Righteousness  
    c. Patience  
    d. Grace

13. In secular lovingkindness meditation, the focus is on ____________. In Christian-adapted lovingkindness meditation, the focus is on ____________.
    a. Sending, receiving  
    b. Receiving, sending  
    c. Outward expression, inward expression  
    d. Inward expression, outward expression
14. During meditation, it is important to monitor the client’s __________.
   a. Heart rate
   b. Nonverbals
   c. Breathing
   d. Eye movement

15. Which of the following is a potential reaction?
   a. Positive
   b. Inner criticism
   c. Negative God image
   d. All of the above

16. When the client has inner criticism, what should the counselor do?
   a. Nothing; allow them to think through it on their own
   b. Shift into immediacy and invite the client to share with you what’s happening
   c. Stop all forms of meditation and ignore the negative thoughts
   d. Continue with the meditation as though nothing has happened

17. If the client has a panic attack, what should the counselor do?
   a. Have the client take deep breaths
   b. Reorient the client to the room
   c. Process the experience to identify the underlying concern
   d. All of the above

18. What should the counselor do if the client has a PTSD flashback or reaction?
   a. Rapidly reorient the client to the room
   b. Invite the client to attend to internal stimuli
   c. Refocus on the meditation principles
   d. None of the above

19. When someone has a negative God image, what other considerations should a counselor discuss?
   a. Parents, caregivers
   b. Church environment
   c. Scripture exploration, forgiveness, and meditation (God’s mercy, grace, love, etc.)
   d. All of the above

20. The choice to stay in the present moment is an act of what?
   a. Trust and fear
   b. Fear and faith
   c. Trust and faith
   d. Trust, fear, and faith

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June 28, 2016: Adapting Mindfulness for Conservative Christians

Summary
Conservative Christian clients often have concerns about the Buddhist roots of mindfulness. Ethically, clinicians are called to adapt their treatments to address such religious-cultural concerns. This presentation focuses on how to adapt mindfulness strategies to make them more accommodating to clients with Christian worldview concerns. Experiential activities will demonstrate several adapted techniques. Potential client responses to these interventions will be explored. Handouts for therapeutic use will be provided.

Learning Objectives (2 CE Credits Offered)
Participants will:
1. Identify common religious concerns that conservative Christian clients have with mindfulness and learn how to respond
2. Review the mandate in mental health professional ethical guidelines to provide multiculturally-sensitive treatment
3. Practice adaptations to mindfulness that increase acceptability to conservative Christian clients and anticipate potential client reactions to adapted exercises and learn how to address these therapeutically