The importance of teaching Mindfulness Meditation to clinical staff as well as survivors of head injury?

Typically, assessment of progress of persons with TBI is an area open for development and modification. For example, it is generally considered that, after a year or two post injury, the person with TBI will have achieved most of the gains possible. We know that this is not true. There are individuals treated more than a decade post-injury who make substantial gains. Persons with TBI often have periods of plateau, where they appear to be making no progress. Traditionally, this can herald termination of treatment. What if these periods of plateau do not mean that all
means of progress have been exhausted? What if they are periods of rejuvenating hibernation, periods of brain reorganization, a time when the person receiving treatment needs the most support, the most investigation on the behalf of the clinician, to transition to the next level?

Mindfulness Meditation has evolved over the last quarter century to include strategies for handling intense emotions, PTSD, stress, anxiety, pain, health issues and multiple other areas in both “convenience samples” as well as in populations with known physical and mental diagnoses. Mindfulness Meditation in-service training can also have a positive impact on a clinician’s life. The benefits include care delivery, prevention of burnout, and job satisfaction.

**Research in support of Mindfulness Meditation.**

In a recent study, providers with high levels of mindfulness had higher scores on patient-centered communication, had a more positive emotional tone with patients, and had higher overall patient satisfaction scores.¹

In another study, physicians taught a modified mindfulness program showed reductions in burnout, depression, anxiety, and stress and an increase in personal satisfaction.²

Another study has shown that promoting mindfulness in clinicians positively influences treatment outcome, whether the patient is aware that the clinician practices mindfulness meditation.³
