



# Koru Mindfulness

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Strategies and Techniques for the Fieldwork  
Supervisor

By Lynne Rockwell B.S., COTA/L, CLT



# Life ever feel like this...?

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.....trying to sip from a water hose on full  
blast.....





# Koru Mindfulness

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- History – Program from Duke University
  - Intended audience – 18-29 year olds (college age-ish)
  - Shorter program to appeal to age group
  - Studies out of Duke and elsewhere demonstrating benefits with less time spent meditating
- Koru class description
  - Four 75 minute classes with a skill and guided imagery
  - Online platform for communication and an app
  - Smaller class size to encourage a sense of community & connection
  - Additional class available to build skill set and a one day retreat





# What mindfulness & meditation is and is not.....

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## • Not....

- A panacea for all that ails us
- Going to reduce our to-do list (unfortunately!)
- Passive resignation
- A belief system/religion
- Exclusive to certain groups of people

## • Is.....

- A self regulation tool to increase awareness in the moment
- Strengthened by practice
- A form of self care
- Beneficial even with time spent in short duration
- Able to be applied to many situations
- Backed by studies
- Versatile: can be done almost anywhere, anytime & with different approaches/styles





# How does this relate to the fieldwork setting?

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- Time pressure in the work force – do more with less is very challenging
- What is really happening in any given moment?
  - Contributing factors could be.... you are tired, kids kept you up late, fight with family member.
  - Now.... add in...you have a student who is demonstrating stressed behavior, anxiety, performing poorly or is overly confident, unprofessional, rude.
  - WHAT YOU NOTICE IN THESE SITUATIONS CAN HELP DIRECT YOUR REACTIONS INSTEAD OF GETTING SUCKED INTO THE TORNADO – but you have to be in the moment
- How can we address students when we already feel like we are trying to sip from a fire hose?
- Practicing these skills adds another tool in your tool box for student supervision
- Recognizing and observing unpleasant situations is not passive resignation – it gives us time to decide how we want to respond in pleasant or unpleasant situations





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- Excerpt take from *The Mindful Athlete* by George Mumford (2015)

.....” Everything is an inner game. Pure performance starts with the mind. What’s in and on your mind determines how well you perform. The center space between stimulus and response is like the eye of the hurricane. The regular practice of mindfulness brings us back to this center space. The more we practice mindfulness, the more readily we can bring ourselves to this center space...”

- Equate “performance” as how you interact on the job and with students



# For today.....

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- My intention for class – to practice some skills to be used for personal and professional use (with clients, FW students & personal life)
- Incorporate concept of no self judgement – give yourself permission to let go
- Have this time just for you and experience this however you would like
- For the sake of time will be experiencing skills in shorter segments – you can practice at home in just 10 minutes per day using various apps
- Please participate in the discussion if you feel comfortable – this contributes to the sense of community
- I encourage you to continue with an app and/or another class – look for something that works for YOU!





# Skills – anchor for your attention

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- Belly Breathing
- Body Scan
- Guided Imagery
- Eating Meditation – any food allergies?
  - Please put hand sanitizer on now
- Labeling Thoughts/Feelings (rushing river, tornado of thought)
- Your mind will wander. That's OK! Keep bringing your attention back to the anchor – no matter how many times





# Free phone apps

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Koru

Insight Timer

HeadSpace

Calm (free 7 day trial)

Buddify

Mindbody

\* some have monthly payment options if you want additional features or subscription levels





# THANK YOU!

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# References

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- Image retrieved from:

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