

# MINDFULNESS INTERVENTION

## FOR BLACK ADULTS WITH PTSD AND DEPRESSION



**IN THIS STUDY, WE EXAMINED HOW ACCESSIBLE AND HELPFUL A MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) GROUP WAS FOR BLACK ADULTS WITH TRAUMA EXPOSURE RECEIVING MEDICAL CARE AT GRADY MEMORIAL HOSPITAL**



### GOALS OF INTERVENTION

- (1) IMPROVE AWARENESS OF FEELINGS, THOUGHTS, AND BODY SENSATIONS**
- (2) ENHANCE EMOTION REGULATION ABILITIES**



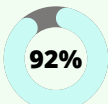
### **8-WEEK GROUP IN PRIMARY CARE CLINIC OR VIRTUAL**

**80 ADULTS PARTICIPATED  
86% WOMEN**

**WE COMPARED MBCT WITH WAITLIST (PEOPLE NOT IN GROUP)**



**Completed MBCT**



**Completed Waitlist**



**Completed MBCT In person**



**Completed MBCT Virtually**

**IN PARTICIPANTS' OWN WORDS**

*"I've noticed that I'm able to pause and focus on my feelings more and learning how to process them before I just speak. Learning how to be okay when I'm not feeling well instead of beating up on myself."*

**GROUP MEMBERS HAD HIGH SATISFACTION AND SAW POSITIVE CHANGE IN:**

- COPING STRATEGIES
- EMOTION REGULATION
- EMOTIONAL, RELATIONAL AND PHYSICAL HEALTH
- MINDFULNESS SKILLS

**MBCT ALSO HELPED REDUCE AVOIDANCE PTSD SYMPTOMS IN PARTICULAR**

**TREATMENT BARRIERS WERE HIGH MOST COMMON: TRANSPORTATION, LACK OF ACCESS, STIGMA, MOTIVATION**

*"My emotions don't overtake me now, I'm more in control of them... I can have emotions, understand that it's okay, without such a guilty feeling, and I can deal with them right then or I can let them float away and can deal with them later. I didn't have that option before."*



**EMORY UNIVERSITY**

**Grady Trauma Project**

### WHAT WE LEARNED

- **MBCT IS HELPFUL FOR PEOPLE WITH TRAUMA EXPOSURE**
- **OFFERING MBCT IN MEDICAL CLINICS MAY HELP TO INCREASE ACCESS**

