

## Mindfulness Full Attention in Dentistry

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In recent years, organizations as diverse as Google, Procter and Gamble, Bioresearch and others have begun to offer mind training for their employees. In the United States, companies, universities, government agencies, schools, hospitals, religious groups, lawyers and other organizations offer training in mindfulness meditation or mindfulness.

The link between the practice of care Full and leadership development in particular was reinforced with the introduction of the three levels of Scouller's leadership model, which emphasizes psychological self-mastery and includes mindfulness meditation as one of its main self-development techniques [1].

Revtas and academic publications in different fields of management, reflect interest in the full attention in multiple institutions [2,3].

The defenders of the mindfulness, O Full attention or mindfulness, they argue that the rhythm and stress of modern life leave us trapped in a stream of thoughts and feelings, caught up in past problems or overwhelmed by future anxieties. By connecting with the present moment, observing calmly our thoughts, feelings and Sensations in order to be more directly aware of them, people become more able to handle them.

The Faculty of Medicine of the University of Massachusetts It unmarks the mindfulness of any religious or cultural connotation, basing its program on studies and Techniques of modern psychology [4].

Data analysis of 47 clinical trials Conducted with 3,000 participants suggests that mindfulness, a meditation technique aimed at concentrating the mind at the present moment, produces measurable improvements of up to 20% in the symptoms of anxiety and depression compared to people who They practice another activity, and it can also help alleviate the feeling of stress and improve the quality of life.

At the end of 1970, Jon Kabat-Zinn, a U.S. medicine professor, began successfully treating patients with chronic pain through a program that he called Reeducation of stress based on mindfulness (REBAP) or, in English, Mindfulness-based stress reduction: MBSR. In 2002, Williams, of the universities of Cambridge and Toronto, designed the Cognitive therapy based on the awareness of depression, whose goal is to help prevent relapse. Clinical trials have since shown that patients with multiple episodes of depression may reduce the recurrence rate by 40 - 50% compared to the usual techniques [5].

But what is mindfulness and how does it work? Unlike the Mantra meditation, which consists in focusing the concentration on a particular word or sound, mindfulness aims to achieve a relaxed consciousness, without prejudices of its thoughts, feelings and feelings, what Williams It calls a "direct knowledge of what is happening in and out of us, moment by moment".

Mindfulness is the intrinsic ability of the mind to be present and conscious at a certain time, at a time when body and mind are fully synchronized in an instant of present reality. Full presence and open awareness are conjugated in a moment in our Body-mind-spirit. Is a own quality of any human being but has been the reason for study mainly in the Oriental paradigm.

Mindfulness's experience is trained in a discipline or practice called meditation. The practice of meditation is based on training to be present and conscious, to realize at every moment of our life; To welcome anything that arises in our experience, lovingly and without judgment; Open the heart to make friends of ourselves and allow compassion to arise for others and for oneself. It allows us to walk the path of our life and perform our work in it with open heart and awakened mind.

The repeated use of the word "full" in different translations alludes to the quality that is manifested in synchronising body-mind-spirit at a given time and that as experience is characterized by "plenitude".

The practice of mindfulness, even though there are many different types of mediating and many different practices, it is not an exercise that aims at relaxation, peace and the blank mind. All of these are, without a doubt, possible results of a practice that rather seeks to know how the mind and reality work, how it is that this mode of functioning allows us or not to be at peace [6,7].

It is not then a way of escaping reality as some think; On the contrary, their goal is to allow us to see reality as it is, unmasking the root causes of our suffering and clearing our mental confusion. It is basically to return again and again, to the most immediate experience of the reality of the present moment, in a kind and without judgement.

Mindfulness is important in dentistry because the dentist's mind escapes to think of many of the problems that lurk to the dental profession: crisis, competition, inspections, fines, problematic patients, problematic employees, complicated treatments, etc. All of these thoughts produce stress and possibly other problems added as Sleep, addictions, muscle problems, etc. These aspects focus their attention without letting them see many other aspects Positive That are also Present In our daily reality [8].

All of these problems are not going to go away, But one can learn to relate to them in another way so that they are not their center of attention.

Mindfulness works three aspects:

1. The attention
2. Acceptance
3. Discernment

It's not really what's in our mind. The thoughts that catch us are like dreams of which we can wake up and choose where we want to put our attention: in the present.

Many times, we are not even Physically present At the Dental clinic, but it's like we're in it. We are at home, or with friends, or on the beach and comes to our mind a problem of consultation to That we were hooked. We cannot avoid that images, memories, thoughts come to mind; But we can choose to be hooked to them or go back to the present reality. The problem is that the body reacts emotionally in a similar way when something is really happening that stresses us that when it is not happening but we are thinking about it. Odemos Stay Seated, with nothing to do but pay attention to Como constantly re-edit the past, advance and plan with tibiamente the future and how that present moment that contains all the richness of what is simply real, passes us unnoticed.

The past has passed and has no return, the future never comes because when it arrives is Present The only reality It is the present, that full moment In which mind, body and spirit are synchronized, it is the perfect moment simply because it is Real. To return again and again, in a kind and conscious way, to this space of openness and intimacy with our present moment, is the invitation that makes us the practice of mindfulness.

This skill is learned with practice. Permit to live life, instead of worrying, and focus on what is most important to oneself, in directing your life to who you want to be: in your profession as a dentist, as a team leader, As a couple, as a father-mother...

### Definitions of Mindfulness

- “Realize of the experimentNcia present, with acceptance” (Germer, Ch.).
- “To pay attention in a particular way, as a purpose, at the present time and without mental judgment” (Kabat-Zinn, J).
- “The universal and basic human capacity, which consists in being aware of the contents of the mind, moment At the moment” (Simon, V).
- “Mindfulness is to keep the CONSC alivelencia in the present reality” (Hanh, TN).
- “To be in front of the naked reality of experience, observing every event as if it were occurring for the first Time” (Golemn D).

### The 8 steps of the mindfulness training program

- Step 1: Be Mass present: Care and Five Senses
- Step 2: Focusing the scattered mind: conscious breathing
- Step 3: Directing and anchoring the “Realize”: Consciousness Sound, breathing and body
- Step 4: Listening to your body: the consciousness of the feeling of the body and movement
- Step 5: Observing your mind: the consciousness of thoughts
- Step 6: Managing your emotions: awareness of feelings
- Step 7: Successful communication: The awareness of listening and speaking
- Step 8: Relax to achieve effectiveness: awareness of decision-making and actions

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