

APPENDIX 8:

COMPARING “CONTROL-ENHANCING” STRATEGIES

Throughout this manual, particularly in Modules 3.1-3.3, we have stressed the importance of precisely clarifying the building blocks (e.g., cognitive, attentional, emotional, behavioral) utilized in the construction of an intervention technique. In the following figure, 8.1, a comparison and contrast of the techniques of meditation (formal and informal) and behavioral self-control strategies ^{13, pp. 290-294} is offered as an example of such a process.

COMPARISON AND CONTRAST OF DIFFERENT SELF-REGULATION STRATEGIES : MEDITATION AND BEHAVIORAL SELF-MANAGEMENT

Figure 8.1

<i>Topics</i>	<i>Formal Meditation</i>	<i>Behavioral Self-management</i>	<i>Informal Meditation</i>	<i>Contingent Informal Meditation</i>
Environmental Planning where intervention strategy occurs	specified setting (e.g., room or in nature); reduced external stimuli to initially help individual focus on object of meditation	<i>in natural environment where problem behavior occurs; or symbolically in neutral environment</i>	occurs in natural environment	<i>same as behavioral self-management</i>
if stimulus cues are used	stimulus cues (control): e.g. incense; or, in case of concentrative meditation, the object of meditation as stimulus cue	<i>specified cues in natural environment (programming antecedent or initiating stimuli)</i> <i>self-regulated stimulus exposure</i>	everything is a stimulus cue for "awareness"	<i>same as behavioral self-management</i>
nature of physical posture	specified body posture: lotus or half-lotus, to reduce bodily distractions	<i>symbolic desensitization occurs in relaxed posture: e.g., reclining in thick armchair</i>	no specified posture	no specified posture
if preprogrammed punishments or reinforcers	"KWAT" as preprogrammed punishment for nonalert behavior	<i>preprogramming of certain punishments or reinforcements</i>	no preprogrammed punishments or reinforcers	sometimes preprogrammed punishment or reinforcement
Cognitive Variables effects of observation	in formal Zen meditation, focusing on behavior of breathing alters the behavior: a stumbling reactive effect (step 1); soon mind wanders, i.e.,	<i>behavioral self-observation alters behavior observed (generalization one); then there is habituation to task; subject forgets to monitor; when subject stops monitor-</i>	goal is that observation have no interference or interruption of daily activities	observation used as a discriminative stimulus to interrupt a maladaptive behavioral sequence (<i>see also behavioral</i>
	habituation to task of observing (step 2)	<i>ing, behavior returns to pre-self-observation phase (generalization two)</i>		<i>self-observation)</i>
what is observed	initially just breathing is focused on (steps 1, 2, 3); eventually openness and receptivity to all stimuli, internal and external (steps 4, 5) occurs	<i>functional analysis: observation of problem behavior, antecedents, and consequences</i>	all behaviors, actions, and thoughts are observed: global awareness	only specified cues (e.g., anxiety, stress) in internal and external environment are observed
how behavior is observed: self-evaluation and goal setting	thoughts, behavior, breathing, are observed without analysis; no charting, no evaluation, no goal-setting: i.e., "detached" self-observation	<i>parameters of behavior observed: frequency, latency, duration, intensity; behavior is counted, charted; systematic evaluation is made; and goals are set</i>	observation without comment and without evaluation	<i>same as behavioral self-management; however, also try to maintain detached self-observation at same time</i>
desensitization paradigm; when occurs	relaxation (step 3) precedes feared images (step 4); in formal meditation, a "global" desensitization with no specific cues formal meditation occurs at specified times throughout the day, regardless of antecedent stimuli	<i>relaxation precedes phobic scene (cf. Wolpe, 1958, 1969)²: involves subjective hierarchy of disturbing scenes; or, relaxation follows phobic scene (real or symbolically) and is contingent on discriminating certain cues (cf. Goldfried, 1973)¹³</i>	continuous discrimination of cues in daily environment	relaxation follows phobic scene or certain stress cues

Topics	Formal Meditation	Behavioral Self-management	Informal Meditation	Contingent Informal Meditation
cognitive statements and images; thought stopping	observation without comment (no self-statements); and without evaluation (no thinking); covert images are allowed to "flow down the river of consciousness" and are not dwelled on; focus on competing response of breathing helps remove thoughts (step 4)	<i>covert images and self-instruction used extensively: e.g. covert sensitization (images as punishment); covert rehearsal (images and self-instructions as successive approximation); self-modeling; covert self-reinforcement; covert behavior modification: either alter self-statements, or emit relaxing instructional self-statements; to stop thoughts, covert yelling of word "stop"</i>	no cognitive statements or images involved in the performance of actions.	use of covert images, self-modeling; and self-instruction: e.g., "I am breath," "I am relaxed, in control, I can handle this"
focused attention	in formal Zen meditation, attention focused on breathing (steps 1-4); the KWAT (step 2) helps return the wandering mind to the object of focus; in Raj Yoga (cf. Anandi, ¹⁵ Chhina, & Singh, 1961) note the use of internal focusing	<i>Kanfer and Goldfoot (1966)¹⁴ discuss the use of external focusing as a technique for self-management of pain</i>	attention focused on the here-and-now action only	in contingent informal breath meditation, attention focused on breathing; in Transcendental Meditation, attention focused on covert sacred syllable
Breathing effects of; type used	breathing from the abdomen; goal is effortless, autonomic	<i>"controlled" breathing; voluntary breathing from</i>	relaxed, aware autonomic breathing from abdomen	controlled breathing in contingent informal breath meditation (cf. Shapiro, 1974a); nonfocus on breathing (but rather on sacred sound) in "contingent" Transcendental Meditation (cf. Boudreau, 1972) ¹⁶
Contributions of the Strategies to Each Other	acquisition and proper performance of formal meditation is facilitated by a wrist counter, a device used in behavioral self-observation; naturalistic observation methodology of social learning theory is useful in understanding meditation as a series of behaviors under explicit contingency arrangements	<i>clear mind gained during step 5 of formal meditation helps facilitate a behavioral functional analysis of internal and external events throughout the rest of the day; practice of discriminating a stimulus (e.g., wandering mind) gained during formal meditation should help an individual interrupt a maladaptive behavioral chain earlier and more quickly; meditation involves a "detached observation" of concerns, thereby reducing the threat of the concerns and producing optimal conditions for behavior change</i>	in terms of a clinical intervention strategy, informal meditation is made more powerful by making its performance contingent upon certain internal and external cues, and by coupling it with covert imagery, self-instructions, and focused breathing	This technique is a combination of informal meditation and behavioral self-management strategies; covert imagery, self-instructions, focused breathing, functional analysis all come from the behavioral self-management strategy; however, at the same time the technique involves the use of "detached self-observation" derived from informal meditation