

# Mindful Presence in Psychotherapy

**Mindfulness** is the full awareness of our actions, thoughts, feelings, surroundings, interactions in each moment. It is the full *presence and awareness* of our experience in the moment.

**Mindful presence in psychotherapy** means to *simply be* in the session: to be ourselves, to be genuine, to be present in the moment, to seek to understand the client's experience, and to observe *and* experience the process dynamics in the relationship.

**The four principles of mindful presence in psychotherapy** are:

1. To seek and nurture an awareness of self  
practicing self-care and self-reflection
2. To be fully present in the moment  
maintaining an awareness of self, client, and process dynamics  
not focusing on what to say next
3. To seek to understand the client's experience  
honoring the client's wisdom and truth  
not making assumptions  
recognizing the importance of the client's context and culture
4. To facilitate an empowering relationship  
being genuine  
keeping boundaries  
processing the relationship dynamics