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## Trauma-Informed Mindfulness

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In the last eight years or so, conducting mindfulness training with an understanding of trauma has more and more come to the fore.

David Treleaven's book, *Trauma-Sensitive Mindfulness*, was a groundbreaking contribution to this effort. I use it as a reference and return to it if any questions arise. David is an educator and psychotherapist living in the San Francisco Bay Area.

Rachel Goldsmith Turow's book, *Mindfulness Skills for Trauma and PTSD*, covers key mindfulness principles and teachings from her perspective as a clinical psychologist and professor at the Icahn School of Medicine in Seattle.

I have incorporated key elements of both books in my approach, including:

- Instructions and guidance minimize any sense of pressure or demand;
- Keeping the time frame for sitting practice manageable.
- Giving instruction in walking meditation at the outset, to provide an alternative to sitting practice and a way to exercise agency.
- Providing options for attention training besides the breath, such as feet in contact with the floor, etc.
- Our tradition utilizes the eyes-open practice technique, which keeps the person in contact with the surroundings, compared to a greater exposure to mental events with eyes closed.
- The window of tolerance principle which helps protect from overwhelm, or overexposure to stimuli.
- The principle of titration, which enables gradual exposure to strong feelings and emotions, complementary to the window of tolerance.