

Mindfulness: An Inner Resource to Support Basic Psychological Need Satisfaction

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Conceptualized as a receptive awareness of and attention to present moment events and experiences, mindfulness is regarded by SDT as a critical psychological factor that facilitates the fulfilment of basic psychological needs for autonomy, relatedness, and competence. In this talk, I will review research that has shown that trait, state, and trained mindfulness are related to more autonomous functioning, greater social well-being, and increased felt competence and task performance. Also discussed will be proposed mechanisms that may explain those salutary effects, including a shift from automatic processing of experience to conscious attention regulation, and observation of experience without egoic identification. Also discussed will be the importance of intervention and other experimental research to examine the role of specific mindfulness practices (e.g., focused attention, open monitoring) in promoting need satisfaction, and to investigate the interaction between mindfulness and need supportive vs. need frustrating environments.