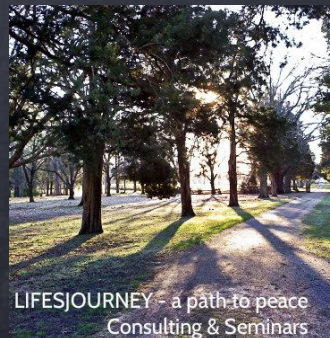


"Treatment of the Relapse Process using Mindfulness and Meditation as Viable Techniques"

Christopher Shea, MA, CRAT, CAC-AD, LCC
Adjunct Professor, Towson University
Dir. Campus Ministry, St. Mary's Ryken HS
Founder, Lifesjourney

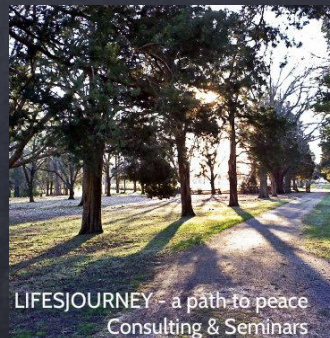
Email: chris@lifesjourneyblog.com



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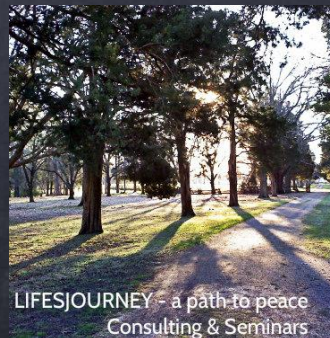
OBJECTIVES

1. The participant will be able to define relapse process, mindfulness, and meditation, listing the common indicators for each.
2. The participant will be able to list and identify the relapse triggers and warning signs.
3. The participant will be able to explain the connection between mindfulness and meditation to the on-going recovery process.
4. The participant will be able to lead a basic meditation session for an individual or groups.
5. The participant will be able to formulate an individualized relapse treatment plan of action for their clients based utilizing mindfulness and meditation.



... take away ...

increased awareness and
knowledge on the importance of
staying in the moment for a
healthy recovery



Successful and Civilized



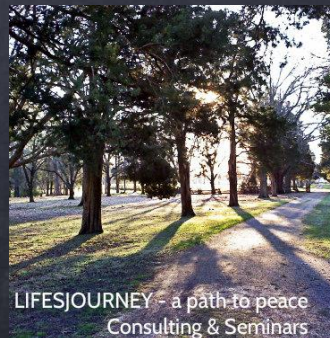
Weird and Unproductive



Choice

We live in a society which is ...

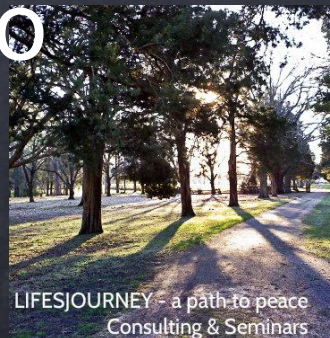
- filled with movement
- filled with distractions
 - filled with noise
 - filled with media
- filled with instant gratification through technology



People working on healthy recovery need ...

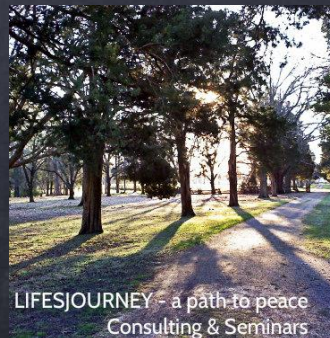
- support from others
- feeling of connectedness
- change in behaviors and thoughts

In a world filled with noise and instant gratification, how can we expect a person in early recovery to heal in a healthy way?



through the use of ...

**mindfulness
techniques
&
meditation**

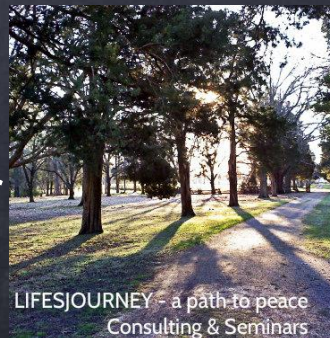


Research indicates mindfulness is effective ...

"theoretical computer scientist Yariv Levy and colleagues suggest that rehabilitation strategies coupling meditation-like practices with drug and behavior therapies are more helpful than drug-plus-talk therapy alone when helping people overcome addiction."

Levy says, "Our higher-level conclusion is that a treatment based on meditation-like techniques can be helpful as a supplement to help someone get out of addiction. We give scientific and mathematical arguments for this."

--A computational hypothesis for allostasis: delineation of substance dependence, conventional therapies, and alternative treatments, *Front. Psychiatry*, 19 December 2013, doi: 10.3389/fpsy.2013.00167 University of Massachusetts at Amherst

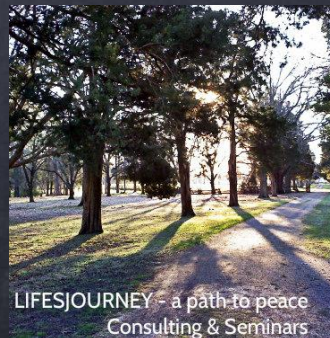


ADDICTION

1957 the AMA declared alcoholism a disease not unlike other diagnosable illnesses

Jellinek: tolerance, withdrawal symptoms, and either “loss of control” or “inability to abstain”. This disease exhibits both physical & behavioral symptoms including: tolerance, physical dependence, pathologic organ change, loss of control, compulsion, continued use despite negative consequences.

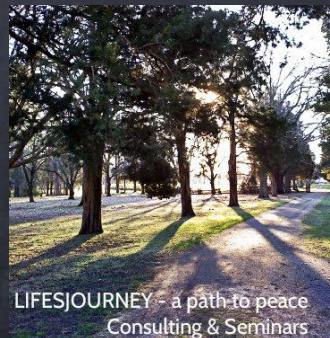
--Shea, C. (2006). "Alcohol Dependence Treatment: an effective comprehensive psychosocial management Plan"



A goal of recovery ...

living with a chronic disease

but not suffering daily from the
disease



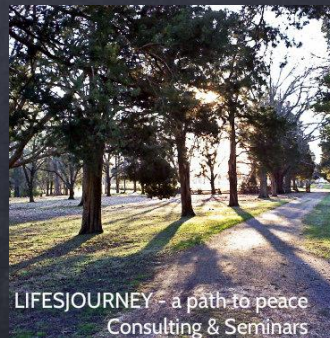
RELAPSE

"...the process of becoming so dysfunctional in recovery that alcohol or drug use seems like a good idea..."

--Terence Gorski

Relapse Prevention = a continued level of treatment to avoid a return to prior patterns

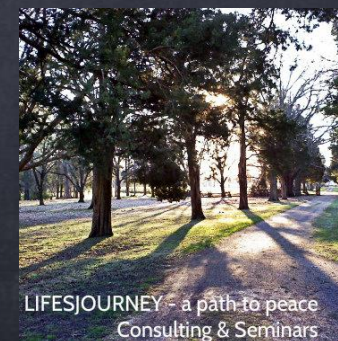
--Terence Gorski



You can't change
someone who doesn't
see an issue in
their actions.



CE collective ...
EVOLUTION



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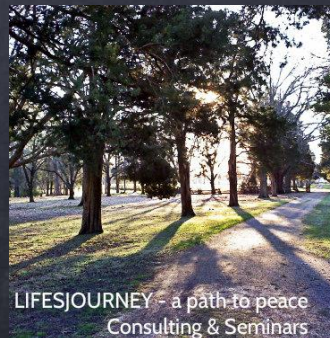
Relapse Process

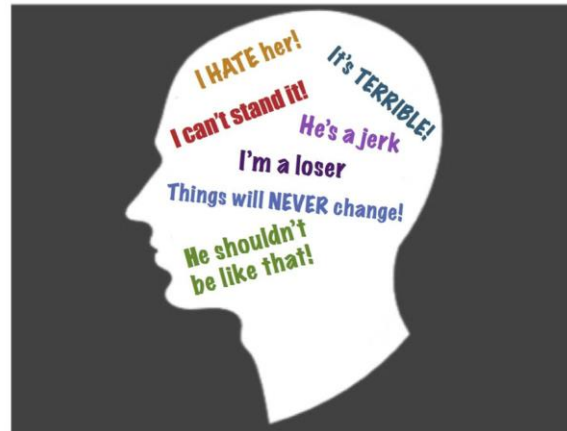
1. get stuck in recovery
2. deny stuck point
3. use other compulsions to handle pain
4. vulnerable to a trigger event
5. as problem grows = lose control
6. using of alcohol or drugs

• # 1-5 == relapse process

• # 6 == active addiction

--Terence Gorski

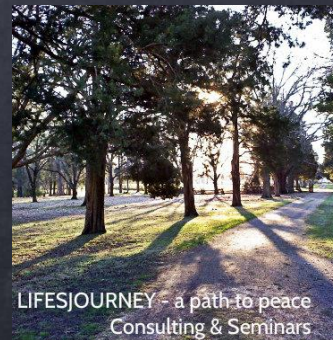




Examples of Cognitive Distortions

Watch out for these common thinking errors that lead to anxiety and depression!

1. **ALL OR NOTHING THINKING** - Things are seen in black or white categories. You think in absolutes, like “always” “never” and see a single negative event as a never-ending pattern.
2. **OVERGENERALIZATION** - You generalize from a specific. If you make a mistake, you might think that you “failed” and or are a “failure.”
3. **MENTAL FILTER** - You pick out a negative single event and dwell on it, like a drop of ink that discolors a whole beaker of water.
4. **MAGNIFICATION OR MINIMIZATION**- You either blow things out of proportion or deny something is a problem when it is. Examples: “*I am the worst mother ever*” to “*It's nothing - Not a big deal (when it really is to you.)*”
5. **SHOULD STATEMENTS** - Having pre-conditions on how you and other people “should” be. Judgmental and unforgiving expectations create a lot of anxiety.
6. **PERSONALIZATION** - You are self-conscious and think things are about you when it is just an interpretation. You think if someone is angry it is in response to you, and blame yourself.
7. **PLAYING THE COMPARISON GAME** - Comparing yourself to others and needing to keep up with others to feel good about yourself. “*He is so much smarter than me - I'm stupid.*”
8. **FORTUNE TELLING** - You think that you can predict the future, and convince yourself that bad things will happen. “*I will always have these problems!*”
9. **LABELING** - You label yourself or others by terms such as “*lazy*” “*fat*” “*stupid*” “*loser*” “*jerk*”, stating them like they are facts. A label erroneously evaluates self-worth.
10. **EMOTIONAL REASONING or JUMPING TO CONCLUSIONS**- Rather than being objective, emotions control your interpretations. “*She did not call me -she must HATE me!*”



Different Levels of Defenses

Primitive Defense Mechanisms

- Denial
- Regression
- Acting Out
- Dissociation
- Compartmentalization
- Projection
- Reaction Formation

Less Primitive, More Mature Defense Mechanisms

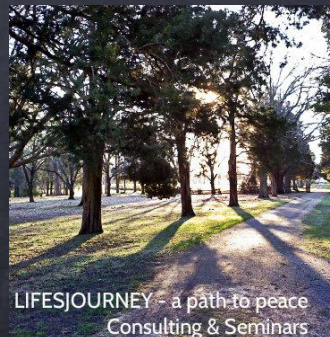
- Repression
- Displacement
- Intellectualization
- Rationalization
- Undoing

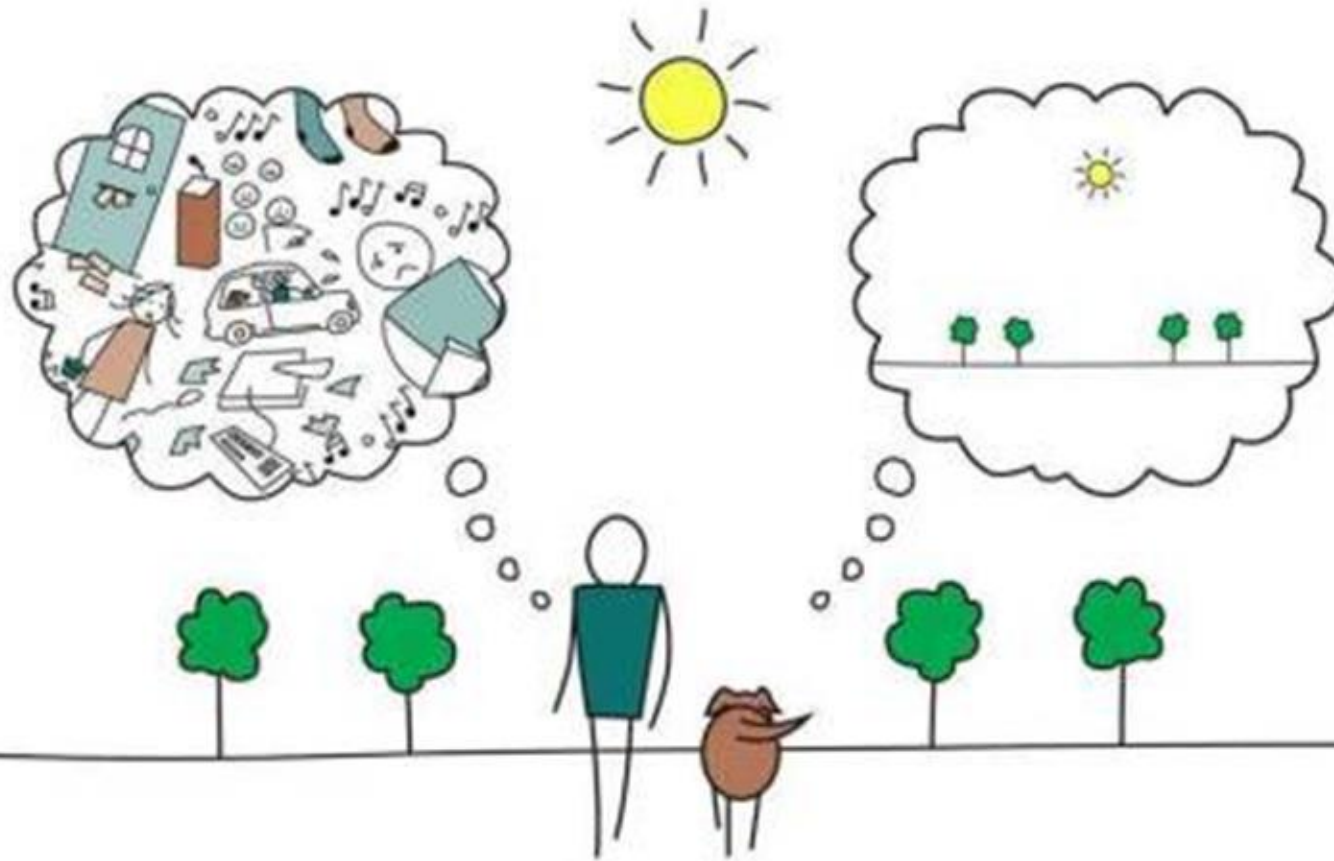
Mature Defense Mechanisms

- Sublimation
- Self-Assertion
- Suppression

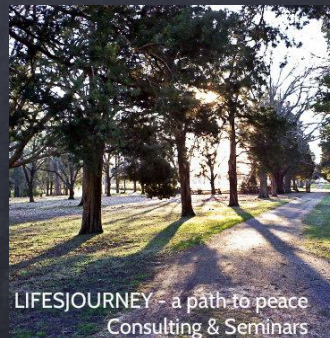
- Compensation
- Altruism
- Anticipation

- Affiliation
- Self-Observation





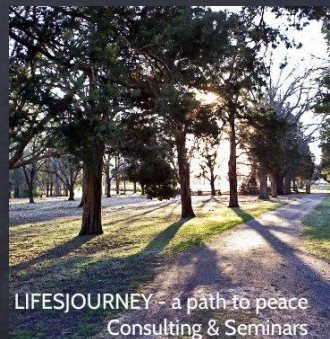
Mind Full, or Mindful?



MINDFULNESS

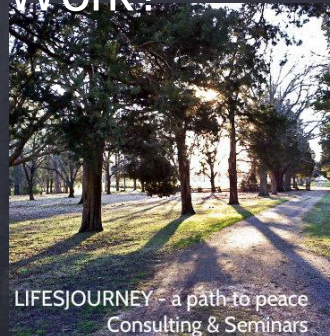
Rooted in Buddhist traditions that emerged thousands of years ago, the modern mindfulness movement in the West was largely sparked by the work of Jon Kabat-Zinn, who developed Mindfulness-Based Stress Reduction (MBSR) programs at the University of Massachusetts Medical School, starting in 1979. His work was initially focused on helping patients deal with chronic pain. By adopting a mindful approach to pain, Kabat-Zinn found he could relieve mental distress and improve functioning overall.

--Gregg Henriques, PhD "What is Mindfulness & Does it Work?"



“...mindfulness became integrated in cognitive and behavioral approaches. Some prominent ones included approaches such as Marsha Linehan’s Dialectical Behavior Therapy, Steve Hayes and colleagues’ Acceptance and Commitment Therapy, and Segal and colleagues’ Mindfulness-Based Cognitive Therapy.”

--Gregg Henriques, PhD "What is Mindfulness & Does it Work?"



Mindfulness

Definition

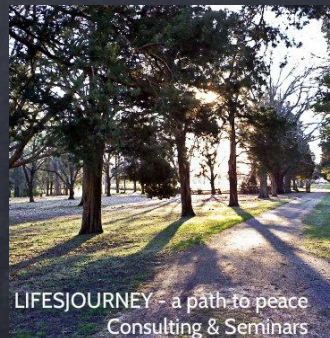
Mindfulness is paying attention, on purpose, in the present, and non-judgementally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

Mindfulness attitudes:

- » Patience
- » Nurturing trust
- » Non-striving
- » Acceptance
- » Letting go

What occupies your attention?

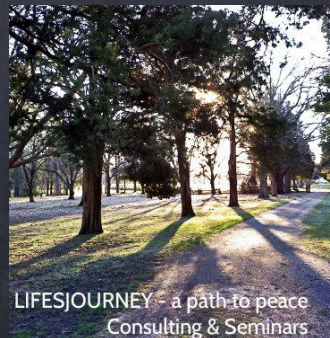
- » The present moment
- » Zoning out
- » Distractions and “multi-tasking”
- » Thinking about the future
- » Thinking about the past



Living in the present moment

“...a means of paying attention in a particular way; on purpose, in the present moment, nonjudgmentally.”

--Jon Kabat-Zin



CONTROL

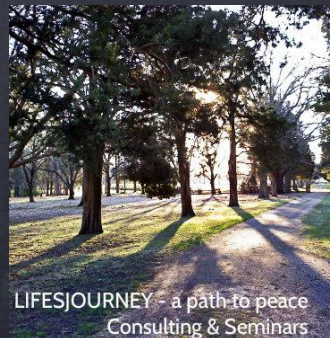


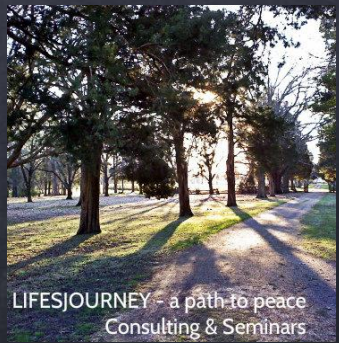
Stress and anxiety caused by the unknown and a lack of control

PAST = can no longer control it

FUTURE = cannot control all of future events

PRESENT = I can control my thoughts & actions





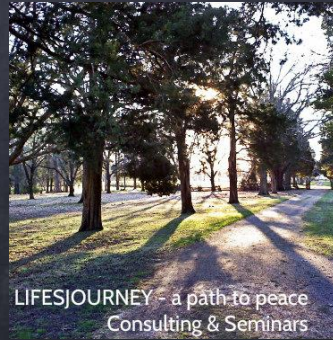
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“Men are disturbed not by things, but by the views which they take of them.” – Epicius in 1st century AD

The A → B → C's

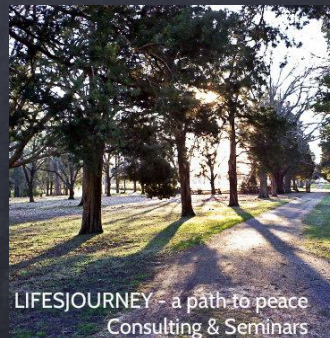


Our emotions are affected by our *beliefs*, not just by the original adversity or activating event.



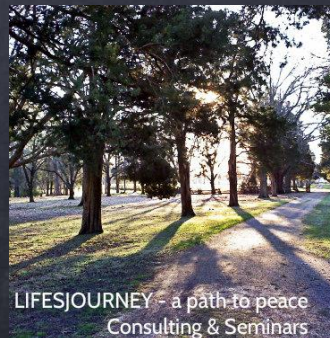
Cognitive Behavioral Therapy

- a short-term therapy technique to teach individuals to change their unwanted behaviors by changing their thoughts.
- CBT emphasizes the need to identify, challenge, and change how a situation is viewed.

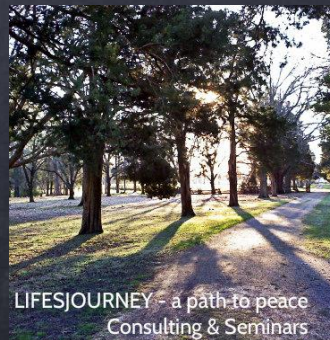


- Cognitive misperceptions can lead to unhealthy behaviors. When an individual experiences a stressful event, automatic thoughts come to mind and can lead to negative moods and emotions.

- Cognitive behavioral therapy is a widely practiced psychotherapy based on the theory that it is not actual events that cause our problems and various disorders, but the meanings we give to the events.



MEDITATION



5 Steps to Meditation

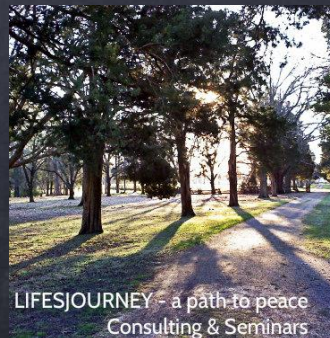
1. Select desired meditation exercise
(audio or video recording, if desired)

2. Find a quiet comfortable spot with no
distractions (phone, tv, radio, etc.)

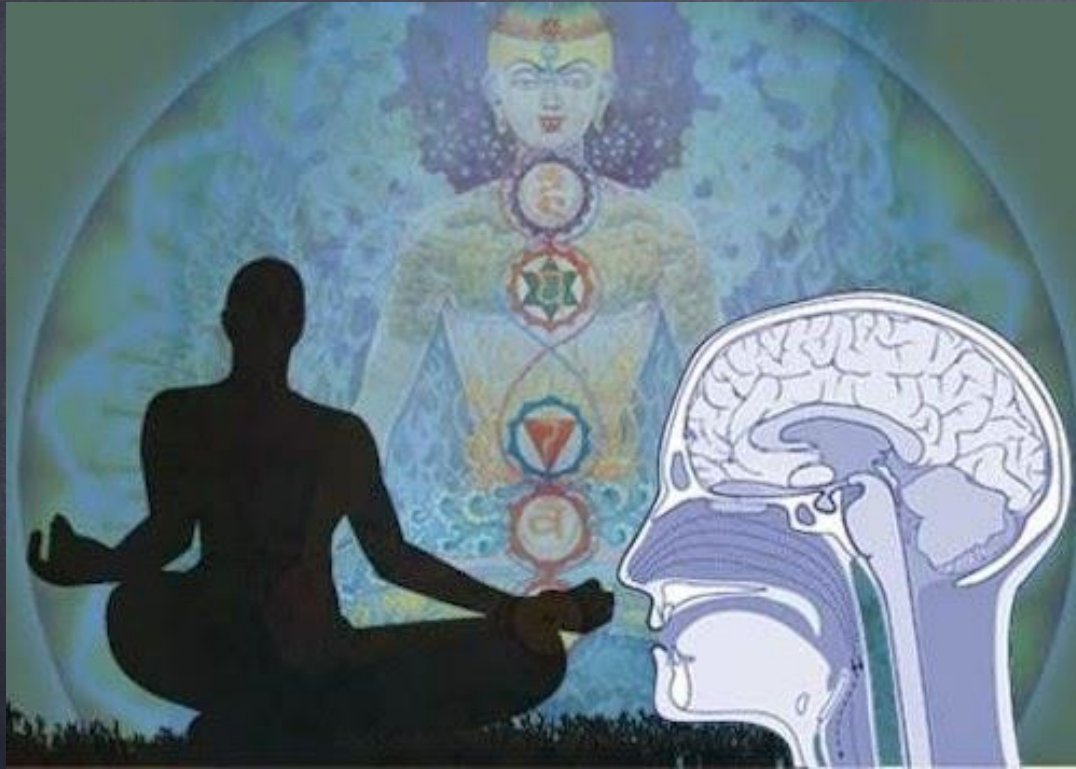
3. Position self in comfortable seated
position

4. Select focal point or close eyes

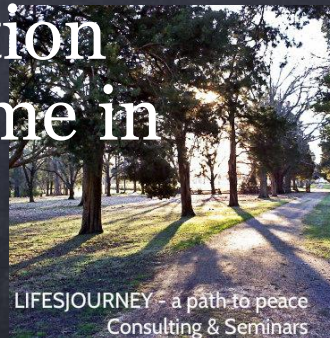
5. Take a deep cleansing breath and
begin selected meditation



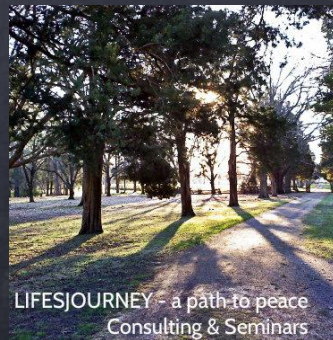
Harvard Study on Meditation



An eight week study conducted by Harvard researchers at Massachusetts General Hospital (MGH) determined that meditation literally rebuilds the brains grey matter in just eight weeks. It's the very first study to document that meditation produces changes over time in the brain's grey matter.

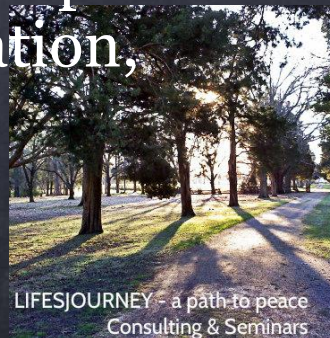


“This study demonstrates that changes in brain structure may underlie some of these reported improvements and that people are not just feeling better because they are spending time relaxing.” – (1) Sara Lazar of the MGH Psychiatric Neuroimaging Research Program and a Harvard Medical School Instructor in Psychology



National Center for Complementary & Integrative Health

- Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior.
- Many studies have investigated meditation for different conditions, and there's evidence that it may reduce blood pressure as well as symptoms of irritable bowel syndrome and flare-ups in people who have had ulcerative colitis. It may ease symptoms of anxiety and depression, and may help people with insomnia. Meditation also may lower the incidence, duration, and severity of acute respiratory illnesses (such as influenza).



GOOD FOR YOU, MEDITATION IS.

Set a timer for 10 min.

Sit comfortably.

Close your eyes.

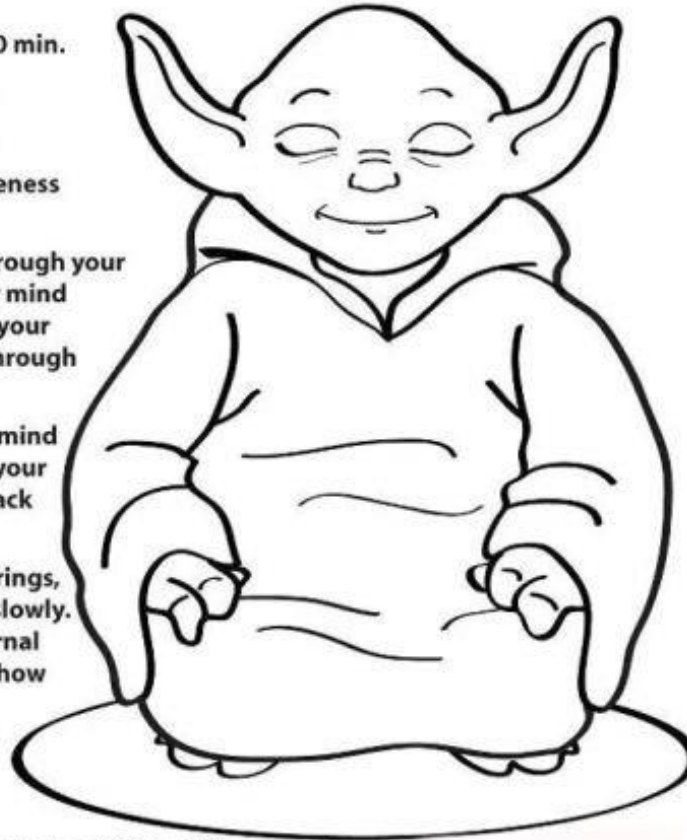
Bring your awareness
to your breath.

Slowly inhale through your
nose. Focus your mind
on the sound of your
breath. Exhale through
your nose.

Every time your mind
wanders, bring your
concentration back
to your breath.

When the timer rings,
open your eyes slowly.
Keep a daily journal
and write down how
meditation
makes you feel.

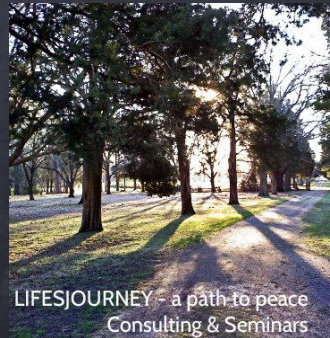
It might be challenging at first. But
don't give up! With steady practice,
you'll soon be able to meditate just
like Yoda!



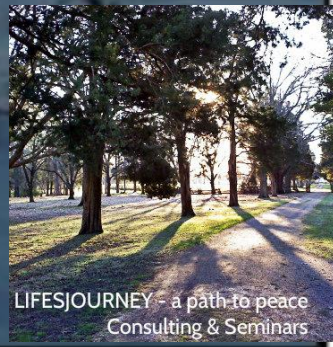
www.gymnastics.com

Written and illustrated by Cyrella Narcisi

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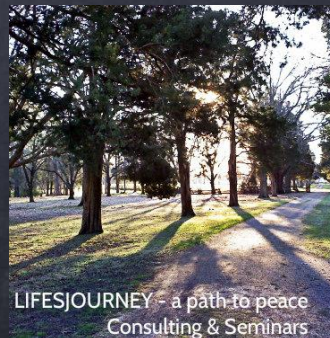
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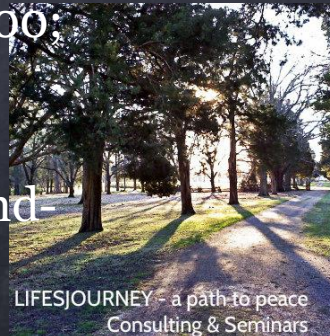
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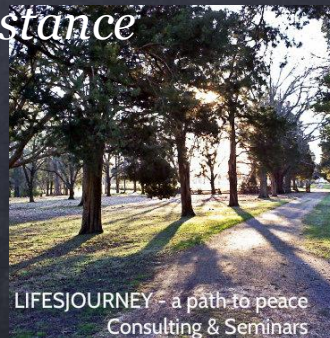
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