

Myths and Benefits of Mindfulness in Treating Addiction

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MIR
PRESENT FOR LIFE
Mindfulness in Recovery®
INSTITUTE



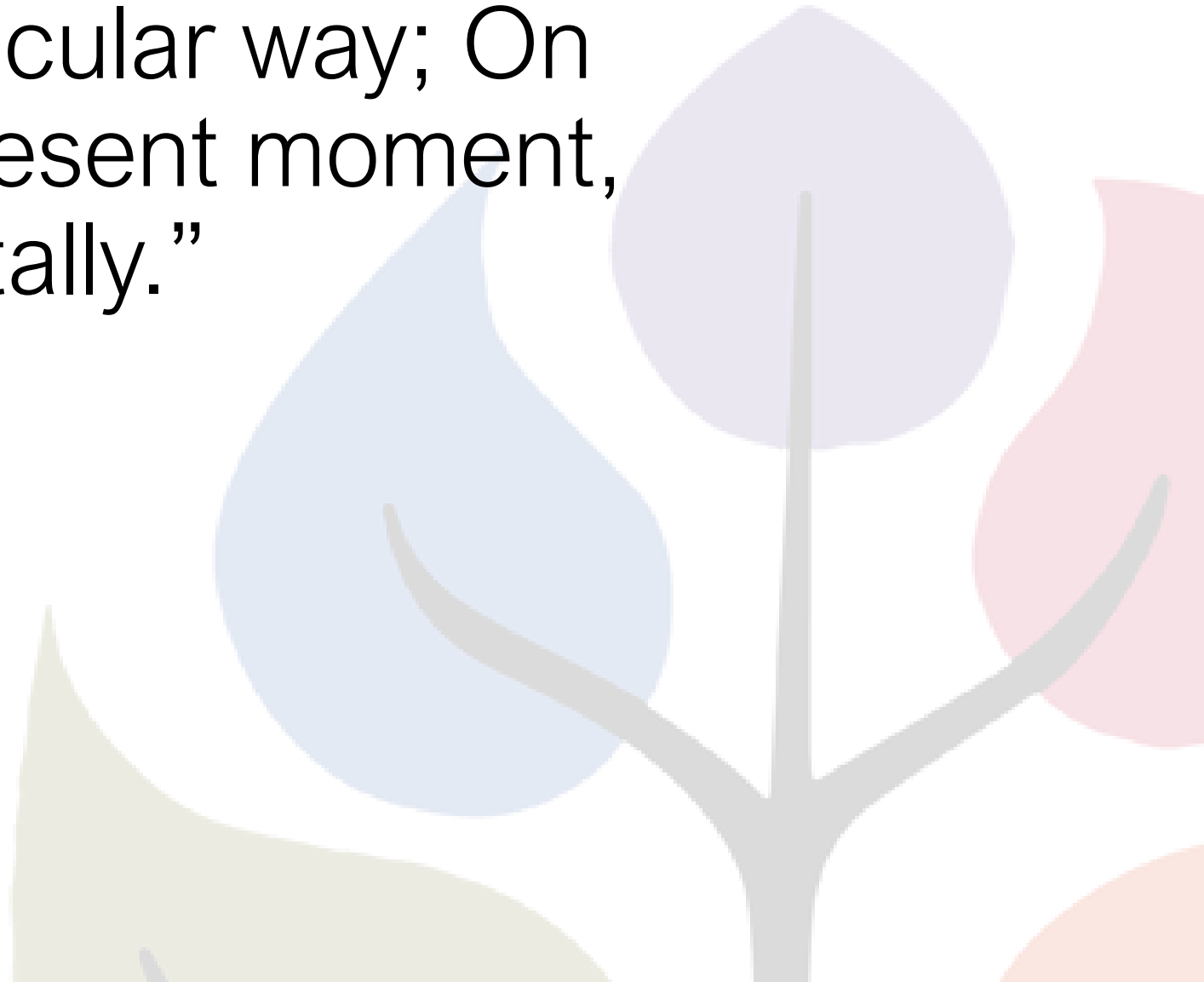
RENEWAL LODGE
BY BURNING TREE

What is Mindfulness?



“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non judgmentally.”

- Jon Kabat-Zinn



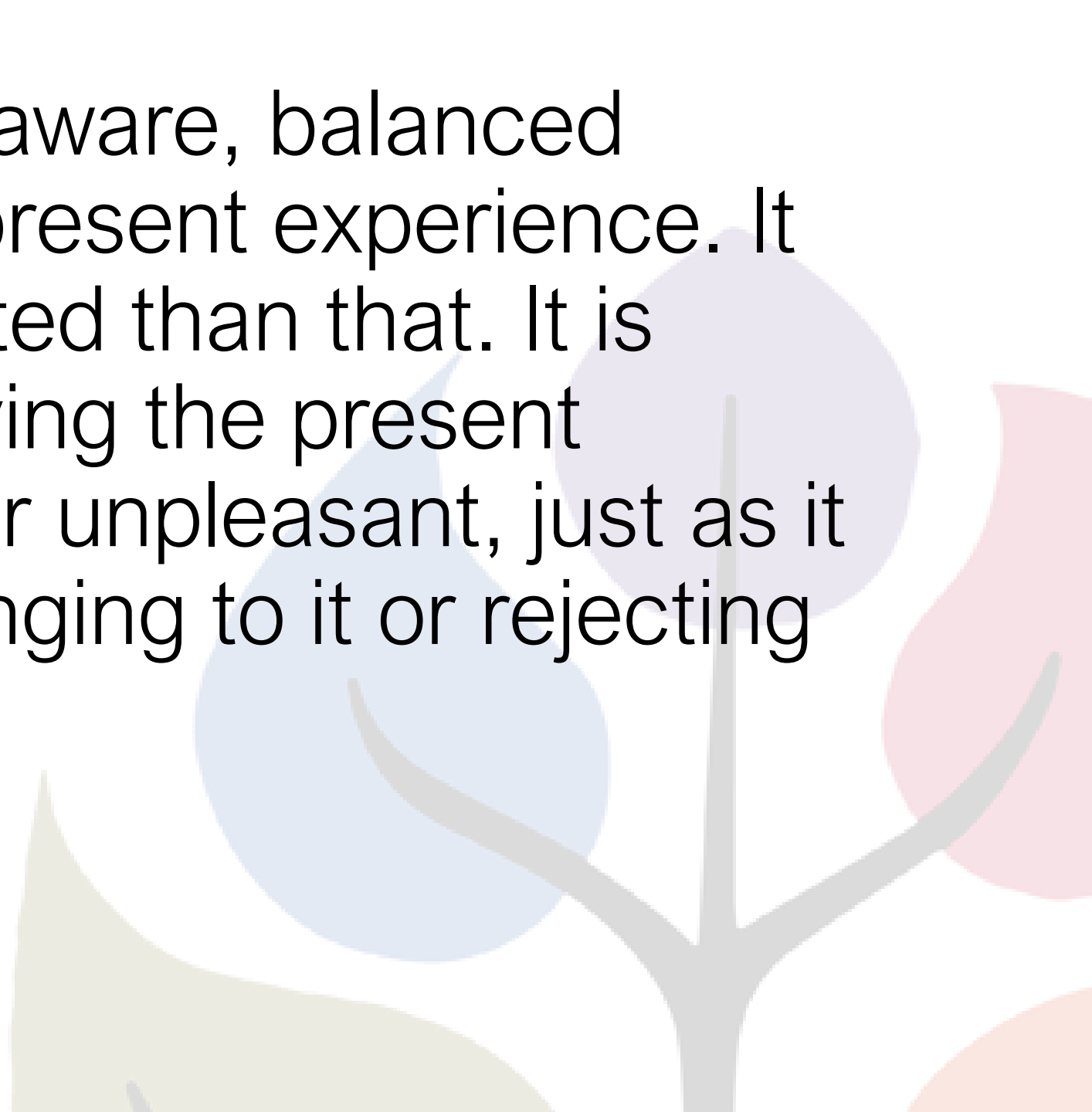
“Mindfulness in its most general sense is about waking up from a life on automatic, and being sensitive to novelty in our everyday experiences.”

- Daniel J. Siegel



“Mindfulness is the aware, balanced acceptance of the present experience. It isn’t more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.”

- Sylvia Boorstein



“A kind of non-elaborative, nonjudgmental, present-centered awareness in which each thought, feeling, or sensation that arises in the attentional field is acknowledged and accepted as it is.”

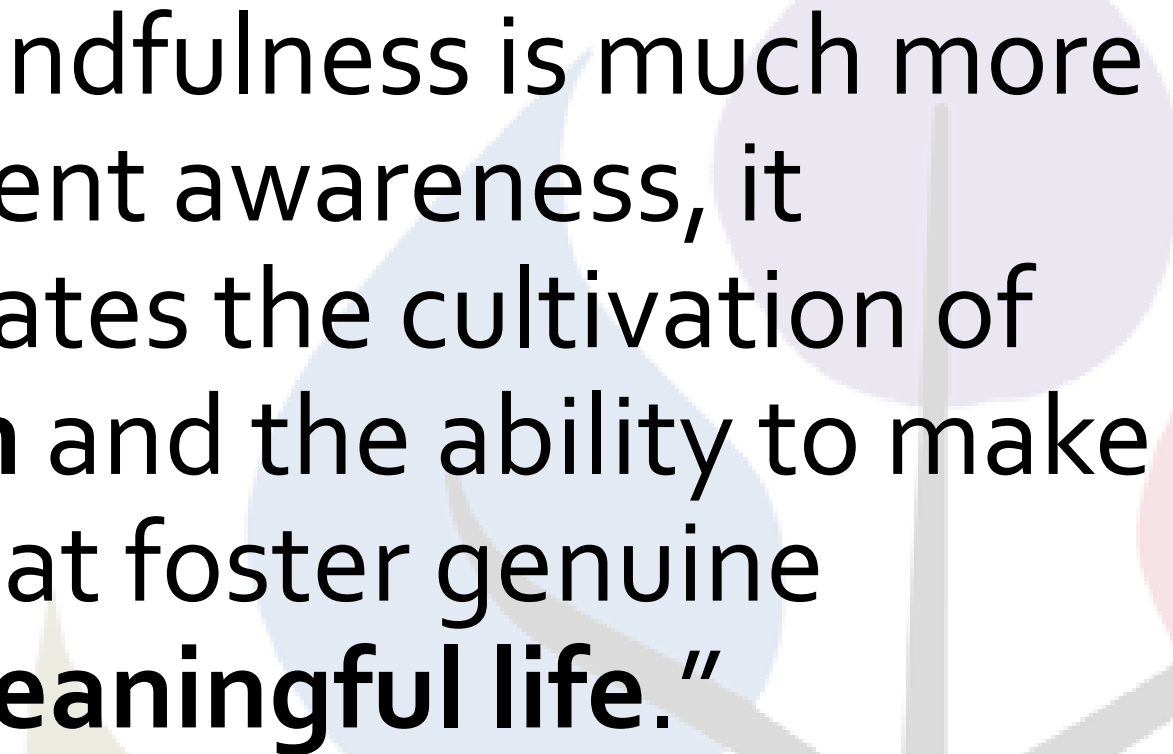
(Scott R. Bishop, M. Lau, S. Shapiro, et. al.,
“Mindfulness: A Proposed Operational Definition.”
Clinical Psychology: Science and Practice, 11:3,
Fall 2004)

There is no agreed upon definition that captures the totality of mindfulness.

Mindfulness in Recovery (MIR) does not define mindfulness as one specific skill, but as the culmination of different skills that facilitate one's ability to live mindfully.

Mindfulness in Recovery's Perspective

“The practice of mindfulness is much more than present moment awareness, it includes and facilitates the cultivation of **attention, wisdom** and the ability to make **healthy choices** that foster genuine happiness and a **meaningful life.**”



Is mindfulness good for you?



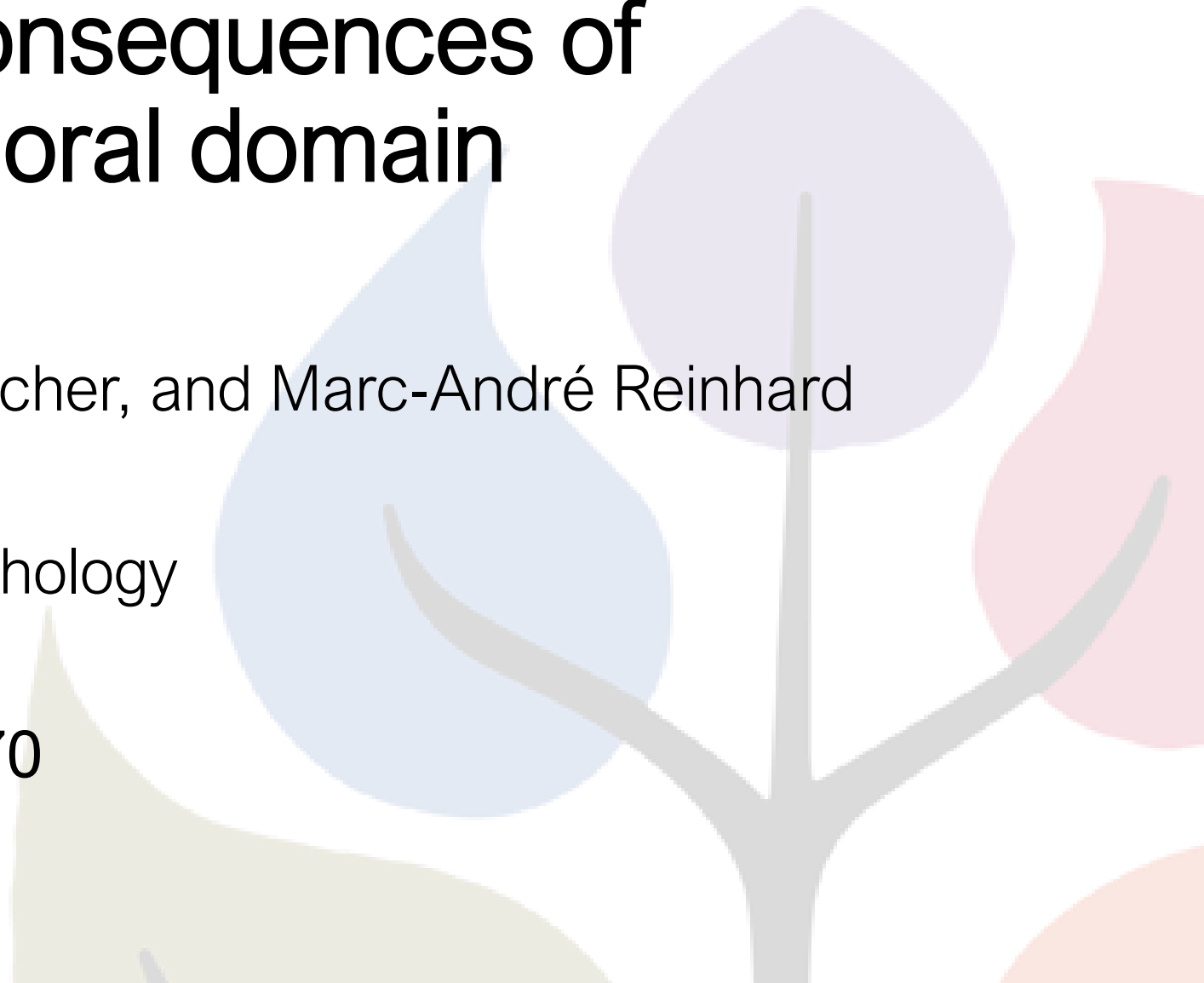
Potential negative consequences of mindfulness in the moral domain

Simon Schindler, Stefan Pfattheicher, and Marc-André Reinhard

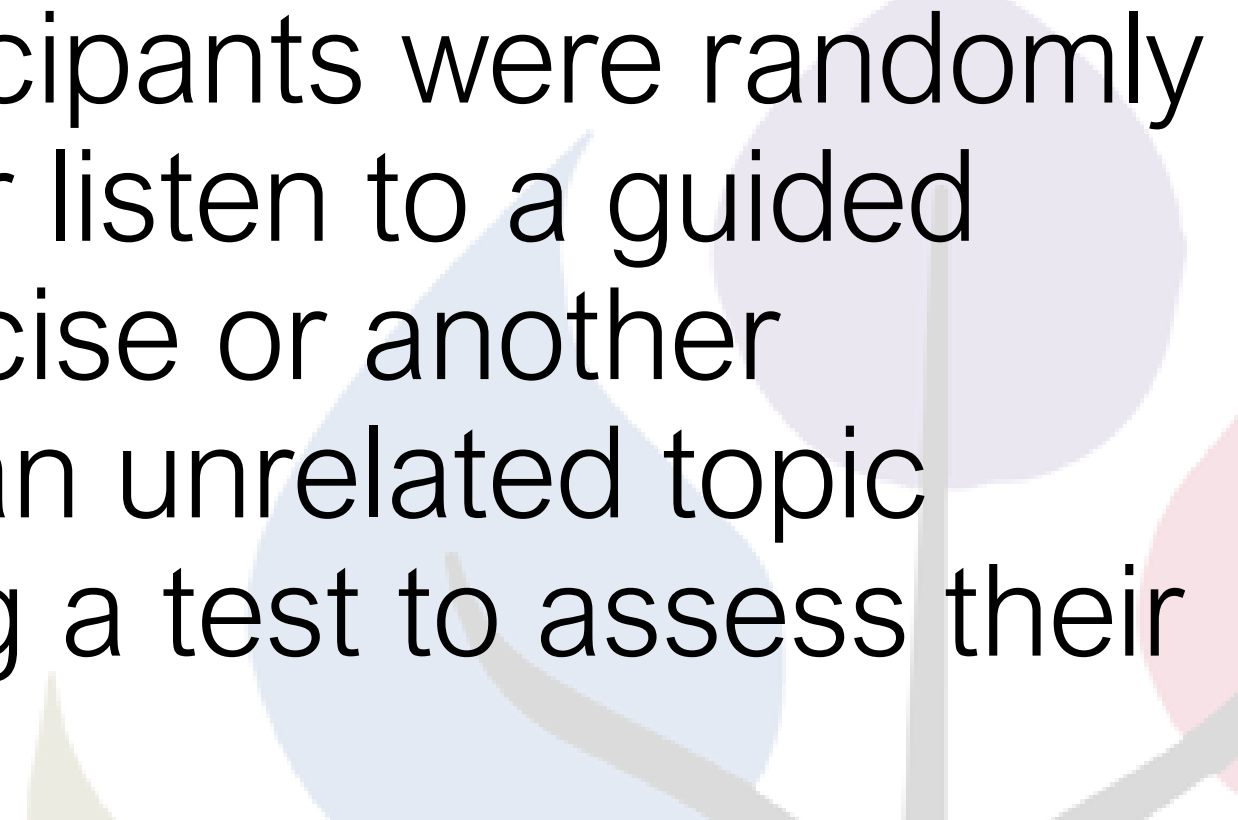
European Journal of Social Psychology

21 January 2019

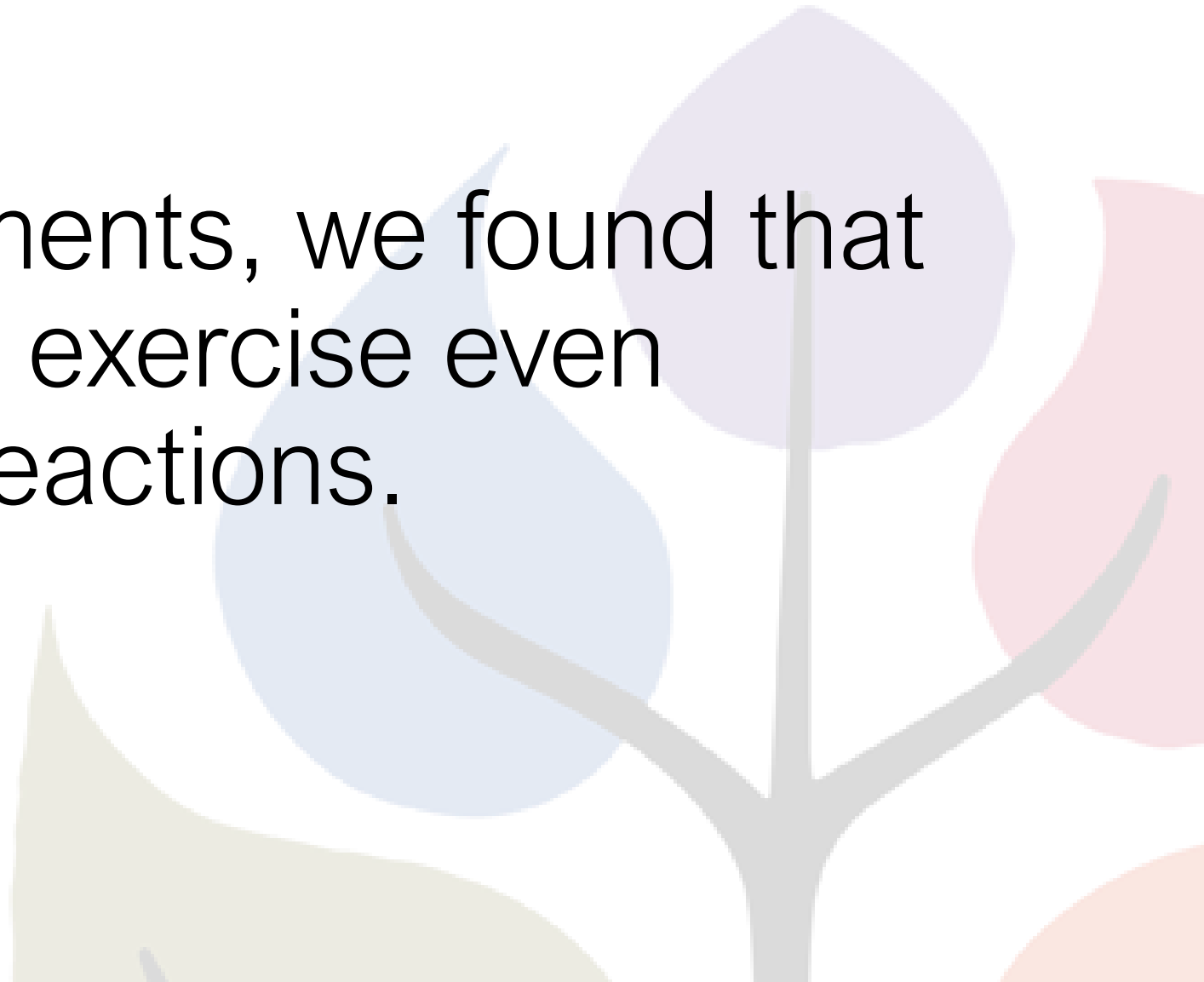
<https://doi.org/10.1002/ejsp.2570>



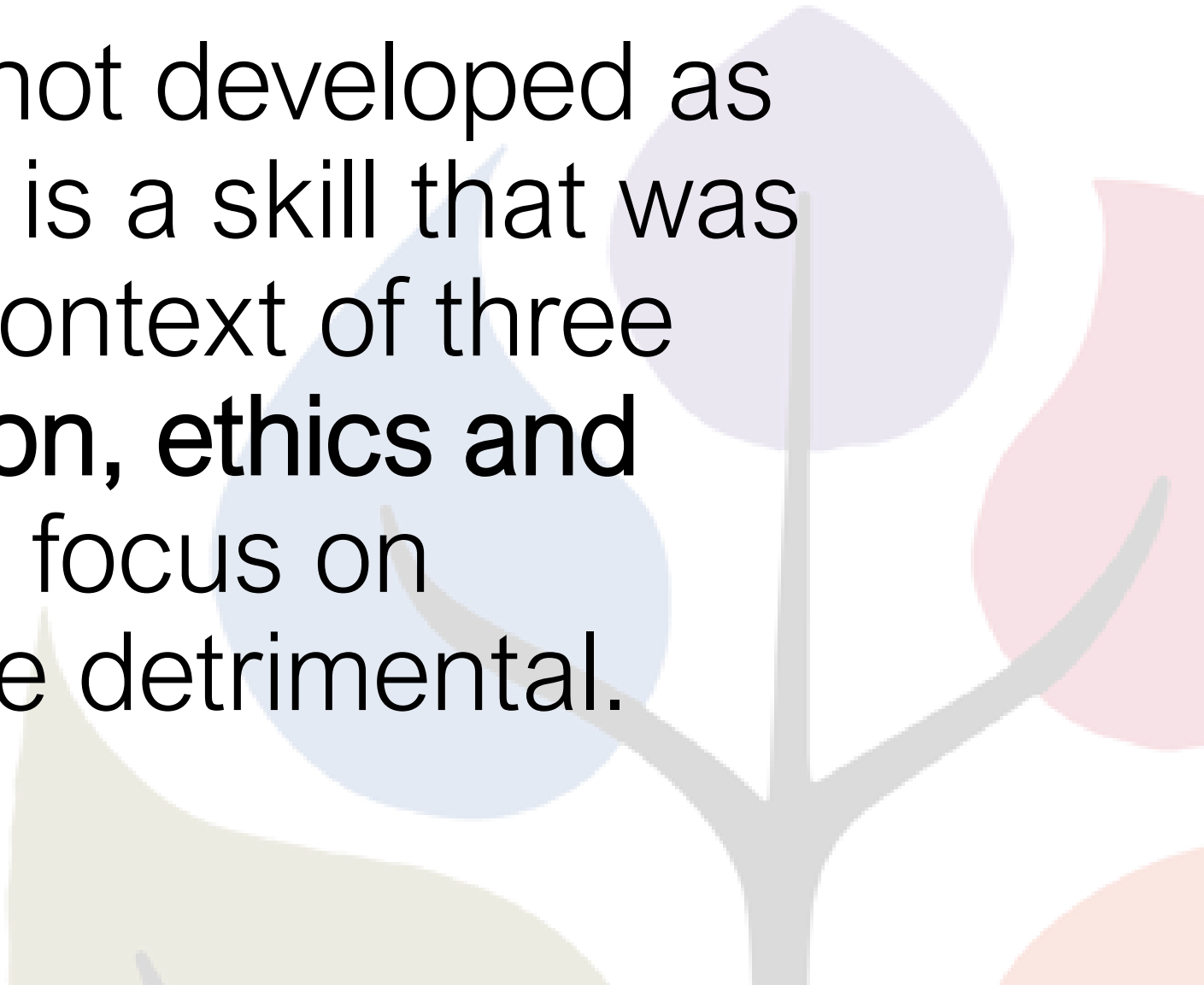
In five trials, participants were randomly assigned to either listen to a guided mindfulness exercise or another recording about an unrelated topic before completing a test to assess their morality.



Across five experiments, we found that a brief mindfulness exercise even attenuated moral reactions.

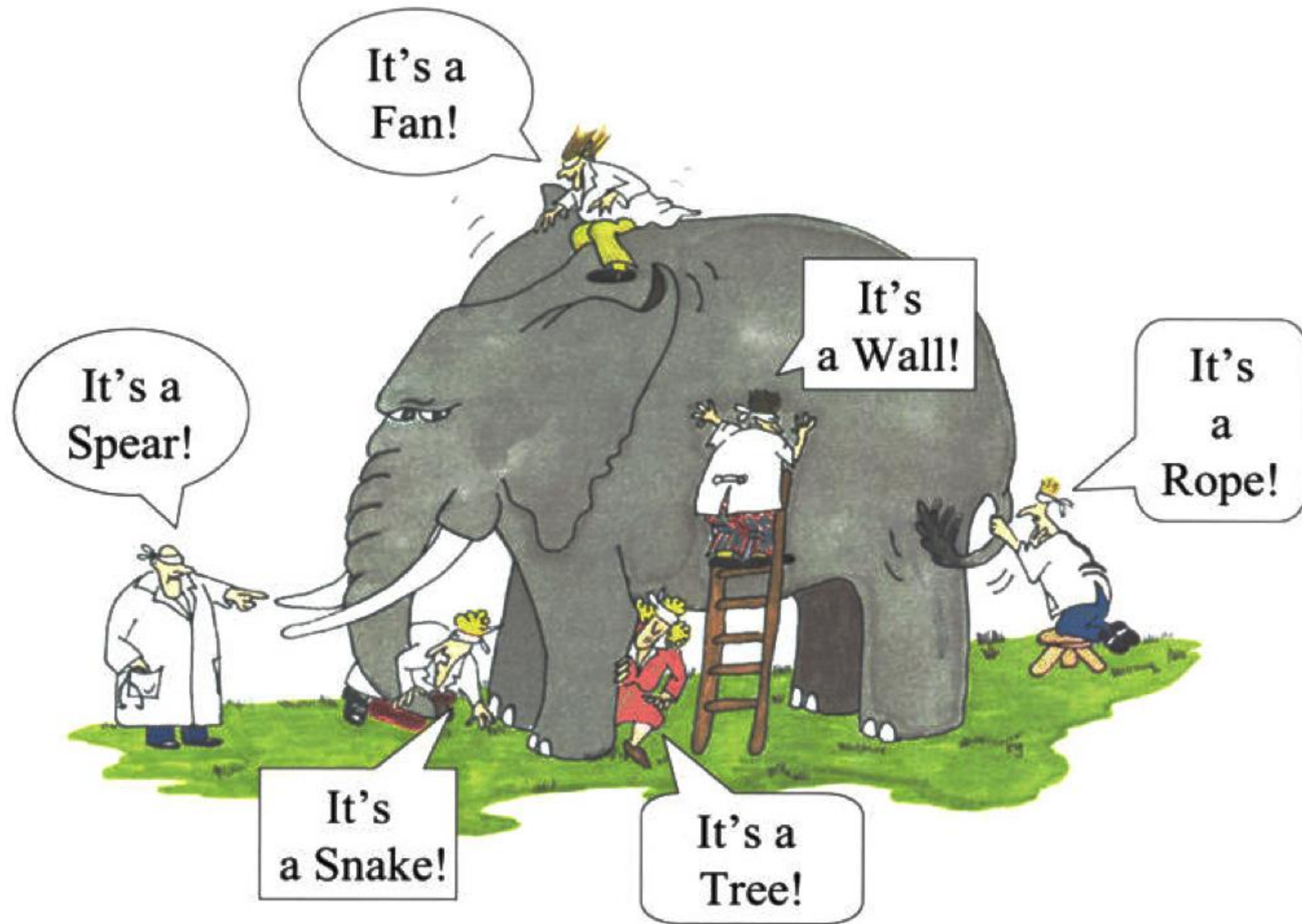


Mindfulness was not developed as an isolated skill, it is a skill that was cultivated in the context of three trainings – **attention, ethics and wisdom**. If we just focus on attention, it can be detrimental.



“Mindfulness, when it arises, calls to mind wholesome and unwholesome tendencies ...mindfulness, when it arises, follows the courses of beneficial and unbeneficial tendencies: these tendencies are beneficial, these unbeneficial; these tendencies are helpful, these unhelpful. Thus, one who practices a spiritual path rejects unbeneficial tendencies and cultivates beneficial tendencies.”

- Nāgasena (2nd century BCE)



It's a Fan!

It's a Wall!

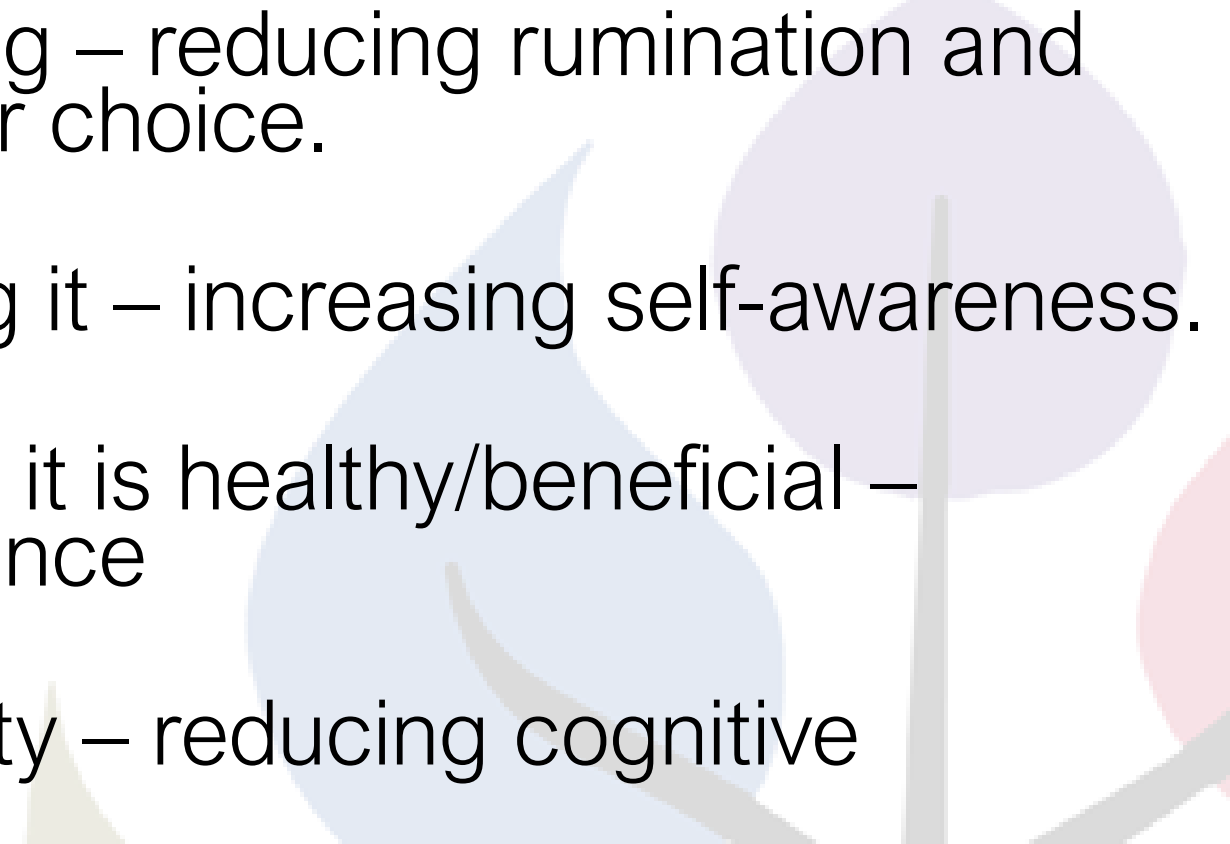
It's a Rope!

It's a Snake!

It's a Snake!

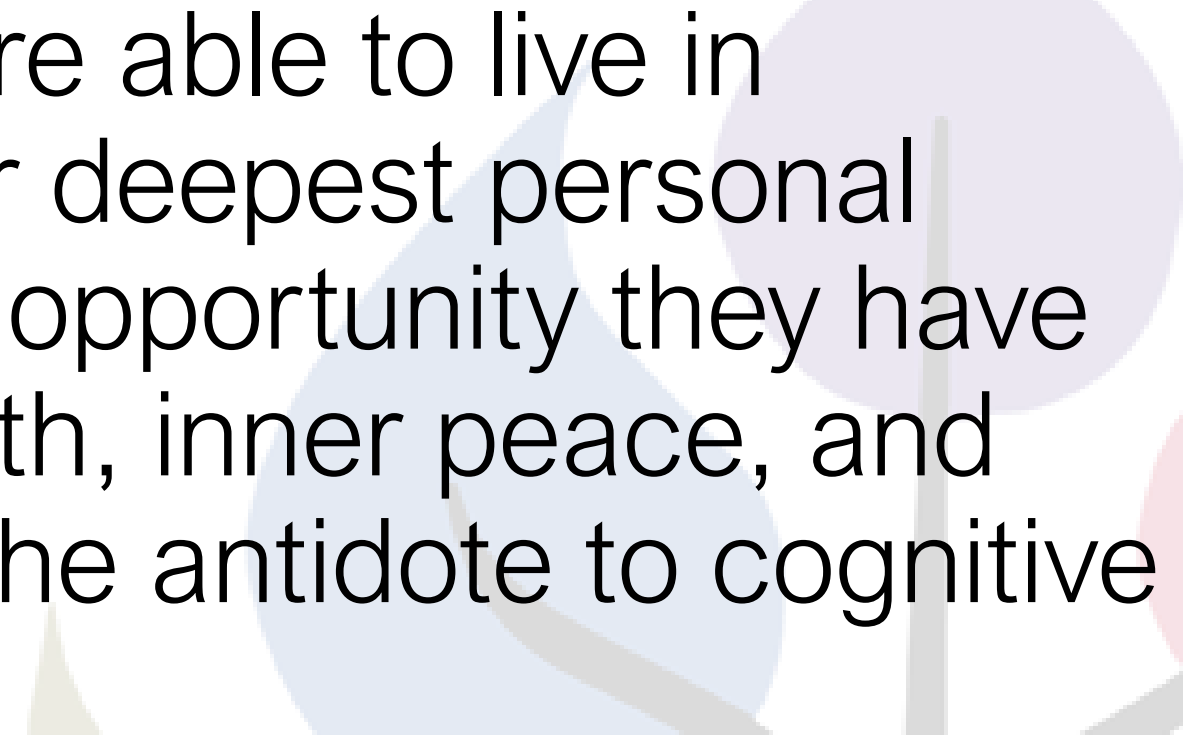
It's a Tree!

Degrees of Mindfulness

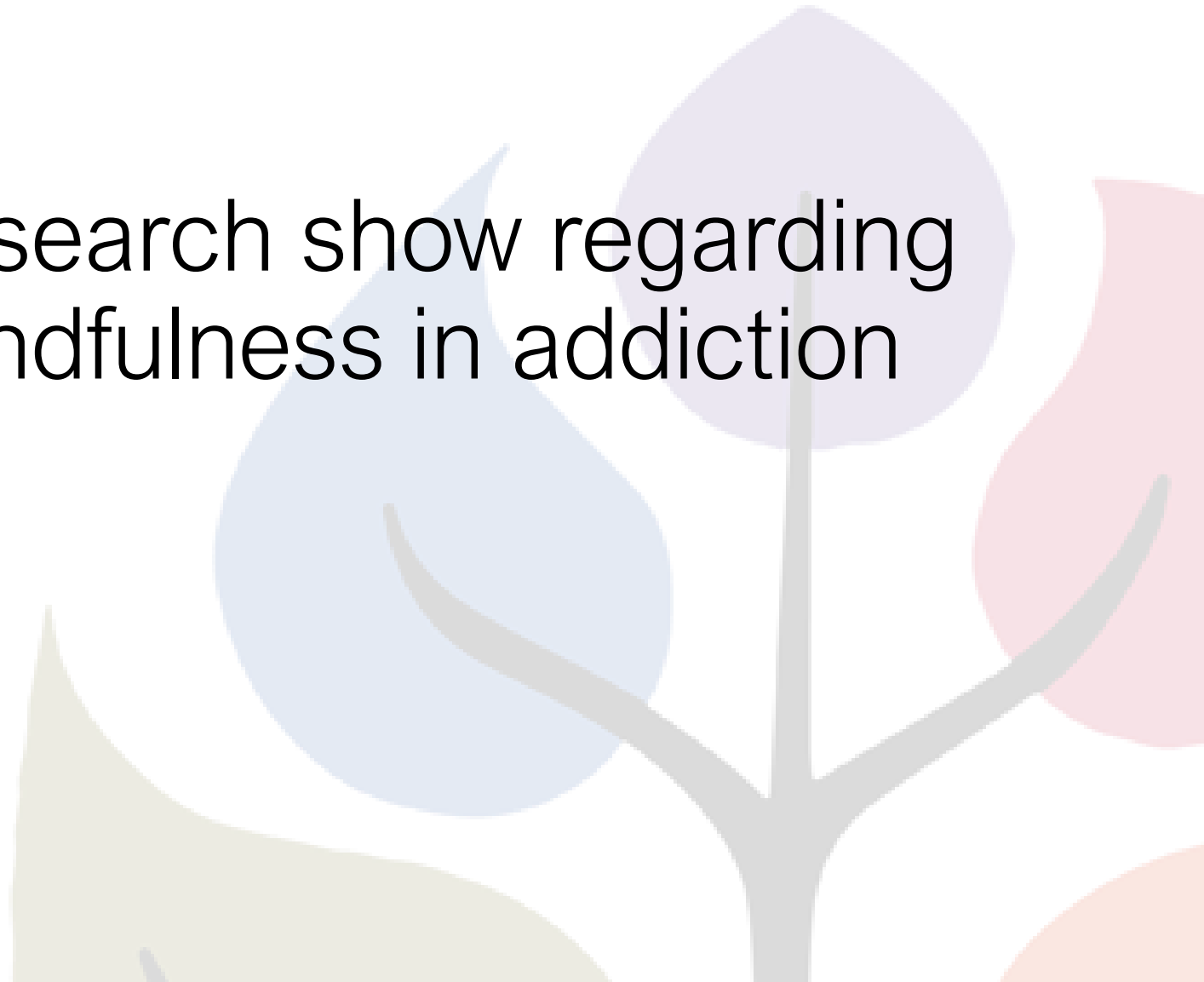
1. Aware of what I am doing – reducing rumination and increasing opportunities for choice.
 2. Aware of why I am doing it – increasing self-awareness.
 3. Aware of whether or not it is healthy/beneficial – reducing cognitive dissonance
 4. Aware if it based in reality – reducing cognitive distortions.
- 

The Ultimate Reward Circuit

The more people are able to live in alignment with their deepest personal values, the greater opportunity they have to develop self-worth, inner peace, and well-being. This is the antidote to cognitive dissonance.



What does the research show regarding the efficacy of mindfulness in addiction treatment?



The Mechanisms of Mindfulness in the Treatment of Mental Illness and Addiction

Edo Shonin, William Van Gordon

International Journal of Mental Health and Addiction

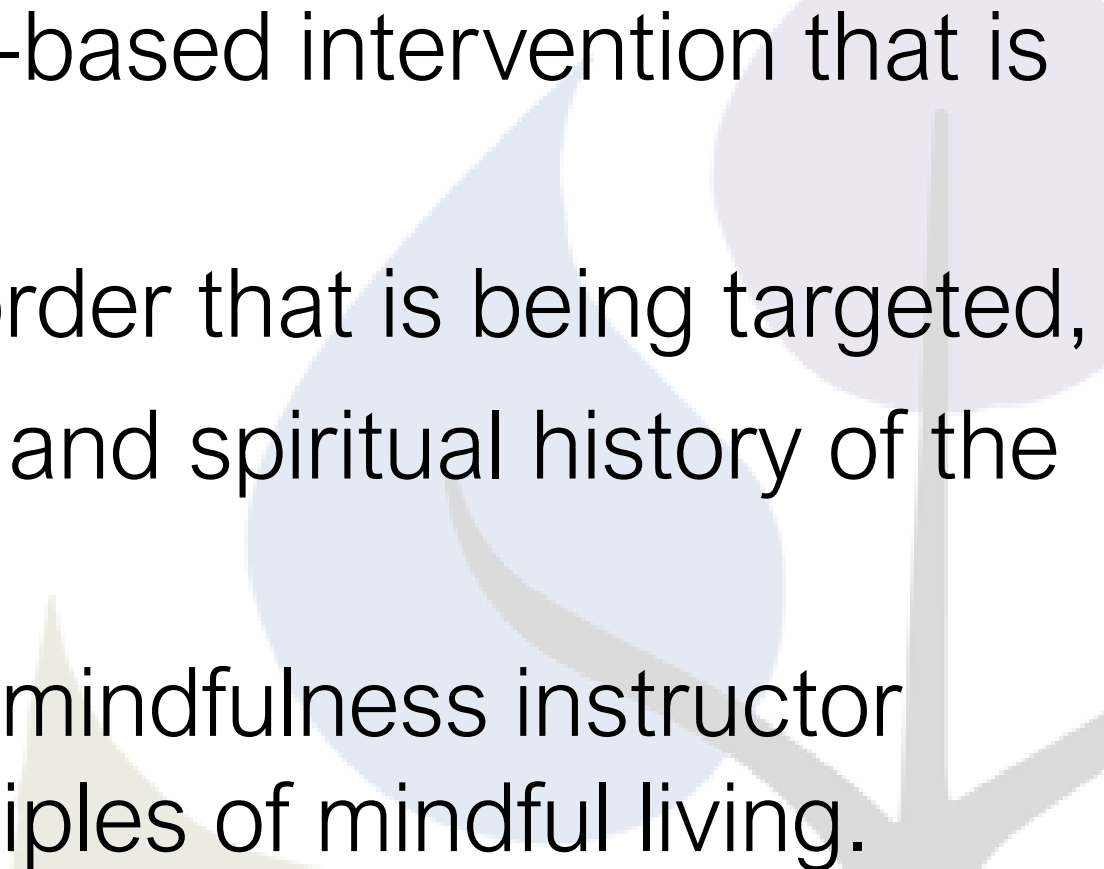
Shonin, E., & Gordon, W. (2016). The mechanisms of mindfulness in the treatment of mental illness and addiction. *International Journal of Mental Health and Addiction*, 14(5), 844-849.

<http://dx.doi.org/10.1007/s11469-016-9653-7>

Benefits

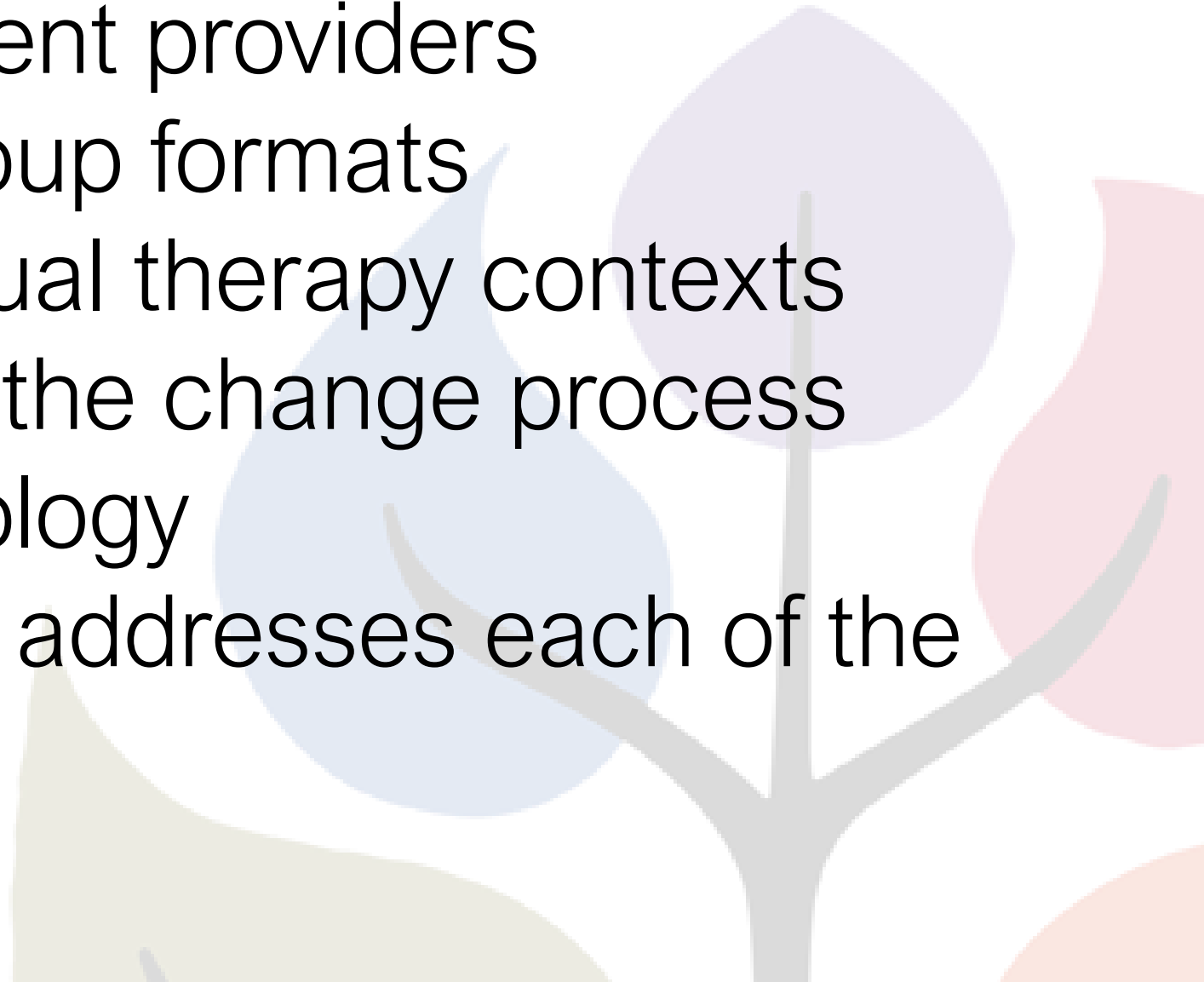
- Structural Brain Changes
- Reduced Autonomic Arousal
- Perceptual Shift
- Increase in Spirituality
- Greater Situational Awareness
- Values Clarification
- Increase in Self-Awareness
- Urge Surfing
- Letting Go

Results are likely to vary according to factors such as:

- The type of mindfulness-based intervention that is administered
 - The specific clinical disorder that is being targeted,
 - The educational, social, and spiritual history of the participant, and
 - The extent to which the mindfulness instructor truly embodies the principles of mindful living.
- 

Unresolved issues include:

- Training of treatment providers
- Adaptability of group formats
- Delivery in individual therapy contexts
- Delivery earlier in the change process
- The role of technology
- The MIR program addresses each of the above issues.



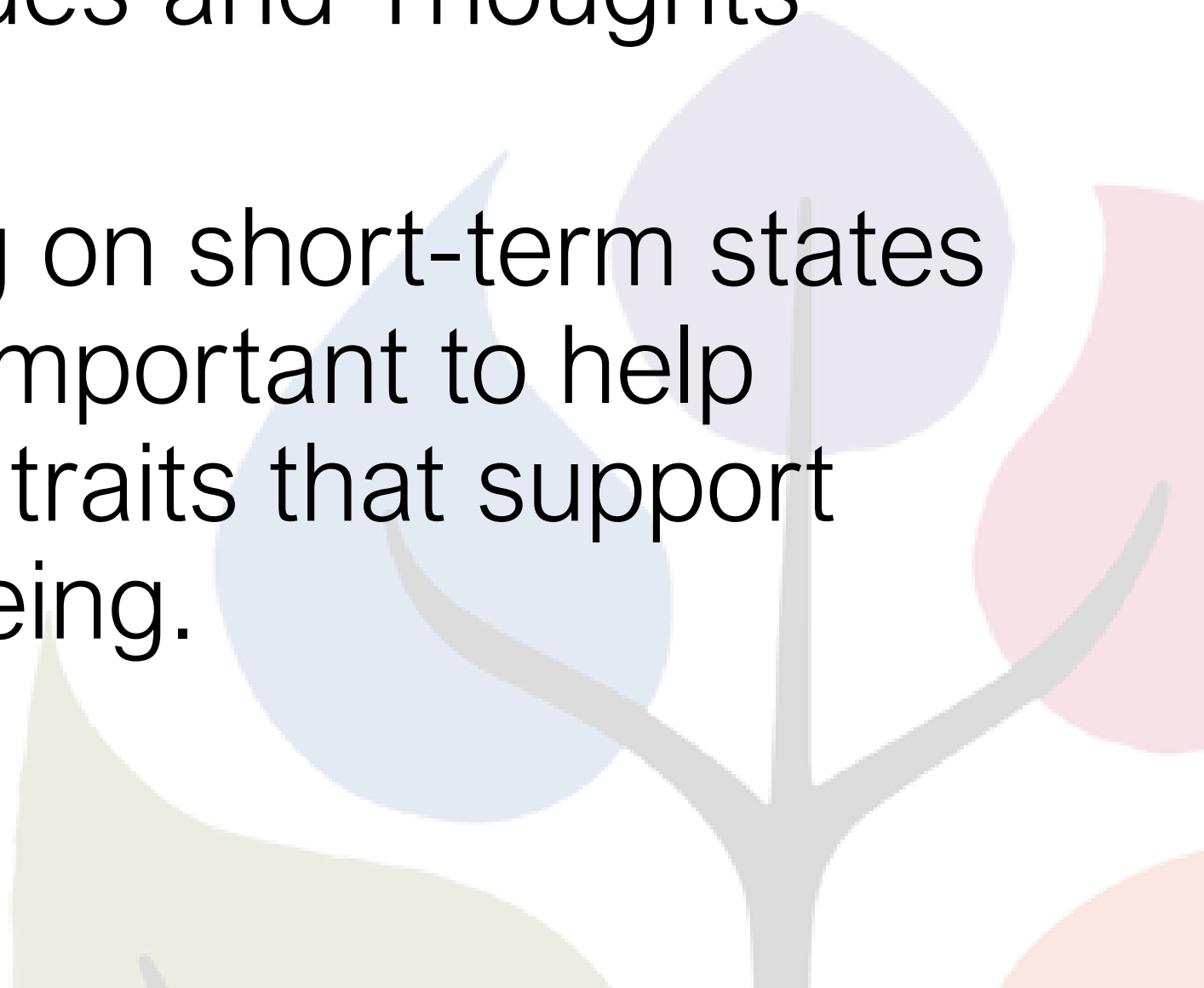
Creating and Sustaining Healthy Habits, Attitudes and Thoughts

“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.”

– Henry David Thoreau

Creating and Sustaining Healthy Habits, Attitudes and Thoughts

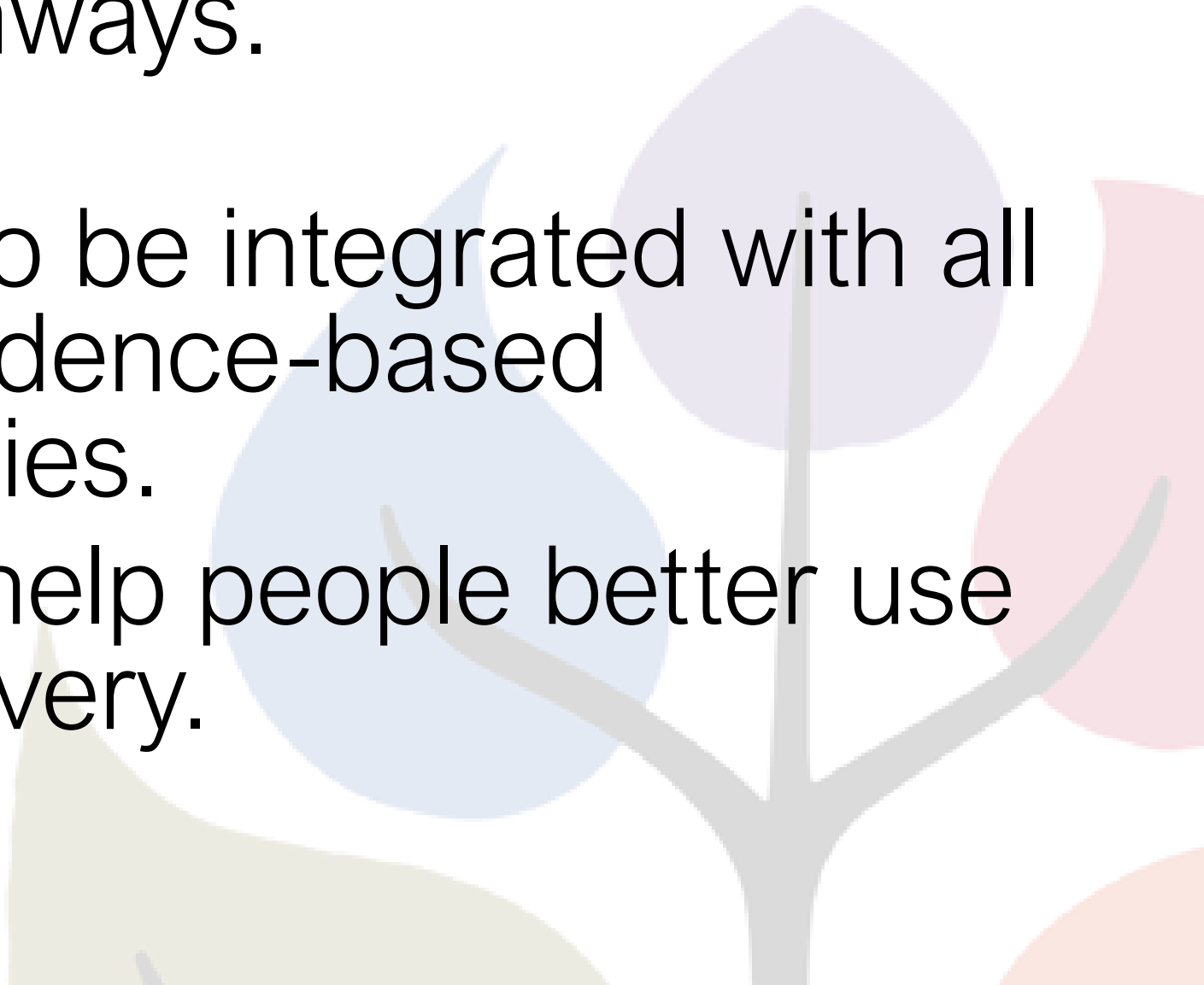
Instead of focusing on short-term states of well-being, it is important to help develop long-term traits that support and sustain well-being.



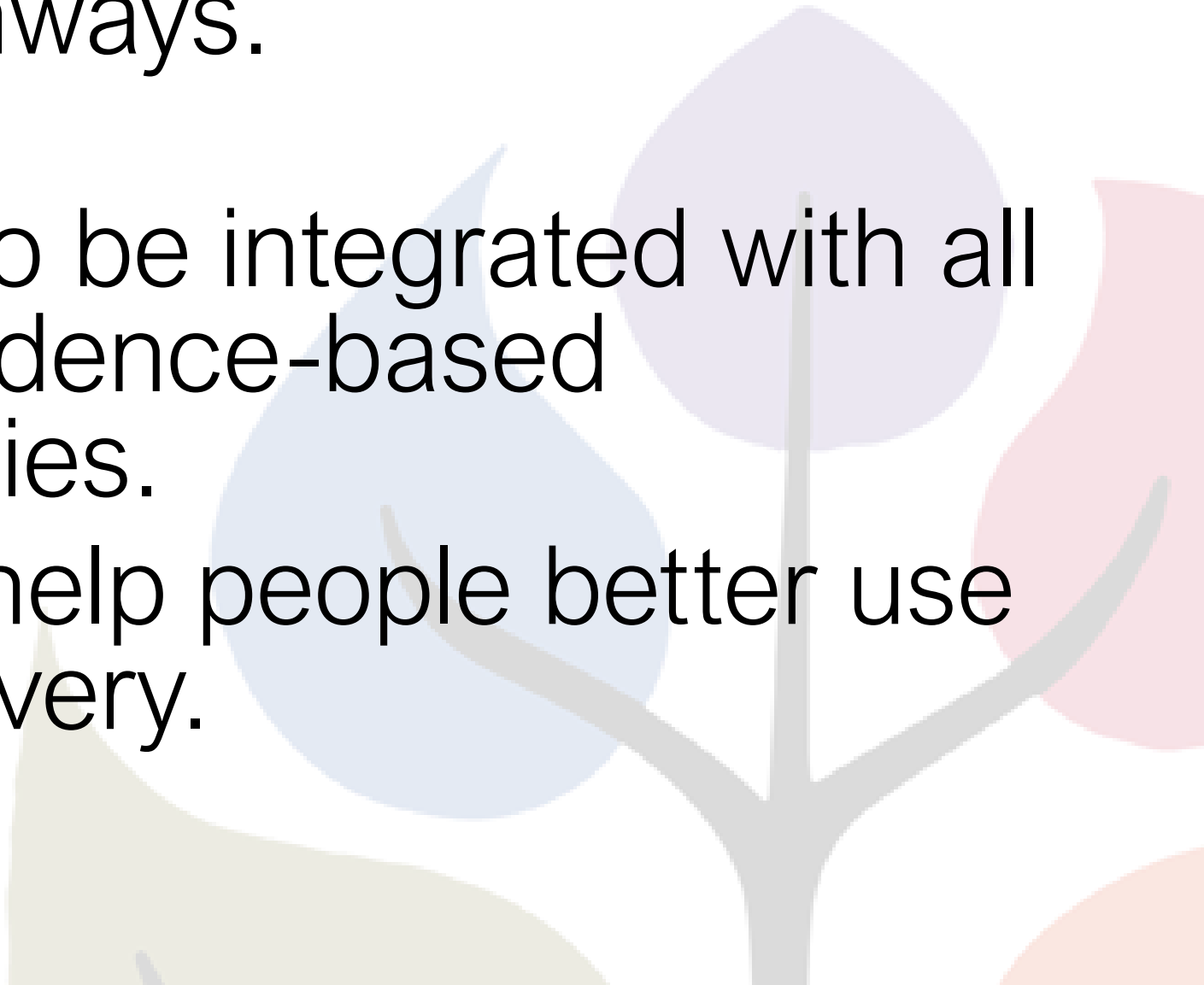
Mindfulness in Recovery® is an inclusive, strength-based, mindful living program that incorporates the evidence-based modalities of

- Motivational Interview (MI)
- Cognitive Behavioral Therapy (CBT)
- Acceptance Commitment Therapy (ACT)
- Dialectical Behavioral Therapy (DBT)
- 12 Step Approach

Opening doors instead of closing them – supporting all pathways.

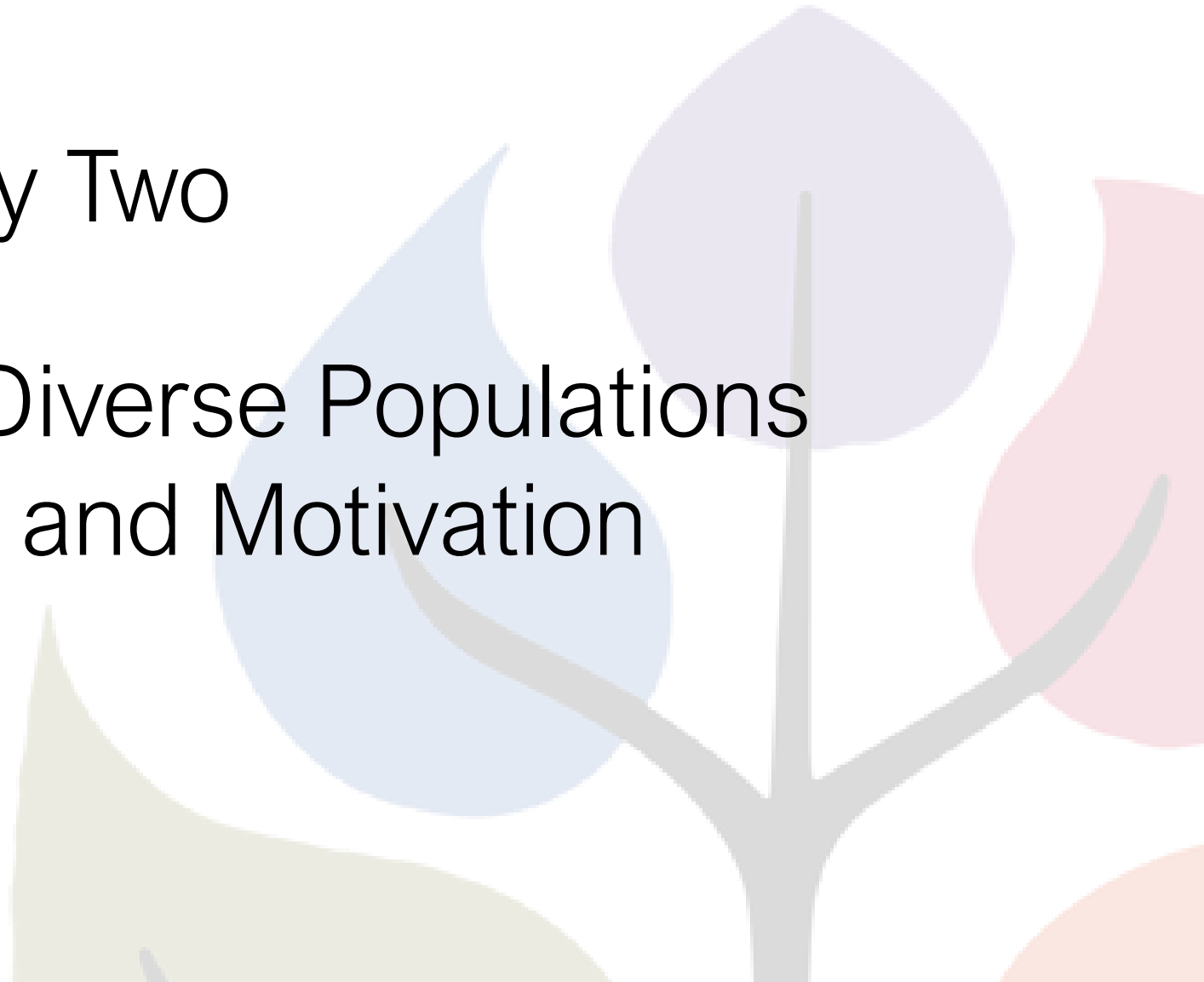
- MIR is designed to be integrated with all other forms of evidence-based treatment modalities.
 - The *skills* of MIR help people better use their *tools* of recovery.
- 

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Day Two

Mindfulness for Diverse Populations
Connections and Motivation

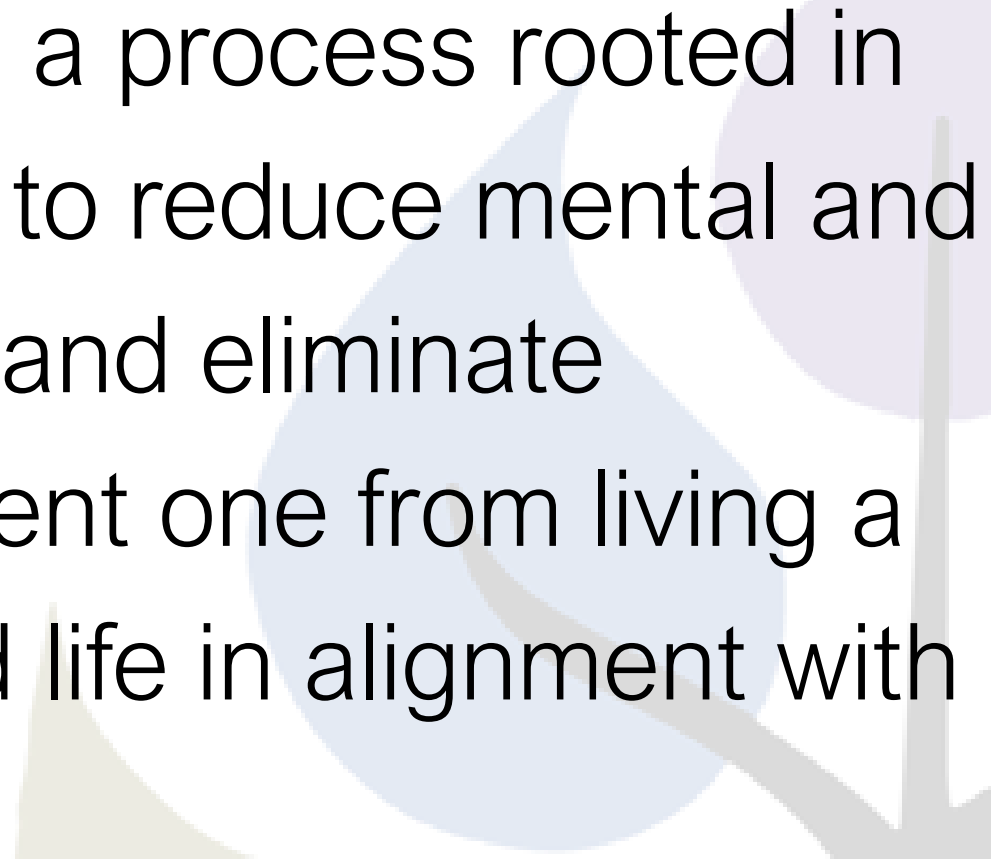


What does recovery
mean to you?

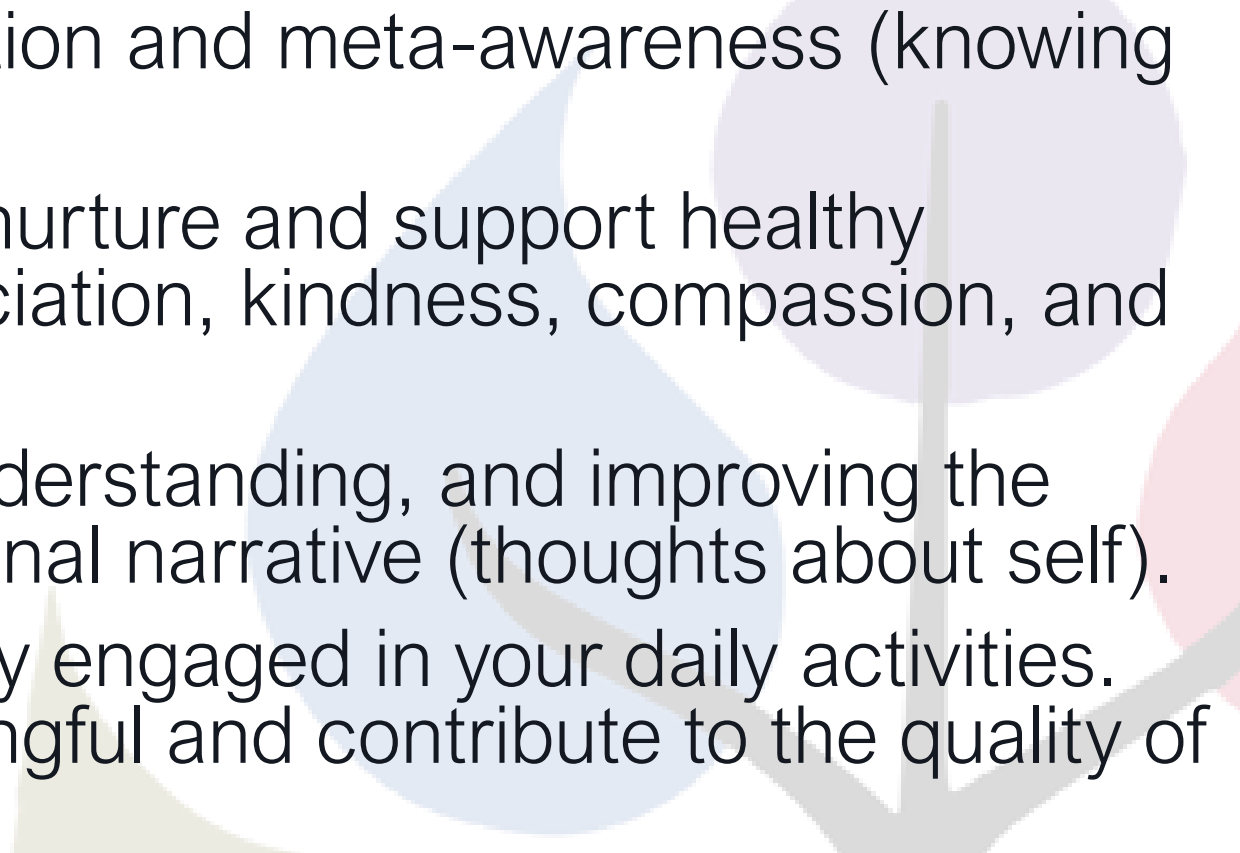


Mindfulness in Recovery

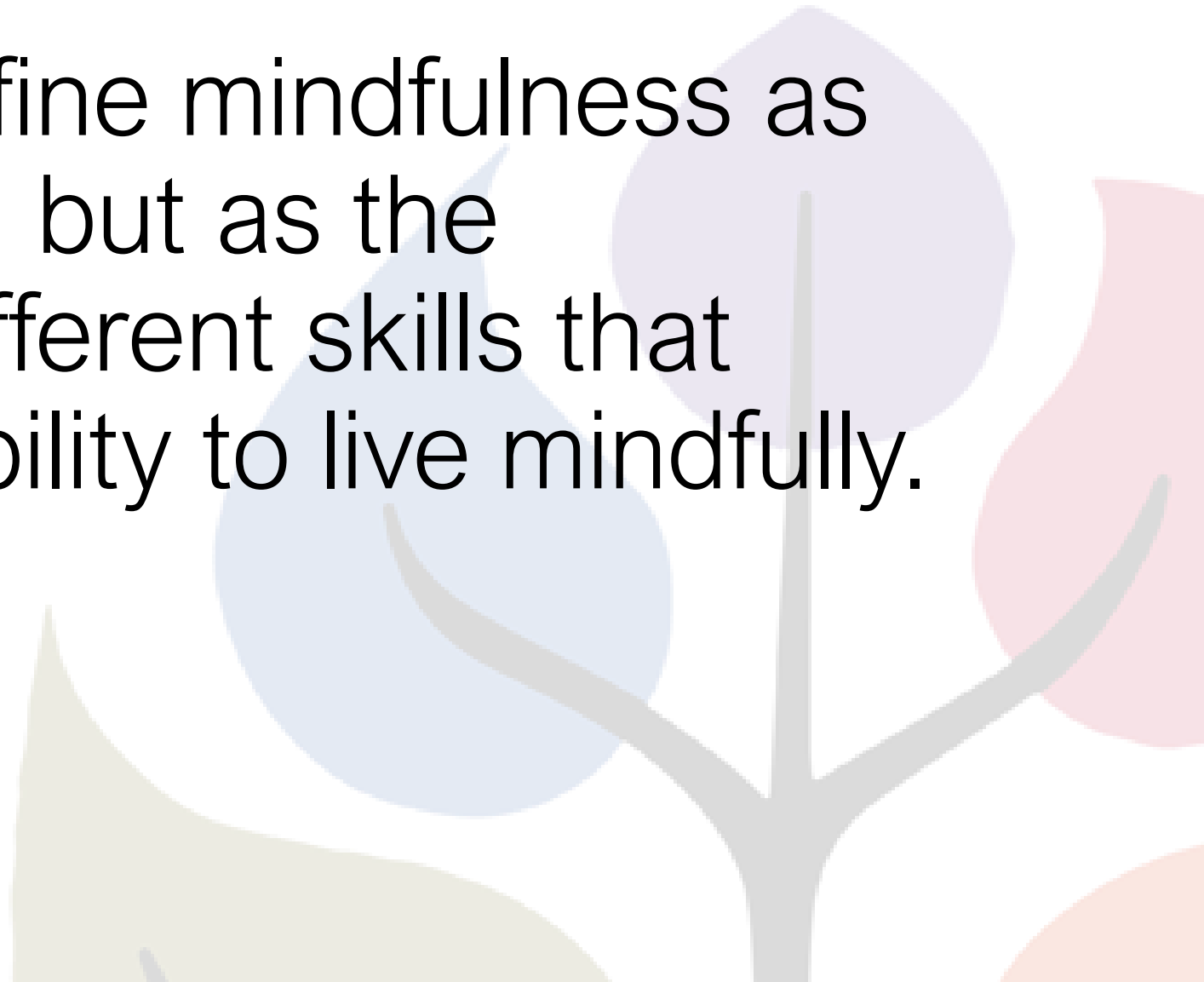
We view recovery as a process rooted in developing the skills to reduce mental and emotional afflictions and eliminate intoxicants that prevent one from living a healthy, self-directed life in alignment with their values.



Four Pillars of Mental Health

- 1. Awareness** - includes attention and meta-awareness (knowing what your mind is doing).
 - 2. Connection** - qualities that nurture and support healthy relationships such as appreciation, kindness, compassion, and a positive outlook.
 - 3. Insight** - self-awareness, understanding, and improving the relationship with one's personal narrative (thoughts about self).
 - 4. Purpose** - being purposefully engaged in your daily activities. Recognizing they are meaningful and contribute to the quality of your life.
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MIR does not define mindfulness as one specific skill, but as the culmination of different skills that facilitate one's ability to live mindfully.



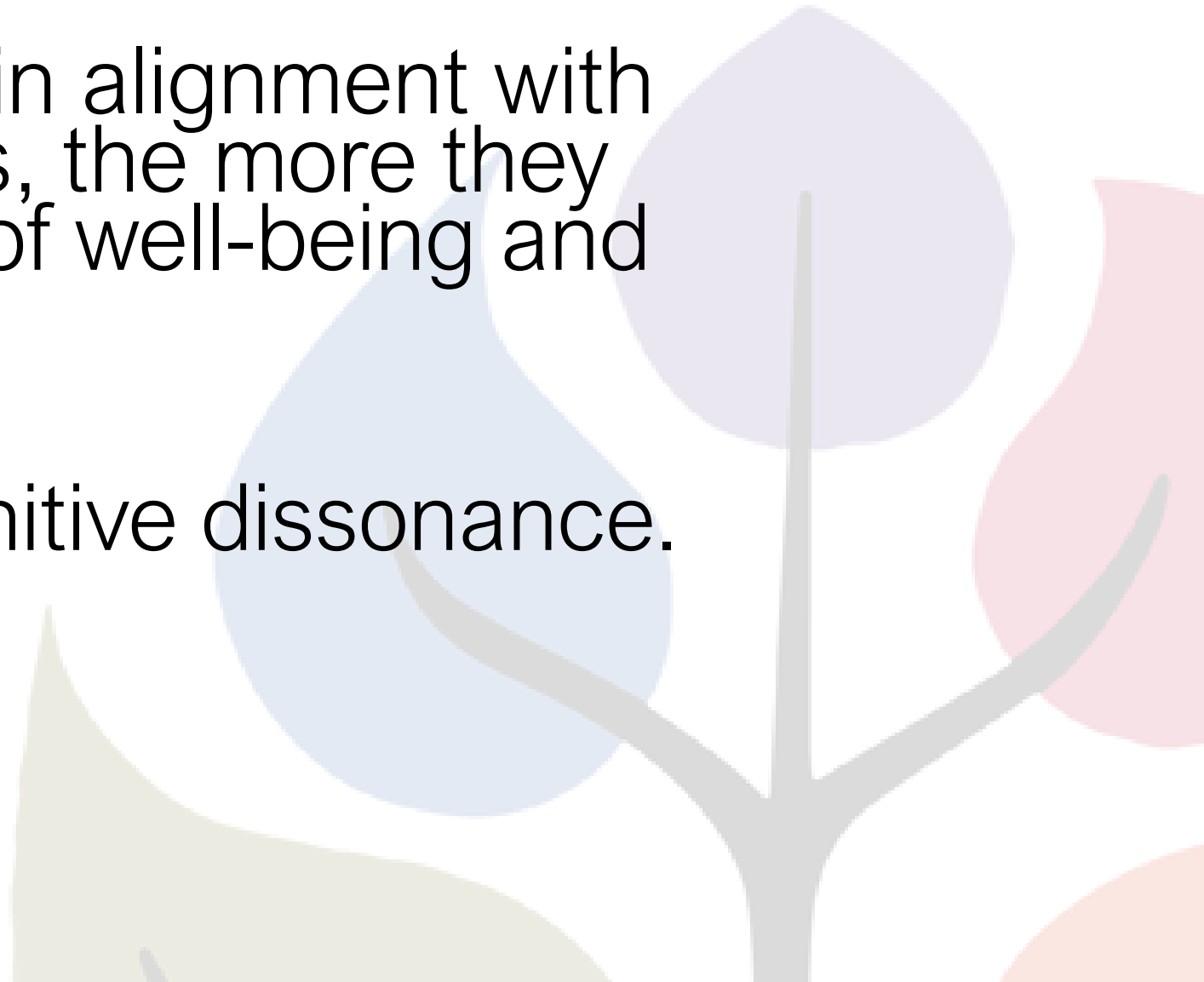
Four Pillars and Seven MIR Skills

1. Awareness - Attention
2. Connection – Compassion, Loving-kindness
3. Insight – Wisdom, Equanimity
4. Purpose – Values, Action



The more one lives in alignment with their deepest values, the more they increase their level of well-being and self-worth.

An antidote for cognitive dissonance.



The more one lives in reality, the less mental and emotional suffering they will experience.

This means reducing or eliminating cognitive distortions/thinking errors.

Meeting the needs
of our current times



Diverse Populations

Cultural/Ethic Veterans/Military LGBTQ+

Pregnant Women Single Parent Elderly

Adolescents Homeless Emerging Adult

Disabled Religious/Non-Religious

Pro 12 Step/12-Step Resistant Education

Connection

How do we build connection, inclusiveness, and engagement with our diverse populations?

Let's start with identifying values and a meaningful life.

Connection

“If you want to identify me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, ask me what I think is keeping me from living fully for the thing I want to live for.”

Thomas Merton

Four Processes of Motivational Interview

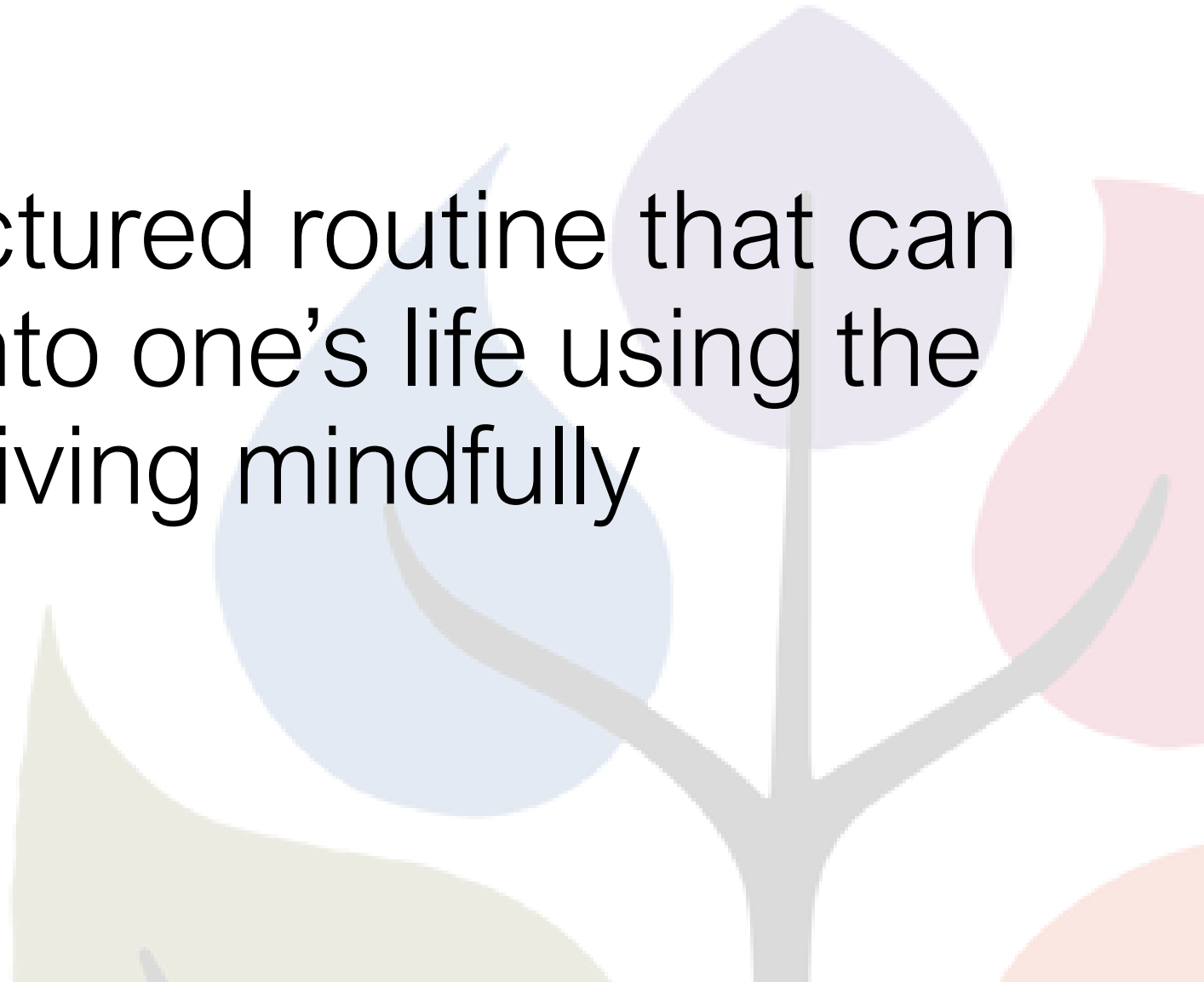
1. Engaging (Hi) Rapport Building
2. Focusing (What) A Meaningful Life
3. Evoking (Why) Specific Examples
4. Planning (How) Action Steps

Integrating MIR

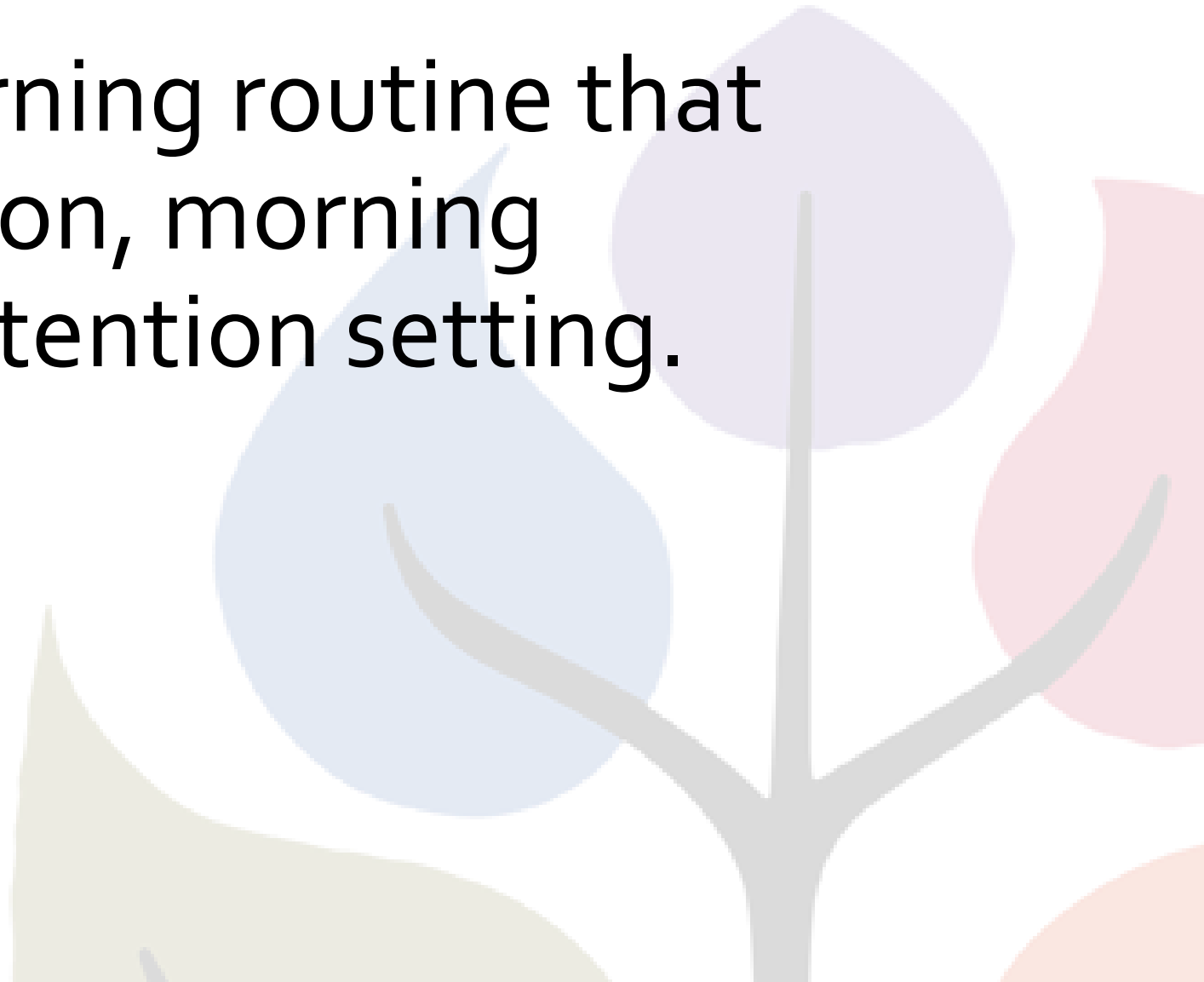
The Three Pillars of Practice



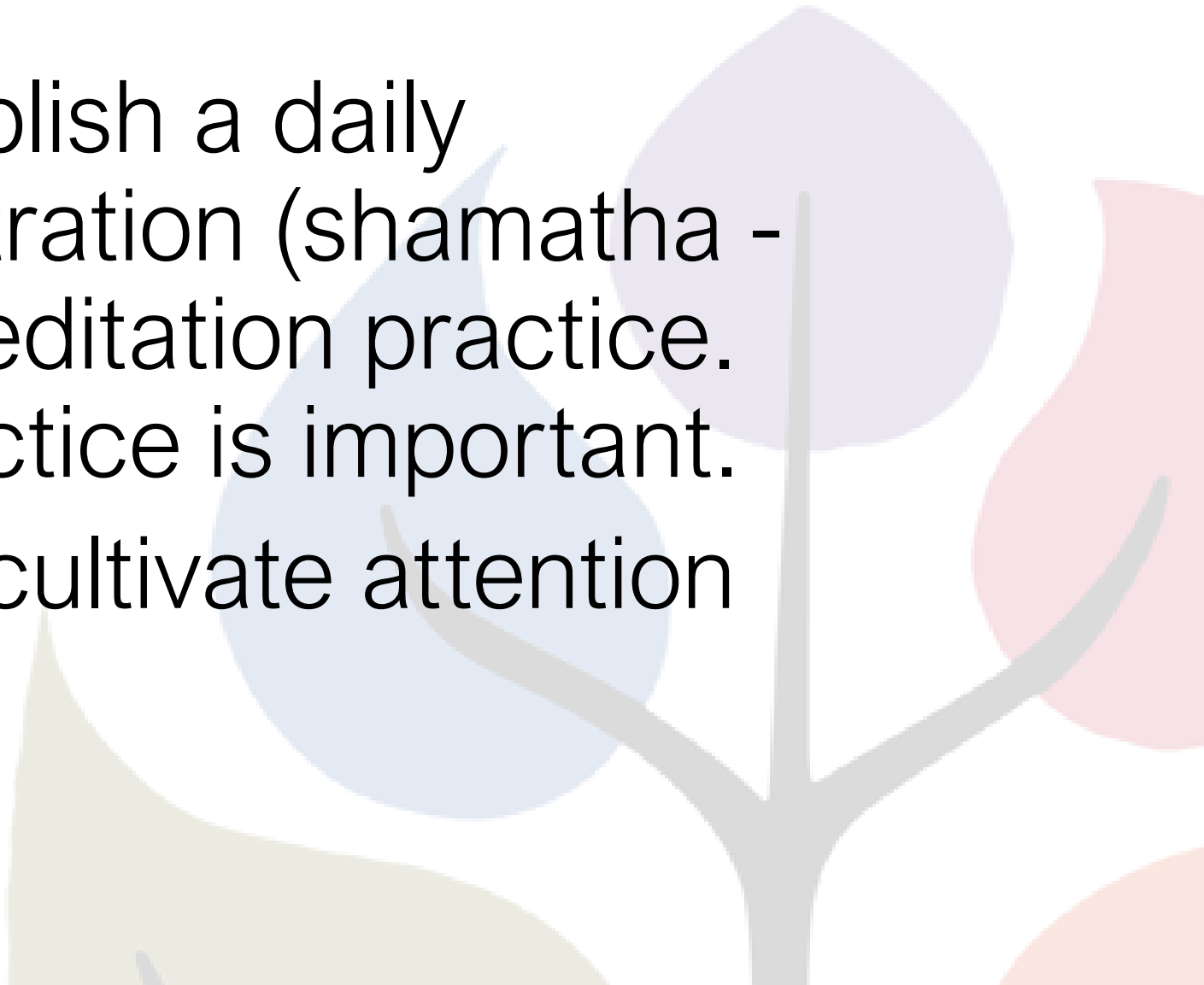
Develop a structured routine that can be integrated into one's life using the three pillars of living mindfully



Pillar One: A morning routine that includes meditation, morning reflections and intention setting.



Meditation: Establish a daily morning concentration (shamatha - calm-abiding) meditation practice. This specific practice is important. It is designed to cultivate attention and mindfulness.

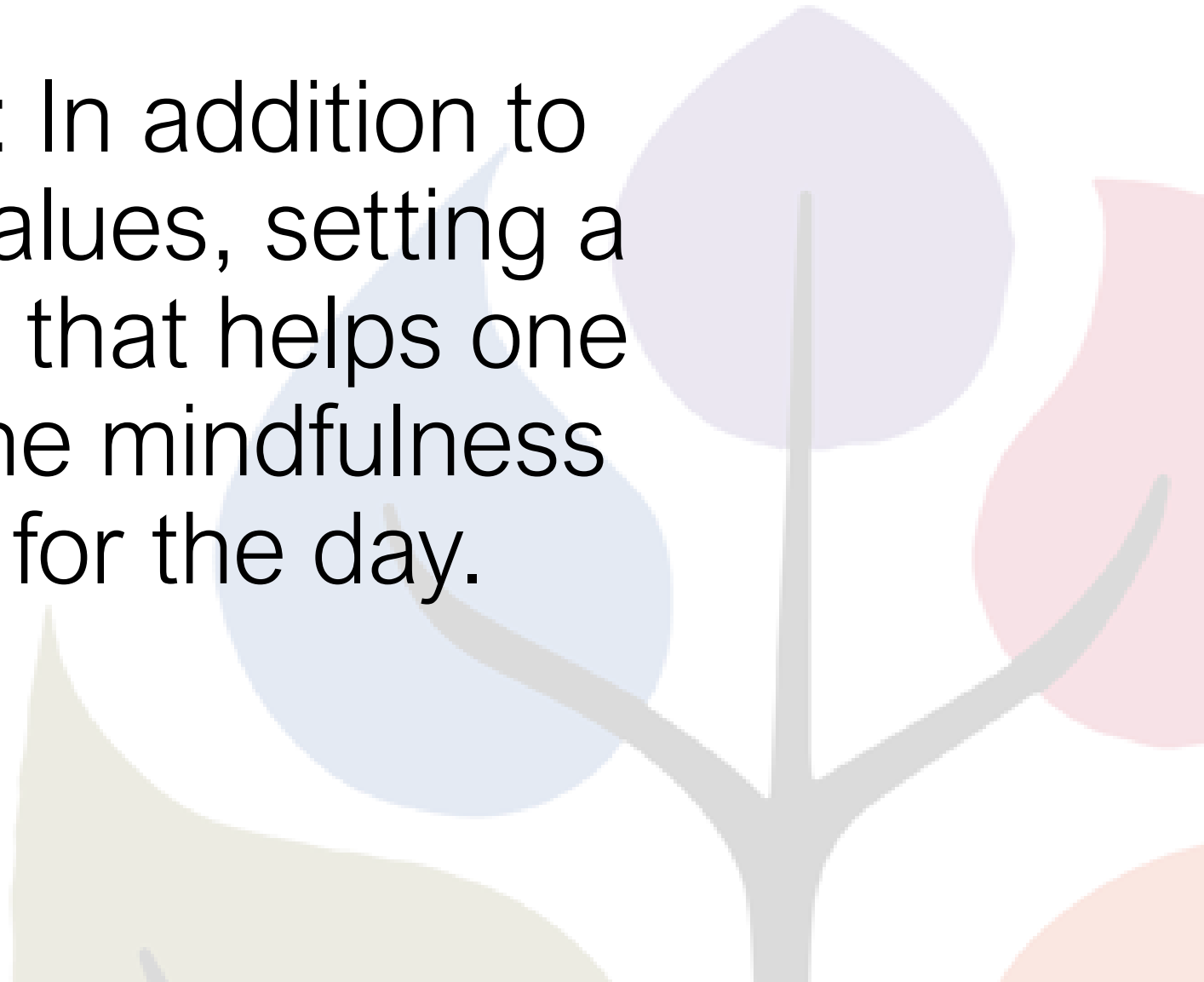


Morning Reflections:

- A precious life in recovery
- Not the center of the universe
- Gratitude
- Values

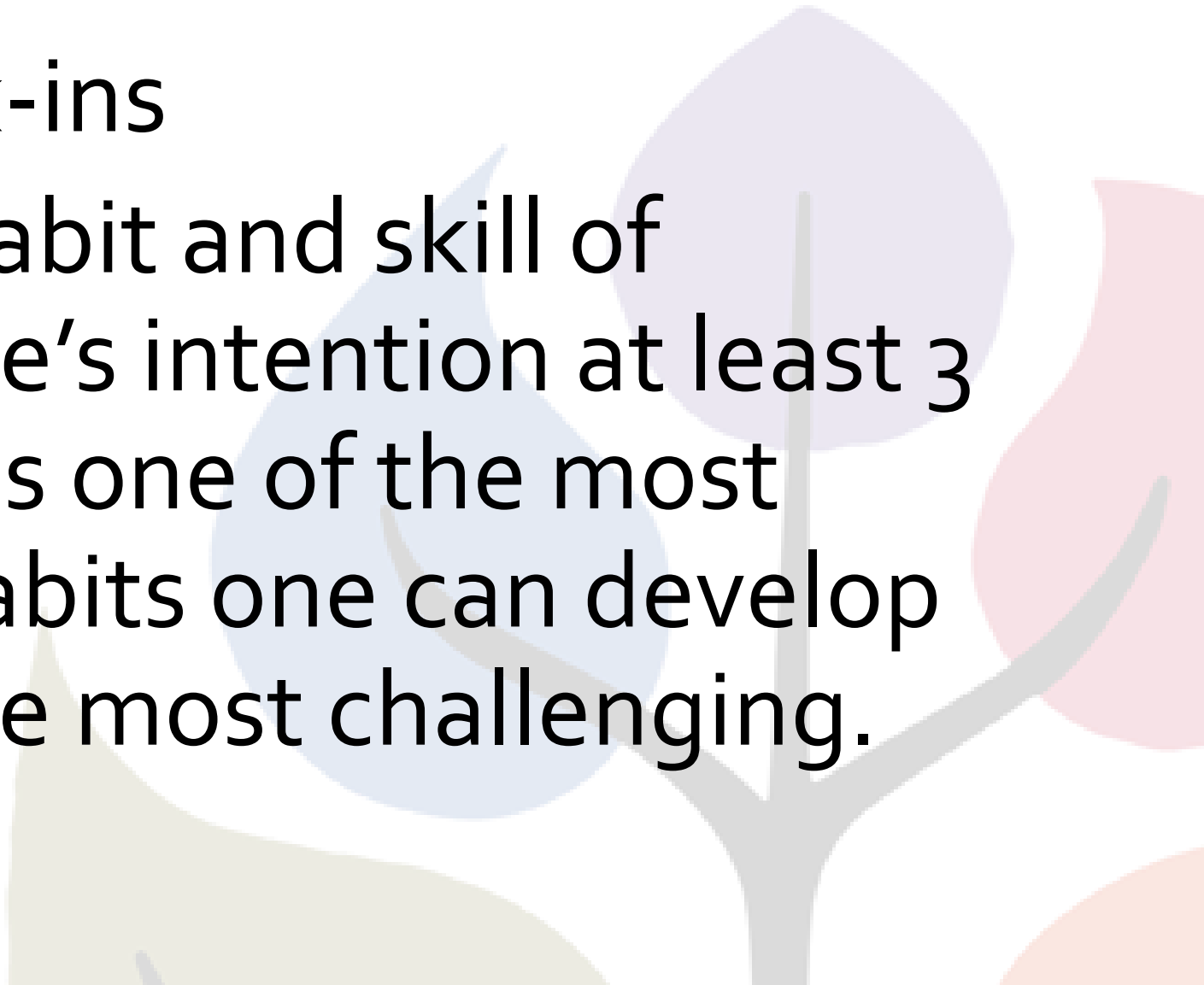


Intention Setting: In addition to clarifying one's values, setting a specific intention that helps one develop one of the mindfulness skills to focus on for the day.



Pillar Two: Check-ins

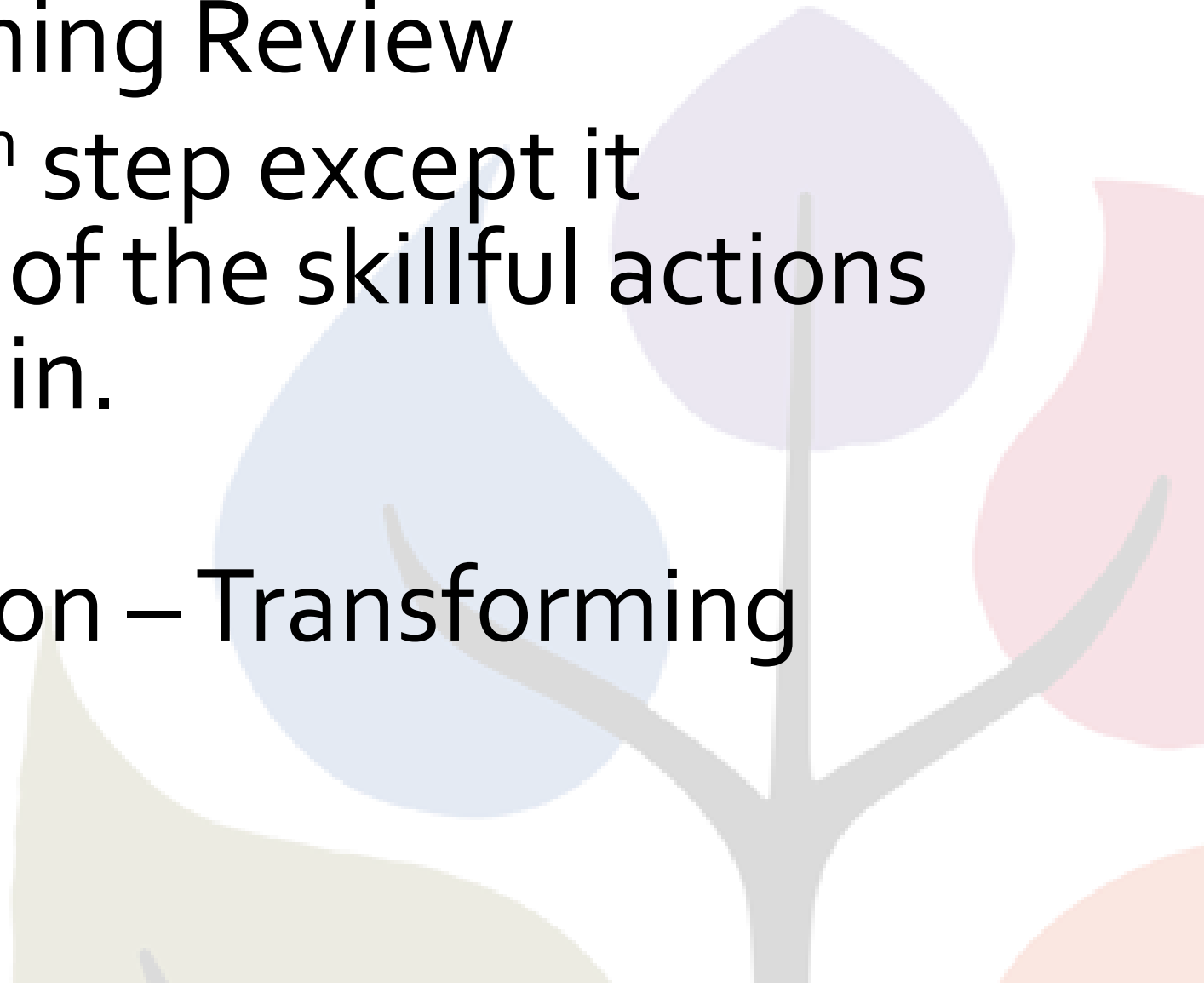
Developing the habit and skill of checking in on one's intention at least 3 times a day. This is one of the most transformative habits one can develop but also one of the most challenging.



Pillar Three: Evening Review

Similar to the 10th step except it includes a review of the skillful actions one has engaged in.

Evening meditation – Transforming unskillful events.



Thank you for your attention. I hope you have found this presentation beneficial.

Further questions? Please contact me:

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