Advancing Recovery through Mindfulness

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Thomas (Tom) L. Moore
LMSW, LLP, CAADC, MAC, CCS
Identify how mindfulness is appropriate for treatment of SUD

Personally experience at least two Mindfulness exercises

State which client types are appropriate for Mindfulness
Identify how mindfulness is appropriate for treatment of SUD
“We have been not only mentally and physically ill, we have been spiritually sick.”

“When the spiritual malady is overcome, we straighten out mentally and physically.”

Carolyn Knapp

“Active addiction represents the closest to a mystical experience many people attain.”

Carnes, 1979

“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”
MISGUIDED & FUTILE EGOTISTICAL BEHAVIOR TO SATISFY DEEP SPIRITUAL NEEDS

EQUIVALENT, ON A LOW LEVEL, OF THE SPIRITUAL THIRST OF OUR BEING FOR WHOLENESS... THE UNION WITH GOD

How it works

INNATE DESIRE TO ALTER CONSCIOUSNESS

MISREPRESENTATION OF SPIRITUAL NEED THROUGH GOD-LIKE EXPERIENCE

CLINEBELL, 1963

WEIL, 1972

JUNG, 1961

KURTZ, 1979
“The problem is we want to be other than who we are. To be other than we are, we have to get control over who we are so we can change who we are. But this can’t be done. After all, who would do it? The you that seeks control is the you that really needs controlling. The effort to control is a madness all its own, and we treat it with our addictions. If we didn’t want to be other than we are, we wouldn’t have a problem, we wouldn’t be addicts. The more you try to be other than you are, the more just like you, you become.”
Human beings
- Deeply wounded and deprived
- Experience suffering (Dukka)

Happiness
- Gratification of instinctual needs
- Become hard-wired emotional programs
- Destined to fail

Categorized
- Survival and security;
- Affection, esteem and approval;
- Power and control

Over-identification
- Family, community, village, tribe, nation, religion, language, culture, ethnicity, race, gender
In popular Western culture we are taught that the way to achieve happiness is to change our external environment to fit our wishes. But this strategy doesn’t work. In every life, pleasure and pain, gain and loss, praise and blame keep showing up, no matter how hard we struggle to have only pleasure, gain and praise . . . . More than anything else, the way we experience life is created by the particular states of mind with which we meet it.

Kornfeld, 2019
“Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.”
Sam’s recovery from addiction had involved attending 12-step meetings. One evening after a meeting he felt agitated, impulsive, and on the verge of relapsing. Every fiber in his body wanted to act out, to phone his dealer to score a hit. He phoned his 12-step program sponsor, who agreed to meet him on the beach for a walk. While Sam waited for his sponsor, he walked on the beach. As he walked, he became acutely aware of the intensity of his agitation, how every fiber in his body wanted oblivion. The compulsion gripped him like a vice; he experienced it as a powerful impulse to act out. This was the first of many instances in which Sam closely observed his mind and body states without acting them out, each time with greater clarity. Over time, he came to see them as waves he could anticipate and surf. Sam’s experience is an extreme example of a common experience—namely, the arising and falling away of cravings.

Feldman and Kuyken, 2019
Aware of body sensations, moods/feelings, thoughts

Gathering attention. Connecting awareness in sensations of breathing

Expanding awareness to include a sense of body as a whole
Based on a prior study in India with over 1000 individuals

Donaldson Alabama Max Security Correctional Facility

37 inmates

10 hours X 10 days

Conducted in complete silence

Grady Bankhead “...tougher than my eight years on Death Row.”

DHAMMA BROTHERS
State which client types are appropriate for Mindfulness
- Psychological rigidity
- Experiential avoidance
- Inflexible attention
- Attachment to conceptual self
- Cognitive fusion
- Disruption of chosen values
- Inaction/impulsivity

Feldman and Kuyken, 2019
Ways of Being and Knowing

ATTENTION

CONCEPTUAL
EXPERIENTIAL

RESPONDING
SKILLFULLY
Reframing perspective and view

Investigative awareness

Protective awareness

Simple knowing & awareness

Feldman and Kuyken, 2019
<table>
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<tr>
<th>Foundation</th>
<th>Practice</th>
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| **Body**       | • Body scan  
• Movement  
• Sitting  
• Walking  
• Three step breathing |
| **Feelings**   | • Pleasant and unpleasant experiences calendar  
• Three step breathing |
| **Mental state**| • Pleasant and unpleasant experiences calendar  
• Thoughts and feelings exercise  
• Seeing/hearing practices  
• Three step breathing |
| **Experience** | • Working with challenges and hinderances  
• Experiments to illuminate stress, depression and reactivity  
• Experiments to illuminate appreciation, joy, gratitude and responsiveness  
• Three step breathing  |

Feldman and Kuyken, 2019
Acceptance

Forgiveness

Compassion

Gratitude

What if
Problems with impermanence

Acceptance

Survival

on negative brain focuses

Problems with impermanence
Every single moment, everything is changing, even at the atomic and sub-atomic levels.
Write an in-depth and detailed inventory of the suffering you have experienced in association with your addictions. Share the inventory with your mentor or teacher to understand the nature of your addiction/suffering.
Acceptance

- Do you find it easy to practice acceptance?
- For certain things and not others?
- What does such a simple concept carry significance?

- Opposite of resignation and defeat
- Not a passive effort
- Examine life in pain, imperfection, beauty
- How to perceive as positive?
- Build spiritual community
- A difficult neighbor offers opportunity to address compassion, kindness, warm-heartedness, etc.
“A teaspoon of salt in a glass of water is very salty. But if you pour it into a pond, it won’t matter at all. Turn your mind into the pond.”

Siegel, 2012
Richard Moore, 10 years old, on his way to school, soldier fired rubber bullet and hit him between the eyes
- Fainted, awoke at hospital, lost sight in both eyes
- Got married, had two daughters
- Found British soldier and shared his forgiveness, became good friends
• Amy Biehl was an American working in South Africa, dragged from vehicle and killed
• Parents traveled from California to meet the men who killed her and their families
• Parents stated at hearing:
  “We want to be part of the process of healing in South Africa. We are sure our daughter would support us in saying we want amnesty to be granted to the murderers.”
• Established a foundation that now employees these men
Anthony Ray Hinton was imprisoned for 30 years in a 5’x7’ cell
- Allowed out once per day
- 54 other prisoners on death row put to death
- Forgave all those who placed him in jail

“If I am angry and unforgiving, they will have taken the rest of my life.”
Forgiveness

**Telling your story**
- Journal or share with a trusted friend, sponsor, etc.
- Avoid retraumatizing self

**Naming the hurt**
- Examine distant self from a third person perspective
- Why those reactions?
- What are the causes/reasons for the feelings?
Forgiveness

Granting forgiveness
• Is it possible their behavior started with their own suffering?
• In accepting shared humanity, becomes possible to release right to revenge, and move toward healing

Renewing, releasing
• Following forgiveness, decide status
• If trauma is significant, there is no going back to previous relationship. If releasing, then can move on
Forgiveness

- Do you struggle with forgiveness?
- In what areas of your life?
- What does such a simple concept carry significance?

- Forgiveness does not mean we forget
- Remember so we can choose forgiveness over pain, hatred
- Tethered to the person or situation that harmed us
- Release from hatred and anger
- Lack of forgiveness compromises immune system (hormones and infections)
- Keep humanity of other person in awareness while responding to the wrong with clarity and firmness
Serenity Prayer
Let go and let HP do the rest

FORGIVENESS

Cause own pain
1, 4, 5, 8, 9

Choose HP instead of SAM
2, 3, 6, 7, 11

Let HP do the rest
Serenity Prayer
Let go and let HP do the rest
Compassion

The quivering of the heart in response to another’s pain

Rosenzweig, 2013
Compassion

• Religious traditions emphasize love
• Connects empathy to acts of kindness
• Blocks—will be taken advantage of; others will become dependent; will be unable to handle other’s distress; afraid of recovery
• Compassion with self—otherwise harsh and judgmental relationship with self, fear failure, unworthy of recognition, love
• Praying for others
  • Reorients from self-preoccupations
  • Can ask to help them, that they be blessed, or that they be given what they need
• Express self-compassion by
  • Accepting aspects of self
  • In difficult times, being caring and loving to self
  • When feeling inadequate, remind self everyone has limitations or feels inferior, has challenges
  • Understand self with curiosity and acceptance instead of rejection or judgment
“When no one believes a word you say, eventually you stop saying anything. I did not say good morning. I did not say good evening. I did not say a how-do-you-do to anyone. If the guards needed some information from me, I wrote it down on a piece of paper. I was angry. But going into the fourth year, I heard a man in the cell next to me crying. The love and compassion I had received from my mother spoke through me and I asked him what was wrong. He said he had just found out that his mother had passed away. I told him, ‘Look at it this way. Now you have someone in heaven who’s is going to argue your case before God.’

Then I told him a joke, and he laughed. Suddenly my voice and my sense of humor were back. For twenty-six long years after that night, I tried to focus on other people’s problems, and every day I did, I would get down to the end of the day and realize I had not focused on my own.”

Anthony Ray Hinton
Compassion

• Is it a challenge to feel compassion daily?
• In what contexts?
• Can compassion be contagious?
• How does lack of compassion manifest?

• It probably takes many years of monastic practice to equal the spiritual growth generated by one sleepless night with a sick child.
• If you are a parent, do you find this idea accurate? In what ways? If you are not a parent, have you had a similar experience with a person or animal you love dearly? What was it like?
• How does the experience of raising children inspire, test, and grow our compassion?
Loving Kindness
Antidote for poisons of jealousy, resentment, greed and grief.

We do not wish for more than we have, instead appreciate what is already present in our lives.

We do not chafe at the good fortune of others, or resent or mourn that which is missed, lost, gone, or never had.

Signifies embracing reality

The desire for more can be boundless and endless. There is always one more thing to want.
• Focusing on gratitude
  • Exercise more often
  • Fewer physical symptoms
  • Feel better about life
  • Positive about week ahead
  • Make progress toward important goals
• Build on humility practice
• Complete daily, to appreciate blessings large and small
• If done at the end of the day, reflect on intentions established in the morning
• Possible to practice with a partner
• Reflect on the day and recall three things for which you feel grateful
  • Examples: friend’s kindness, sun’s warmth, bounty of a meal, beauty of the sky
  • Be as specific as possible
• Journal these three things
• Variation is the key

Gratitude
Gratitude

• Have you been able to notice moments of gratitude in the past?
• For you, for what can gratitude be an antidote?
• How do you presently practice gratitude?

“When you are grateful, you are not fearful, and when you are not fearful, you are not violent.

When you are grateful, you act out of a sense of enough, and not out of a sense of scarcity, and you are willing to share.

If you are grateful, you are enjoying the difference between people and respectful to all people. A grateful world is a world of joyful people.

Grateful people are joyful people. A grateful world is a happy world.”
### Essential
- Informed by theories and practices drawing from wide range of material
- Underpinned by human experience that addresses dukka and pathways to alleviate
- New relationship with experience (present moment focus, decentering, and approach orientation)
- Supports self-regulation (attentional, emotional and behavioral) + personal qualities
- Sustained intensive training, experiential inquiry-based learning, exercises to develop insight and understanding

### Flexible
- Core curriculum adapted to specific context and populations
- Variation in program structure, length, duration tailored to fit context and population
Personally experience at least two Mindfulness exercises
Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

(Rohr, 2011)
Contact Information

TwoMoonsGRMI@comcast.net
www.twomoons.consulting

TOM MOORE
LMSW, LLP
CAADC, MAC, CCS