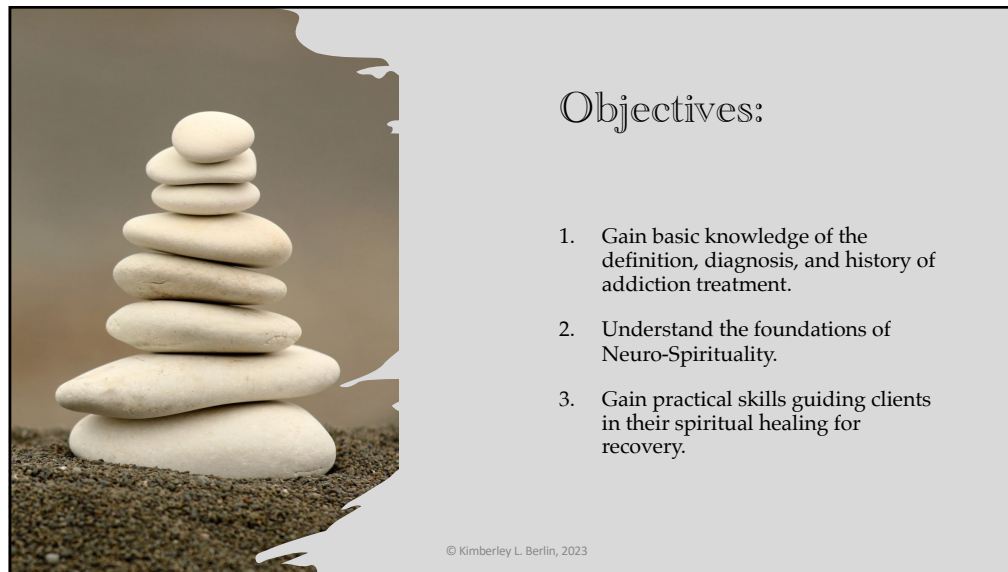


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Addiction:

- *"All the suffering, stress, and addiction, comes from not realizing you already are what you are looking for."*
Jon Kabat-Zinn

- No type of drug or brand of alcohol cares who you are, what you do, or what social strata you come from. It just wants you to drink more, do more drugs, and always want more.
- This is a relentless, soul-destroying, life-sucking process that will diminish you until you become someone you don't even recognize.
- It is considered a brain disease because drugs change the brain—they change its structure and how it works.
- These brain changes can be long-lasting and can lead to harmful behaviors seen in people who abuse drugs.
- *When the brain changes, so do we.*

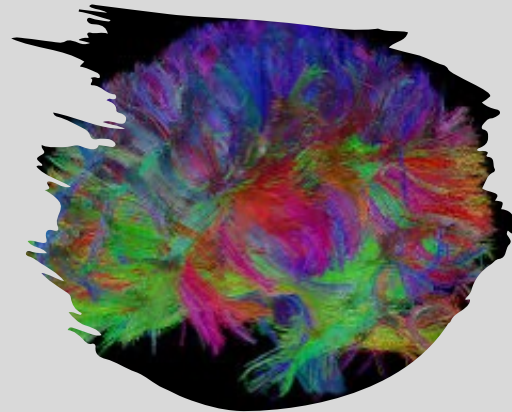
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Addiction:


- (a) All drugs act by changing the rate of what is already going on;
- (b) All drugs have side effects; and
- (c) The brain adapts to all drugs that affect it by **counteracting** the drug's effects.



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5

5



Diagnosis of Addiction:

1. Increased use, inability to stop or regulate intake;
2. Cravings, uncontrolled desires, substance seeking behaviors;
3. Blackouts, brownouts, liver issues, gastroenteritis;
4. Stopping or reducing important social, occupational, or interpersonal activities;
5. Continued use in physically hazardous situations;
6. Hospitalizations, arrests, DUI's, personal consequences;
7. Tolerance, needing more;
8. Withdrawal, including regular hangovers.

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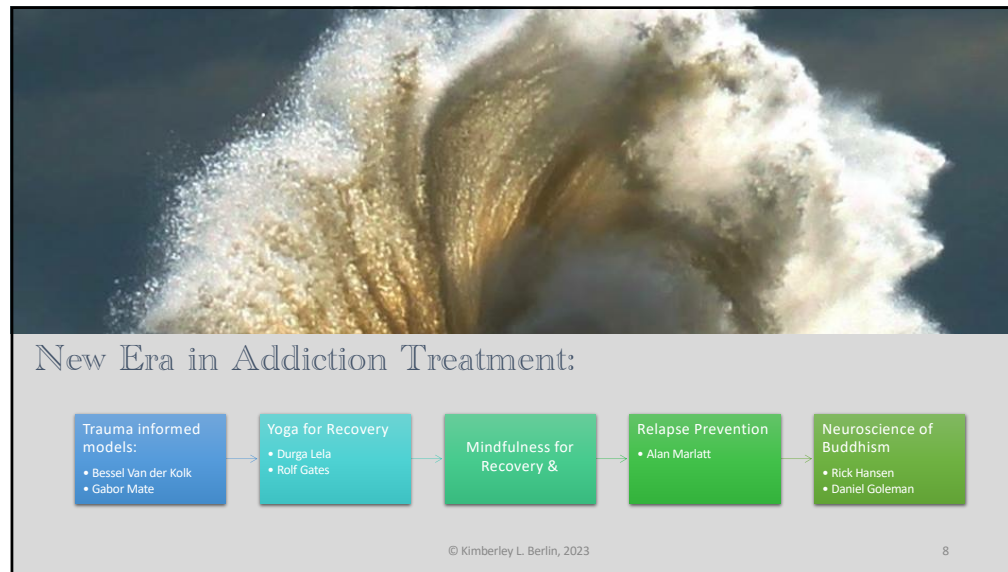
6

Treatment Models:

1700's-1900's	1900's – 1930's	1930's	1950's – 1990's	2010 – 2020's
"Devils Work", moral failure; Alcoholics placed in asylums;	Frontal lobotomies, electroconvulsive therapy, hydrotherapy, morphine;	Psychiatric, psychotherapy, Alcoholics Anonymous; Peer treatment;	Professionalization of treatment and credentialing;	Trauma informed therapy; mixing bowl approach.

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Caveat for Sobriety

- “Today, you don’t drink or use.
- No matter what happens today, you don’t drink or use.
- You can use tomorrow, but not today”

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Definitions of Spirituality:

• *"All problems are psychological, but all solutions are spiritual."* Thomas Hora, MD

1. "Relating to or affecting the human spirit or soul as opposed to material or physical things."
2. "Animating or vital principle in man and animals."
3. *Spiritus* (Latin) means "soul," and *Spirare* "to breathe."
4. "A sense of connection to something bigger than our smaller version of ourselves."
5. "Inner process or connectedness with the sacred."
6. "A search for meaning in life."
7. It infuses human beings with "inspiration, creativity, and connection with others."



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Neurospirituality:


• *"Our hopes, dreams, aspirations, fears, comic instincts, great ideas, fetishes, senses of humor, and desires all emerge from this strange organ — and when the brain changes, so do we."* David Eagleman

1. Neuroscience is focused on the brain and its circuitry, neurons, and chemical compounds, which support our life.
2. Damage to any part of the brain affects the whole. This includes alcohol, drugs, and compulsive behaviors.
3. Researchers have made a connection between the healing capacity of spirituality and the function of the brain.



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Neurospirituality Research

1. The brain reorganizes itself when substances are removed.
2. Longitudinal studies of subjects engaged in daily spiritual practices have shown that not only does the brain heal, but the structure and function of critical areas of the brain are also affected.
3. Practices included meditation, prayer, breathwork, chanting, hymns, rituals, and contemplation.

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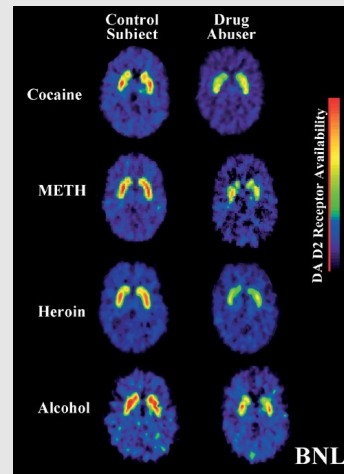
Neurospirituality Research

1. Addiction includes isolation, disconnection, and emotional trauma;
2. Abstinence alone is short-lived and does not repair the damage to the psyche and soul;
3. Spiritual connection heals these aspects of addiction.

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Brain Scans

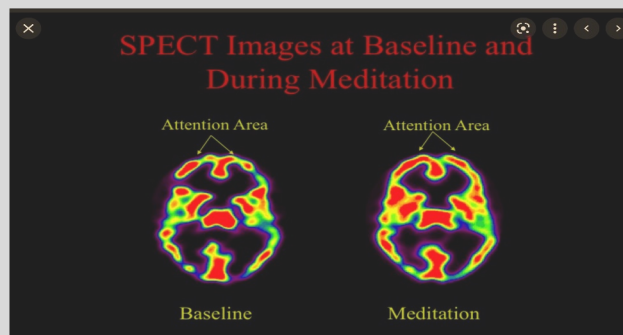


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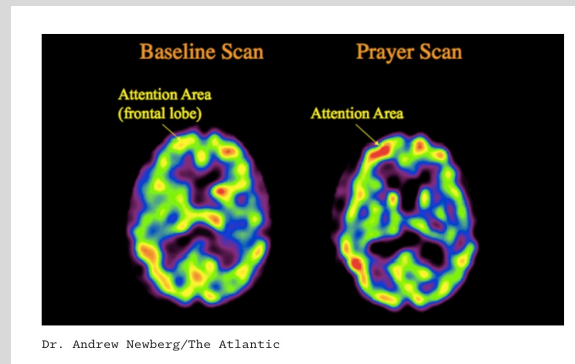
Neurospiritual Brain Scans



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Neurospiritual Brain Scans



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Wisdom of the Ancients:



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12 Step Recovery

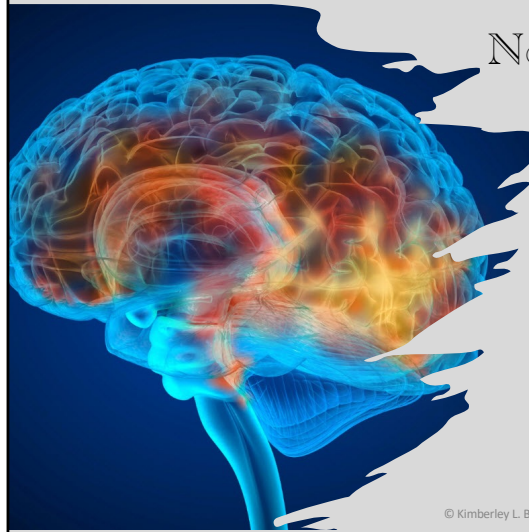
1. The Story of Bill W. and Dr. Bob.
2. A spiritual program of recovery that includes:
 - a) Community
 - b) Engagement with a Higher Power
 - c) Self-examination
 - d) Confession
 - e) Amends
3. One of the largest and most successful approaches for recovery.



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Neuro-Spiritual Recovery



- 1) Research findings revealed that spiritual experiences shift perception and can moderate effects of stress on mental health.
- 2) The Inferior Parietal Lobe showed changes relating to the concept of self in time and space.
- 3) Thalamus and Striatum, emotional and sensory processing showed changes during spiritual practices.
- 4) A sense of union with someone or something outside of oneself and community engagement have been found to support a robust recovery from substance use disorders and other behavioral health issues.

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Creating a Spiritual Practice:

1. Atheist or Agnostic
2. Christian – Catholic, Episcopalian, Methodist, Protestant
3. Non-Denominational Christian – Biblical authority
4. Judaic – Orthodox, Conservative, Reform
5. Buddhism
6. Hinduism
7. Yogic – Hatha, Vinyasa, Kundalini

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Creating Client Spiritual Practices

Negotiating
wake up time

Negotiating
time spent am

Negotiating
Choices

Obtaining
commitment

Duration of
commitment

Tracking
progress

*"Today you must practice!
You can slack off tomorrow, but no matter what,
today does not end without practice!"*

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Breath:

1. Breath as the source of healing:
Neuroscience of breath techniques
2. Nose breathing versus Mouth breathing:
 - Sickness versus health
3. Research on Breath:
Nestor; Werner; Brown & Gerbarg
4. Critical practice of breath in recovery:
 - Pranayama



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Neuro-Breath

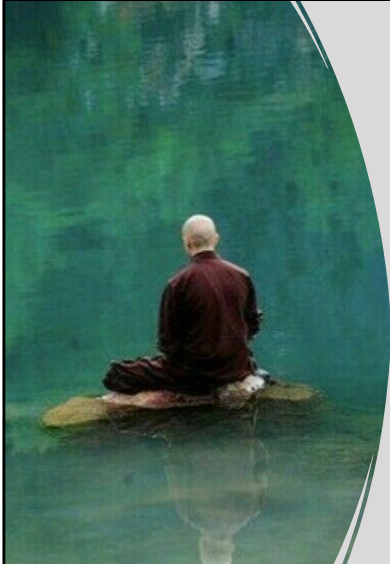
- 1) "New evidence demonstrates that the act of breathing exerts a substantive, rhythmic influence on perception, emotion, and cognition, largely through the direct modulation of neural oscillations."
- 2) Brain rhythms are closely tied to the rhythm of our breath.
- 3) Beyond survival, breath impacts our emotions, attention, and how we process the outside world.
- 4) There is a common mechanism in the brain that links the rhythm of breathing to these events



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Meditation and Prayer

- Meditation is not stopping thoughts – it is becoming aware of them in an open and non-judgmental way
- Meditation is listening to our inner Self, and our Higher Power
- Prayer is connecting – and speaking to our Higher Power.

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Body Recovery

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Yoga:

Evening:
Asana series
Meditation & Chant
Intention for tomorrow



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Gaga Language

A framework for ordinary people to connect to their bodies and imaginations, experience physical sensations, improve their flexibility and stamina, exercise their agility and explosive power, and enjoy the pleasure of movement in a welcoming, accepting atmosphere.

Participants are guided by a series of evocative instructions deployed to increase awareness of and further amplify sensation.

Information is layered, building into a multisensory, physically challenging experience.

<https://www.youtube.com/watch?v=5H8beZLmY7A>

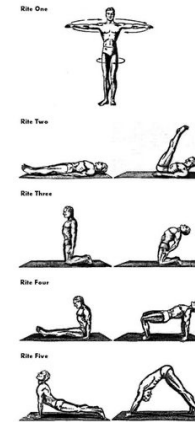


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Five Tibetans

- 1) Energetic series of movements for body healing was introduced in 1939.
- 2) Health, well-being, overall strength.
- 3) Five easy asanas repeated 21 times.
- 4) Engages energy pathways running from the base of the spine to the top of the head.
- 5) Allows energy to flow smoothly throughout the body to stimulate a gradual detoxification process.



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Importance of Self Practice

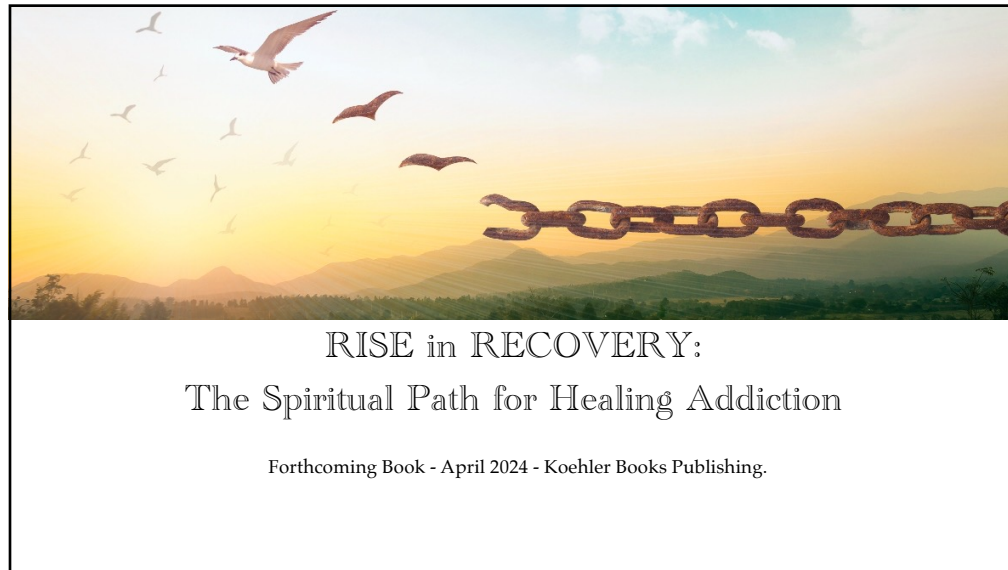
- Therapists, counselors, and treatment providers:

• ***Walk your walk.....***

- If you are engaged in a spiritual practice with discipline and dedication,
 - your clients will know it.
- They will be willing to mirror your energetic presence.

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