

PDF OF RESOURCES FOR BREATHE SURVIVE RECOVERY THRIVE REPEAT !!

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Paradigm 6:

Process View of Addiction is beyond the control paradigm

From Ann Wilson Schaefer's DEEP PROCESS WORK, used with permission (1999)

- Beyond “cognitive” work of restructuring habit energies
- Beyond “feeling” work (it is fully mindfully engaging **“DOING”** work of...)
 1. a “letting go” of painful patterns we call “reality” (**“SURVIVE”**)
(static and fixed symptoms usually based in immaturity)
 - 2 A “deep ongoing spiritual commitment to oneself & life” (**“THRIVE”**)
(Dynamic and changing paths to happiness based in maturity)
 3. a move (like all **spirituality**) toward *wholeness* (**“BREATHE”**)

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INTERVENTIONS

Journaling

-- Stephanie Covington writes in "A Woman's Journal" that healing "involves discovering our true selves, connecting in healthy relationships with others, understanding our sexuality, and gaining some spiritual connection." (1999)

Poetry writing

-- several groups on this, with controls – Using Allen Ginsberg's HOWL as a manifesto, and his seventeen syllable American Sentence as a form, I ask clients to describe their recovery efforts in seventeen syllables – classic form of haiku 5-7-5, but also the OM chant and many sacred mantras, all having seventeen syllables. The resulting gems are kernels of wisdom, from their own creativity, a personally derived mantra. Many find the exercise awkward at first and some find they cannot stop writing these sentences or short poems. From there I often teach them Haibun which strictly speaking involves travel described first in prose and followed by a haiku, a traditional Japanese form. It is especially helpful to trace the "journey" from childhood traumatic events to the present state of recovery.

Narrative

-- besides an autobiographical account of the addiction caused damages, sometimes present in in patient protocols, narrative can be worked into weekly assignments: "what made an impression at the last meeting

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attended?” to “what was your first job and what did you do with the money earned?” when examining relationship with money. Can do for sex too, but it is a touchy subject that clients would rather talk about before they disclosed anything about money. Strange?

Drumming

-- cross cultural and hard to miss – the repetitive, driving, sonic rhythm of rattle or drum changes in the majority of listeners their brain waves from alert alpha to deep theta or relaxation waves. In 20-45 seconds. This change in brain wave is a change from negative dissociative-like states abundant in addiction, to the positive dissociative-like state of recovery, to summarize my thirty years of doing this work, and to use Jacobs’ terminology.

Journey work

-- using a rattle or drum, even clicking stones together or tapping, it is not the action but the brain’s response that changes. Journeying with intent involves changing brain waves to become receptive to healing information available to everyone, information from non ordinary reality., our teachers, history, ancestors, guides, angels, whatever your belief system. Mircea Eliade in his classic Shamanism, Archaic Techniques of Ecstasy (1951 French, 1972 English) writes that a drum becomes animated, alive, with the spirits of the animal hide covering the wood frame, often hand selected after being struck by lightening, comprising the drum, and the bearers’ makers’ drummers’ own blood and spirits, often using alcohol to sprinkle on the instrument once constructed. Travelling into realities only glimpsed by others in dreams and visions, the “shaman protects life, health, fertility, light, against death, disease, sterility, and darkness.” (509)

Rocks

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-- another favorite – not enough time to discuss divination, but this practice is more grounded in nature and the individual’s perception or misperceptions than any tarot reading. My candle lighting/ non divination clients benefit, too; one heroin addict selected a small chunk of red granite; when asked why, she replied without hesitation, “If I can crush this rock, I can go back to using.” She never did but did call one Sunday frantic that she had lost her rock. She picked out another on Monday morning when the office opened. I do not question these methods.

Breathing -- Seems so simple but so often overlooked: breathing is an ancient technique *practiced to this very day in order to keep the human body alive*. Seriously, Breathing is so very often associated with “looking deeply” which can bring insight. However, there is a step in the process that precedes the looking deeply (“vipashyana”) which is absolutely crucial to understanding why breath, breathing, the simple inhale and exhale are all associated with the activity closest to God. “Breath is the most direct connection between God and Self” (Rebecca Weiderker, colleague and therapist, retired, 2022)

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When we become mindful, we can access all sorts of information which we overlook most of the time. Mindful breathing, mindful walking, mindful smiling, all touch very deeply the present moment; all make us very human; all make us an open channel to do what we are called to do.

Before we can mindfully do anything, we have to STOP what every else we are doing. Eventually, we become more mindful of our daily mundane activities as well. And then the stopping can be applied when triggered by

anxiety, doubt, worry, fear, anger, sadness – all of which make us human.

Mini Mindfulness Exercises (MMEs)

Here are some short exercises to use: THE ONLY TIME MINI MEDITATION EXERCISES DON'T WORK IS WHEN YOU DON'T DO THEM.... Teach them to clients, neighbors, children, friends and enemies...

MME #1: As you breathe in, slowly count up to 4. As you exhale, slowly count back down to 1. In other words, as you breathe in, you say quietly to yourself, "1..2..3..4". As you breath out, you say quietly to yourself, "4..3..2..1".

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Do this for 30 seconds to 1 or 2 minutes.

MME #2: This is counting the space between the in-breath and the out-breath.

After each in-breath, pause and count, "1..2..3."

After each out-breath pause again and count, "1..2..3".

Just inhale and exhale normally. Do this for a minute or so.

[This is called tactical breathing and is used by law enforcements officers to quickly settle themselves down when they are in confrontational situations.]

MME #3: *Thich Nhat Hanh, a Vietnamese Zen Buddhist, created this MME:*

On the in-breath you think, "I am".

On the out-breath you think, "at peace".

Repeat six to ten several times.

Mini #4: On a long slow deep in-breath you think "Let" and on the long slow out-breath you think, "Go." Repeat for at least six to ten breaths.

Good Times To Do MMEs:

- While stuck in traffic
- When on hold during a phone call
- While waiting in your doctor's office
- When someone says something that is bothersome to you
- When you feel overwhelmed
- While waiting in line anywhere
- When in pain
- At night when you can't sleep
- While waiting at the Dept of Revenue or ER...
- When someone at AA or GA gets under your skin for whatever reason....

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(from The Mind Body Center at Harvard University who recommends that you do five MME's daily...)

I get asked all the time what is my best advice for breathing. Here it is: don't stop. Here also are some prompts for stopping, looking deeply, and breathing. The first four methods of being aware of breathing as first proposed by the Buddha some many centuries ago.

Breathing in, I know I am breathing in.

Breathing Out, I know I am breathing out.

(Take a few breaths, and repeat "In" then "Out")

Breathing in, I notice my breath going deeper.

Breathing out, I notice my breathing growing closer.

In, Out, Deep, Slow

Breathing in, I calm my body, still my mind.

Breathing out, I allow a sense of ease to fill my body, my mind.

In, Out, Deep, Slow, Calm, Ease

Breathing out, I smile. (to any tension or pain in my body or mind)

Breathing out, I release. (any tension, stress, feelings, regrets)

(Adapted 2013 by D.L.Smith from "Breathing in, Breathing Out" by Thich Nhat Hanh, poem derived originally from "The Four Establishments of Mindfulness," "Sutra on the Full Awareness of Breathing" Source: Awakening of the Heart, Thich Nhat Hanh 2012)

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Paradigm 7.

Contemplative psychotherapy meets “Recovery is more than abstinence”

from Gorski (1975) and Smith (2020)
DEEPENING LEVELS

OF CHANGE IN RECOVERY

- Abstinence
- Situational
- Behavioral
- Cognitive
- Emotional
- Core belief

PHASES OF RECOVERY

OVER TIME

- ❖ Transitional (as long as it takes)
- ❖ Stabilization
- ❖ Early first three years
- ❖ Middle years 3 -4-5
- ❖ Late years 6 -7-8
- ❖ Maintenance begins 8 - 11

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TASKS OF RECOVERY PROCESS – Client Version – REVISIONING RECOVERY

<u>BEYOND ABSTINENCE</u>	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
DMR PHASES OF RECOVERY	TRANSITIONAL "still at it"	STABILIZATION "stops"	EARLY "1 to 3 years"	MIDDLE "3 to 5 years"	LATE "5 to 8 years"	MAINTENANCE "8 to 11 years"
LEVELS OF CHANGE	T	A	S	K	S	
ABSTINENCE	CAN'T DO WITHOUT	CAN'T DO WITH	DON'T WANT TO	CAN'T SEE ANY BENEFIT	FINDS BIGGER PERSPECTIVE	
SITUATIONAL	STILL VISITING SET UPS USING PEERS, PLACES	LEARNS ABOUT OPTIONS	AVOID SET UPS, TRIAGE RELATIONSHIPS	REPAIRS SOCIAL NETWORK	EXPAND W/ NON-RECOVERING PEOPLE	
BEHAVIORAL	USING BEHAVIORS; MORE PAIN LESS PLEASURE	IDENTIFIES SELF DEFEATING BEHAVIORS	AVOID SELF DEFEATING BEHAVIORS	LEARN TO DELAY GRATIFICATION	MORE PLEASURE, LESS PAIN	MORE CHOICE IN BEHAVIOR
COGNITIVE	IMPAIRED	IMPAIRED, OBSESSIVE, and decision REQUIRES ASSISTANCE	REQUIRES ASSISTANCE; CLARITY REQUIRES ABSTINENCE	RECOGNIZES THAT WHOLENESS REQUIRES SOBRIETY	DISCOVERS LEVEL OF INSIGHT	ABLE TO HANDLE LIFE TRANSITIONS
EMOTIONAL	NUMB	NUMB, JUMBLED, MANY MOOD SWINGS	LEARN TO FEEL	LEARN TO IDENTIFY FEELINGS	LEARN TO EXPRESS	ACCEPT AND CHOOSE
CORE BELIEF	NO SELF ESTEEM	NO TO LOW, VULNERABLE	IDENTIFY ORIGINS OF OLD MESSAGES	DO EMOTIONAL RELEASE WORK	REDECIDE MESSAGES	LIVE OUT NEW MESSAGES

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<i>BEYOND ABSTINENCE</i>	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
DMR PHASES OF RECOVERY	<i>TRANSITIONAL</i> <i>"still at it"</i>	<i>STABILIZATION</i> <i>"stops"</i>	<i>EARLY</i> "1 to 3 years"	<i>MIDDLE</i> "3 to 5 years"	<i>LATE</i> "5 to 8 years"	<i>MAINTENANCE</i> <i>"8 to 11 years"</i>
LEVELS OF CHANGE	T	A	S	K	S	
<i>ABSTINENCE</i>	CAN'T DO WITHOUT	CAN'T DO WITH	DON'T WANT TO	CAN'T SEE ANY BENEFIT	FINDS BIGGER PERSPECTIVE	
	<i>Can't break cycle as life worsens</i>	<i>Internal or external intervention</i>	<i>Struggles with strong urges & cravings</i>	<i>Occasional doubts & "Alfie" moments</i>	<i>Complacency a problem</i>	<i>Feeling cured or misdiagnosed px</i>
<i>SITUATIONAL</i>	STILL VISITING SET UPS, USING PEERS, PLACES	LEARNS ABOUT OPTIONS	AVOID SET UPS, TRIAGE RELATIONSHIPS	REPAIRS SOCIAL NETWORK	EXPAND W/ NON-RECOVERING PEOPLE	
	<i>Envisions no way out, no other way</i>	<i>Introduced to 12 step life</i>	<i>Acts as if</i>	<i>Regains some self control</i>	<i>Empowered by program</i>	<i>Chooses wisely</i>
<i>BEHAVIORAL</i>	USING BEHAVIORS; MORE PAIN LESS PLEASURE	IDENTIFIES SELF DEFEATING BEHAVIORS	AVOID SELF DEFEATING BEHAVIORS	LEARN TO DELAY GRATIFICATION	MORE PLEASURE, LESS PAIN	MORE CHOICE IN BEHAVIOR
	<i>Addictive behaviors, in action behaviors, step 0</i>	<i>Ceases addictive behaviors but often remains in action, step 1</i>	<i>Out of action, sees others model "into action" behaviors, steps 2-3</i>	<i>Practices "into action" behaviors, steps 4 -9</i>	<i>Helps others</i>	<i>Develops purposeful life</i>
<i>COGNITIVE</i>	IMPAIRED	IMPAIRED, OBSESSIVE, any decision REQUIRES ASSISTANCE	REQUIRES ASSISTANCE; CLARITY REQUIRES ABSTINENCE	RECOGNIZES THAT WHOLENESS REQUIRES SOBRIETY	DISCOVERS LEVEL OF INSIGHT	ABLE TO HANDLE LIFE TRANSITIONS
	<i>Sure but in denial, distorted thinking prevails</i>	<i>Unsure of self, questions distorted thinking</i>	<i>Learns new ways of thinking, clarifies goals</i>	<i>Expands with patience & tolerance</i>	<i>Clarifies values</i>	<i>Actions = feelings = thoughts become congruent</i>
<i>EMOTIONAL</i>	NUMB	NUMB, JUMBLED, MANY MOOD SWINGS	LEARN TO FEEL	LEARN TO IDENTIFY FEELINGS	LEARN TO EXPRESS	ACCEPT AND CHOOSE
	<i>"solution" becomes "problem" instead</i>	<i>Stage 1: abstinence</i>	<i>stage 2 family of origin work</i>		<i>Stage 3 personal psychospiritual growth</i>	<i>Collective psychospiritual growth</i>
<i>CORE BELIEF</i>	NO SELF ESTEEM	NO TO LOW, VULNERABLE	IDENTIFY ORIGINS OF OLD MESSAGES	DO EMOTIONAL RELEASE WORK	REDECIDE MESSAGES	LIVE OUT NEW MESSAGES

TASKS OF RECOVERY PROCESS – CLINICAL ISSUES – REVISIONING RECOVERY

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Awareness, mindfulness, reflection, inventory, plan to change

- accept things as they are ;
 don't force anything;
- practice deep listening ;
 don't be inattentive;
- sit with it ;
 don't escape or deny;
- be yourself
 everyone else is taken;
 don't be anyone but you
- recover :
 don't embrace instability,
 not-peace, or
 non-freedom



CHANGE IS INEVITABLE, GROWTH IS OPTIONAL – TRANSFORMATION IS THE GOAL!

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Breath is what connect us -- person to person, person to God

Further Reading for Breathe!

<p><u>24 Hours A Day</u> <u>A Day At A Time</u> <u>A New Beginning</u>, Gamblers Anonymous <u>Alcoholics Anonymous</u>, Alcoholics Anonymous <u>Amusing Ourselves to Death</u>, Postman <u>Archaic Techniques of Ecstasy</u>, Eliade, M., 1951, 1974 <u>Basic Text</u>, Narcotics Anonymous <u>Behind the Eight Ball</u>, Berman & Siegal <u>Being Peace</u>, Thich That Than <u>Breath was the first drummer</u>, Kristel 1995 <u>C.G. Jung Man & Image</u> <u>Choice Making</u>, Wegscheider Cruse <u>Combo Book</u>, Gamblers Anonymous <u>Counseling Compulsive Gamblers</u>, Ciarrocchi <u>Deadly Odds</u>, Estes & Brubaker <u>Dr. Bob and The Good Old Timers</u>, AA <u>Exploring the Labyrinth</u>, West <u>Guided By The Spirit</u>, Houdek <u>Healing</u>, Nghiem, Sr. Dang, 2010 <u>The Outer Reaches of Inner Space</u> <u>Journeying</u>, Gagan <u>Living in process</u>, Schaef, 1999 <u>Living In Process</u>, Wilson Schaef <u>Losing Your Shirt</u>, Heineman <u>Memories, Dreams, Reflections</u>, Jung</p>	<p><u>no death no fear</u>, Thich Nhat Hanh, 2002 <u>Not-God</u>, Kurtz <u>Pathological Gambling</u>, McGurrian 1992 <u>Paths of The Mystic</u>, Boryshenko <u>Problem & Pathological Gambling</u>, Petry <u>Provocative Therapy</u>, Ferrelly <u>Shaman, Healer Sage</u>, Villoldo <u>Shamanism</u>, Cowan <u>Sharing Recovery</u>, Gamblers Anonymous <u>Silence</u>, Thich Nhat Hanh, 2016 <u>Soul Retrieval, Mending the Fragmented Self</u>, Ingerman <u>Staying Sober Workbook</u>, Gorski <u>Staying Sober</u>, Gorski <u>The Art of Clinical Supervision</u>, Estadt, Compton, Blanchette <u>The Chase</u>, Lesieur <u>The Paradigm Conspiracy</u>, Breton et. al. <u>The Spiritual Landscape of America</u>, Versluis <u>The Spirituality of Imperfection</u>, Kurtz & Ketchum <u>The Thirst for Wholeness</u>, Grof <u>When Luck Runs Out</u>, Custer & Milt 1985</p>
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