

**Recovery  
is much  
more than  
abstinence**



***Breathe—  
Survive—  
Recover—  
Thrive –***

***Repeat!***

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*Prepared Especially for NYCPG*  
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Breathwork  
Contemporary meditation  
Atypical CAM Interventions  
Trauma survival  
Thriveal components of happiness  
Differential outcomes

# ***Breathe—Survive— Recover—Thrive – Repeat!***

## RELATED PRESENTATIONS:

Why Treatment Fails 2020

Mindfulness & Meditation: Clinical Necessities for SUDS and PG Treatment 2020

Transformational Recovery: Beyond the Noise 2018

Exploring the neurochemical predispositions for effecting relapse in recovering individuals 2012


*Shifting paradigms, part 4 of “Beyond the Illusion of Recovery” Series (originally 2003 -2005)*

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Einstein : “We cannot solve a problem with the same thinking that created the problem.”

**A paradigm is a way of looking, a model, a mode of thought, a worldview or all pervasive outlook on life**

### Elements of a Paradigm

- 
- Rigid (?) Assumptions
  - Protocols Strategies
  - Expectations Responses
  - Aspirations Goals

### Process of Paradigm Shifts

- 
- Confront Pain
  - Awaken Spirit
  - Create New Vision

# Shifting Paradigms in Recovery

- Smith's Theories of Addiction
- Jacob's Attributional Theory
- Wilson-Schaef's Deep Process
- Breton-Largent's Paradigm Shift
- Cognitive behavioral Interventions
- Potenza's Neuropsychiatric Insights



Paradigm 1:

## *Theories of Addiction in the 20th Century*

(from D.L. Smith, “The Compulsive Addict: How Far We’ve Come,” 2002),

- Moral Model: with us a long time, 4000 years
- Medical Disease Model 2000bc to 1600ad, then(1930’s)
- Self Medication Model (1940’s)
- Covert Antecedents Model (1960’s)
- Biopsychosocial Model (1970’s)
- Shame Model (1980’s)

Paradigm 2:

## *Attributional Theory of Addiction*

from D. Jacobs (2002), used with permission

- 1. Addiction diverts attention from chronic aversive arousal state**
- 2. Addiction reduces self-criticism & dysphoria**
- 3. Addiction facilitates an altered state of consciousness**

## Paradigm 3. *Cognitive behavioral Interventions*

from so many I don't even begin to cite...

- Distorted thinking vs trigger/cue extinction
- Again most research limited by size and by treatment setting
- Very few studies with therapeutic communities (few of them!)
- Very few studies looking at recovery outside treatment settings
- Are we measuring cognitive functioning?
- Cognitive restructuring vs habit energies
- Almost an entire disregard for environmental factors
- CONTINUED STUCK POINTS IN THE OLD CONTROL PARADIGM . . .

Under a control paradigm (addiction) we experience

- Poverty both material and spiritual
- Racial & gender bias & inequality
- blind obedience in education to authorized history or theory & therefore less creativity, a “dumbing down”
- Ecological disasters & disregard for resources, pollution, industry as the planet’s fatal disease

Paradigm 4:

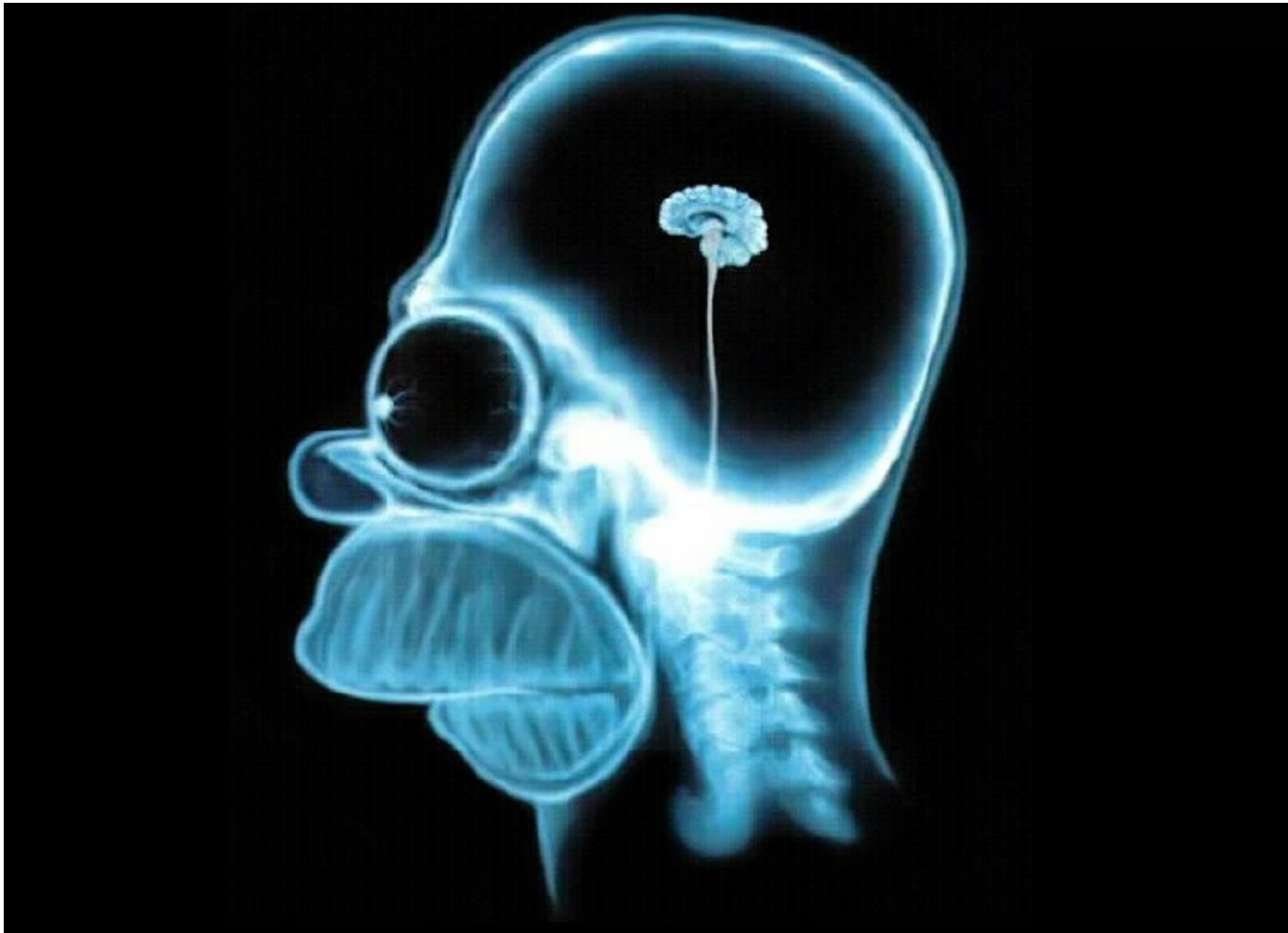
## *Control Paradigm View of Addiction*

from Denise Breton / Christopher Largent, The Paradigm Conspiracy

- “The paradigm that creates addiction can’t heal it.”<sup>(24)</sup>

Recommendation to

1. Confront Pain
2. Wake up Our Souls
3. Reclaim Our Innate Creative Powers<sup>(35)</sup>



Don't End Up Like Homer Simpson



## Paradigm 5. *Enlightening but insufficient...* Comins to Potenza's Neuropsychiatric Insights

and others, too (2003)

*"A1 allele of D2 dopamine receptor gene is associated with high dopamine transporter density in detoxified alcoholics"*

•May 2001 DOI:[10.1093/alcalc/36.3.262](https://doi.org/10.1093/alcalc/36.3.262)

- Comins found the d2 allele missing or fewer in number in the brain tissue of gamblers

Role of serotonin, norepinephrine, dopamine, gaba *all important*

Role of receptor sites *all important*

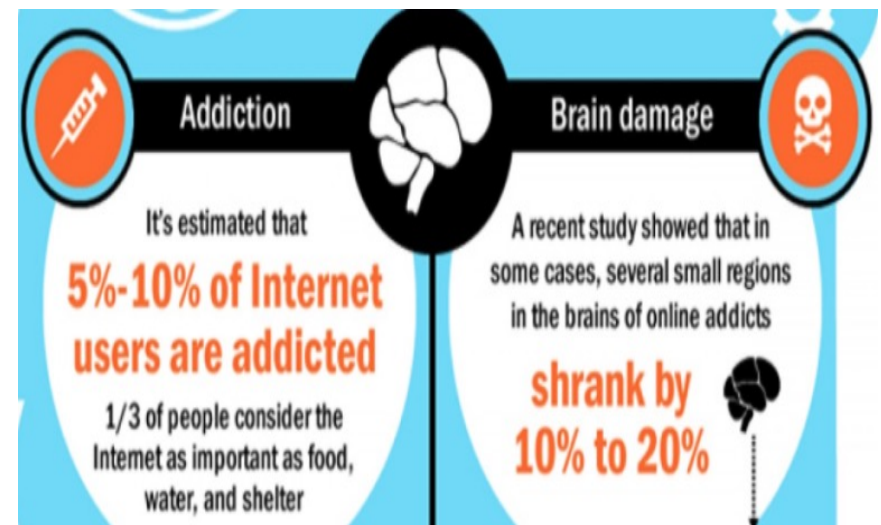
Pharmacological interventions require research and compliance *all important*

***Helpful, yes, but ALL SMACK OF ANALYSIS AND THE CONTROL PARADIGM***

***And won't stop airplanes full of gamblers from crashing...***

despite my limited understanding of neurochemistry of the brain, my clients identified **five elements common to all addictive behaviors**:

1. *Negative consequences*
2. *Dissociative like responses*
3. *Altered brain waves*
4. *Altered neurochemistry*
5. *Residual substances in brain tissue*



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Paradigm 6:

## *Process View of Addiction is **beyond** the control paradigm*

From Ann Wilson Schaef'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”**”)

# Process WORK of Journaling, poetry writing, narrative, drumming, journey work, rocks

## Old paradigm of ANALYSIS

- Feeds disembodied thinking
- Prevents soul level healing
- ‘symptoms’ appear when participation IN LIFE stops...
- Tx: Counseling becomes a “fix”

## New paradigm of PROCESS

- Dynamic, everchanging ongoing
- No one “gets done”
- beyond adjustment & fixes
- Return to self
- Tx: getting the addict
- to participate again in life

## Journaling --



- Connection
- Understanding
- Self knowledge
- Encouragement
- Passion
- Human and spiritual connections

1. The sun makes my body, soul and well being brighter and happier.
2. Rolling ocean waves relaxing peaceful moments welcoming.
3. Remaining tranquil when turmoil surrounds, creates peaceful quiet in my heart.
4. The tranquil movement of ocean waves transfers into still moments.
5. Trust in mankind will restore your faith and create new peace for life.
6. A renewed life of humility, courage and mindfulness.
7. Peaceful cat sleep, happy, sunshine relief, 2:30 stress free meeting.
8. Sun sending warmth energy relaxed calm permeates my zip code.
9. Warm hugs, unconditional love, giddy laughter, caught in between, blessed.
10. Outside noise a car? Talking? Thunder? Is it my mom listen more intently.
11. Breathing seems to stop at times, I must remember to breathe, concentrate.
12. Blank, empty, loss of vision, cracked shutters show no light. Hit my bottom.
13. It's willingness and courage to build a new foundation and find peace.
14. Determination can lead us to calmness and freedom free from worry.
15. Little by little I am a work in progress, positive changes.

## Poetry writing--

- Unlimited creativity in otherwise Homer-ish uncreative souls
- Open, no rules, 17 rule
- Whatever form clients choose
- Haiku
- Haibun
  
- Use of journaling as a source and as a record of growth



## Narrative --



- Story of the addiction is boring but necessary instead.
- Define the noise of addiction
- The noise of recovery becomes clearer
- Selective detailing: meeting contexts, content, anonymity
- Relationships with money, sex, others, self, music, family, work

# Drumming --



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- Cross cultural and healing in itself
- Change from negative dissociative like reactions to positive dissociative-like state of recovery
- Only with sufficient training and support can this intervention be safe and helpful

## Journey work --

- using a rattle or drum, even clicking stones together or tapping, it is not these actions but the **brain's response** that changes.
- Journeying with intent involves **changing brain waves**, becoming receptive to healing information from non ordinary reality



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## Rocks --

IT'S  
OKAY

- \* TO MAKE MISTAKES
- \* TO HAVE BAD DAYS
- \* TO BE LESS THAN PERFECT
- \* TO DO WHAT'S BEST FOR YOU
- \* TO BE YOURSELF.

STACIE SWIFT

- another favorite
- 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 one Sunday she called me frantic that she had lost her rock.
- No longer a client, and living two hours away, she came to the office Monday morning to select another!

*I do not question these methods:  
the results speak loudly enough.*

## 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

## TASKS OF RECOVERY PROCESS – Client Version – REVISIONING RECOVERY

<b><u>BEYOND ABSTINENCE</u></b>	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
DMR PHASES OF RECOVERY	<b>TRANSITIONAL</b> "still at it"	<b>STABILIZATION</b> "stops"	<b>EARLY</b> "1 to 3 years"	<b>MIDDLE</b> "3 to 5 years"	<b>LATE</b> "5 to 8 years"	<b>MAINTENANCE</b> "8 to 11 years"
LEVELS OF CHANGE	<b>T</b>	<b>A</b>	<b>S</b>	<b>K</b>	<b>S</b>	
<b>ABSTINENCE</b>	CAN'T DO WITHOUT	CAN'T DO WITH	DON'T WANT TO	CAN'T SEE ANY BENEFIT	FINDS BIGGER PERSPECTIVE	
<b>SITUATIONAL</b>	STILL VISITING SET UPS, USING PEERS, PLACES	LEARNS ABOUT OPTIONS	AVOID SET UPS, TRIAGE RELATIONSHIPS	REPAIRS SOCIAL NETWORK	EXPAND W/ NON- RECOVERING PEOPLE	
<b>BEHAVIORAL</b>	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
<b>COGNITIVE</b>	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
<b>EMOTIONAL</b>	NUMB	NUMB, JUMBLED, MANY MOOD SWINGS	LEARN TO FEEL	LEARN TO IDENTIFY FEELINGS	LEARN TO EXPRESS	ACCEPT AND CHOOSE
<b>CORE BELIEF</b>	NO SELF ESTEEM	NO TO LOW, VULNERABLE	IDENTIFY ORIGINS OF OLD MESSAGES	DO EMOTIONAL RELEASE WORK	REDECIDE MESSAGES	LIVE OUT NEW MESSAGES



So In summary,

1. abstinence >

**recovery >**

**TRANSFORMATION**

- **ABSTINENCE** (remaining alcohol, drug and bet free)  
versus
- **RECOVERY** (remaining out of action and abstinent)  
versus
- **TRANSFORMATION** (plus deep characterillogical  
change and growth)

# Recovery tools for newcomers

- Read some literature daily
- \*Use phone list,
- Avoid setups and
- Have plan to handle triggers
- \*Plan two meetings a week so you'll get to one
- \*Ask lots of questions
- \*Clean house and car
- \*Don't engage in any potentially cross addictive behavior, for any reason , at any time

\*= five very important things

## Abstinence, out of action $\neq$ recovery

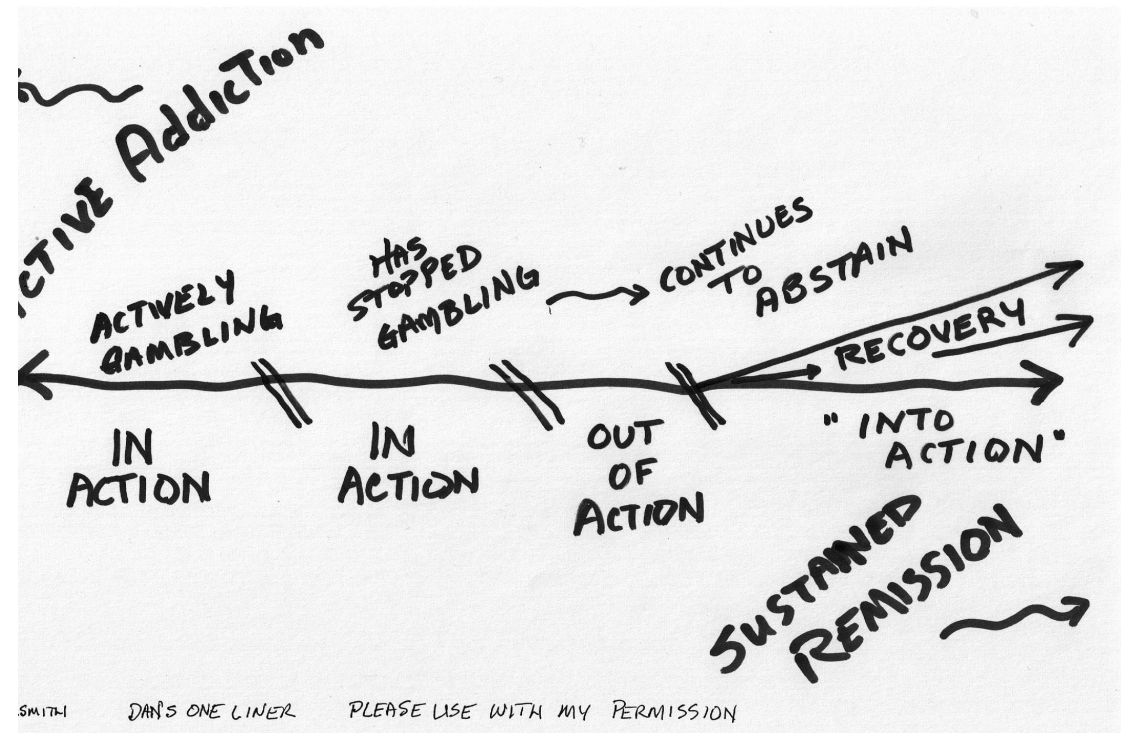
Cessation, withdrawal,  
Sustained remission

Elimination of setups and  
Development of strategies for triggers

Triage of relationships, income, debt

Cessation of cross addictive behaviors

Strategic intervention of distorted thinking



### 3. TRANSFORMATION (plus deep characterological change and growth)

"Deep authentic recovery without much noise to distract us"

_____ ^	_____ ^	_____ ^	_____ ^
Actively Addicted	Abstinent	Abstinent	Abstinent
In Action	In Action	Out of Action	"Into" Action
<b><i>Lost</i></b>	<b><i>stability</i></b>	<b><i>spiritually bankrupt</i></b>	<b><i>spiritually fit</i></b>

How do we know / What we need to Do ??? Tcy and how we do what?

## 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



again... Recovery is a shift *against*  
the control paradigm of addiction to:

A LIFE FULL OF

- ☐ Purpose and meaning ...
- ☐ Disciplined but creative planning ...
- ☐ Courageous but humble lifestyle...
- ☐ Love and compassion but with appropriate Boundaries...
- ☐ A mindful Commitment to being Present...
- ☐ Life sustaining Spiritual Paths of reconnecting with our source



***Thanks for taking the time and effort  
today!***

Advanced Clinical Consultation 98 Zipp Road Hillsboro MO 63050-1210 314 265 2440 (gambling, addiction, mental health)	<a href="https://heal.me/danielsmith">HEAL.ME/DANIELSMITH</a>  Wellness and Happiness	R.I.S.E. HOPE Medical Center 2000 S. Eastern Avenue Las Vegas NV 89104 702 440 0053 (eating, substance & gambling)
BetNoMore Gambling Programs	betnomore@gmail.com	US 314 265 2440 anytime

*It's been a pleasure!!*

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*In memory of Joanna Franklin, Reece Middleton, Ed Looney, & Mike Brubaker. Many thanks to NYCPG and to my mentors Chris Anderson, Rick Benson, Pat Fowler, Henry Lesieur, Richard Rosenthal, Lori Rugle, Arnie Wexler, & Keith Whyte for their continuing support & patient encouragement. Much gratitude to Sandra Ingermann, Tom Cowan, and Pat Tulholske for their conscious care of my soul. And of course, to my clients without whom this work would be impossible.*