

Hardwiring Recovery with Mindfulness and Neuroscience: Applications for Mood, Trauma, & Addictions

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Objectives

- Discuss specific brain maladaptations contributing to mood disorders, posttraumatic symptoms, and addictive behaviors.
- Describe how to promote lasting clinical changes through utilizing mindfulness-based brain science approaches
- Delineate awareness based three steps for hardwiring recovery
- Demonstrate brain booster strategies for addressing anxiety, depression, and limiting lifestyle habits
- Apply two contemplative approaches that can reduce the frequency of alcohol and drug relapse.
- Explain how prolonged stress impacts brain anatomy and mental health recovery.
- Utilize a five-step approach for increasing clinician compassion.

Program Outline

Exploring Cutting Edge, Neuroscientific Research: Mood and Mindfulness

- Hardwiring clinical changes for mood disorders – Research findings, clinical applications
 - Related brain structure atrophy – current evidence
 - Meditation for re-growing atrophied brain structures
 - On and off the cushion: Label thoughts, identify feelings
 - Benefits of interoceptive awareness – scientific findings
 - Putting interoceptive awareness into practice
 - Individualizing the body scan
 - Body mapping
 - Gentle yoga postures
 - Findings - how mindfulness enhances emotional regulation
 - Interventions - Build emotional regulation skills step by step
 - Psychoeducational tools for enhancing emotional awareness
 - RAIN – a four step process for developing responsiveness
 - Cool the flames of anger
 - Simple gestures for working with anger
 - Develop awareness of underlying emotions
 - Step out of the trance of anger – telling a new story
 - Walking meditation for addressing intense energy
 - Cultivate patience/ reduce irritability & reactivity
 - Recognize impatience: awareness of mind/body cues
 - Support patience through contemplative practice

- Establish & honor limits
- Build effective decision-making tools
 - Guide choices through values clarification
 - Choosing and consulting 'advisors'
 - Tap into inner knowledge
- Are the Dalai Lama's monks happier? Research on mindfulness & positive emotions
- So, your clients aren't monastics? - brief neuroplasticity strategies for creating balanced mood
 - A three step, awareness process for rewiring towards happiness
 - Calming and energizing breathing practices
 - Gentle yogic movements
 - Grounding practices
- The power of compassion for self and others – western science
- Living openheartedly – formal and informal kindness practices

Rewiring the Addicted Brain: How It Happened and What to Do About It

- The mal-wired the reward center - neurophysiology
- Rewiring the reward center for recovery
 - Reducing cravings with mindfulness
 - RAIN for cravings
 - Urge Surfing
 - Clarifying values
 - Creating intentions
 - Self-compassion – kind words towards self and others
 - Returning to the true self
 - Identifying healing narratives
 - Resetting the nervous system after trauma
 - Identifying false sanctuaries & underlying beliefs
 - Overcoming conflict and risk avoidance
 - Yogic Deep Relaxation: research across populations; eastern views
 - Promoting neuroplasticity, reducing symptomatology
 - Integral Yoga and iRest approaches

Healing the Traumatized Brain: From Recovery to Thriving

- Understanding the traumatized brain and related behaviors: from neuroscience to epigenetics
- Somatic approaches
 - Rewiring the fight/flight/freeze response
 - Chandra bheda – a breath for insomnia and anxiety
 - Client education for panic
 - Calming panic with breath and simple movement
 - Non-dual awareness

- Restoring executive functioning/increasing brain integration
 - Client education on brain speak
 - The power of naming emotions
 - Strengthening the self
 - Forgiveness of Self and Others
 - Understanding forgiveness
 - Forgiveness as a process
 - Gaining clarity – assigning responsibility
 - Tools for developing compassion
 - Brain chemistry changes

Mindfulness for Clinicians

- Integrate role and soul
- The neuroscience of mindful presence
 - Healing attachment ruptures
- Enhance therapeutic presence
 - Bells of mindfulness