

Questions Asked During Live Webinar Broadcast on 03/26/2015



Q: Can you please provide a reference for the 17-Second rule?

A: The reference is a combination of research referenced by Rick Hanson as part of his H.E.A.L. process (Foundations of Well Being) in which one holds a positive thought/emotion/sensation until it moves into long-term memory and information from Abraham-Hicks (Ask and It is Given).

Q: Do you run a certification course and what way should we contact you?

A: I do not run a certification course. This year I will be participating in an intensive training in Mindfulness Based Relapse Prevention that will qualify me to teach that method to others. What I can offer right now is a one or two day in-service program in which I will facilitate practice of all the methods that were touched upon in this intro course and apply the material more specifically to your clinical needs. The best way to contact me is via email: beverly@beverlyscreativecounselingsolutions.com

Q: How can we introduce mindfulness groups to men inmates?

A: My suggestion would be to emphasize in a basic way, the manner in which the brain changes with the practice of mindfulness (good sources for more on that topic are Rick Hanson's book *Buddha's Brain* and www.mindful.org) and the simplicity of the practice itself: e.g. focus on breathing which we all have to do, a way of accepting oneself and the present situation without judgment, and no ability to meditate, particular spiritual or religious beliefs, or special skills needed.

Q: Is there more in-depth training on the subject of mindfulness or a certification on the topic?

A: What I can offer you right now is a one or two-day experiential workshop or in-service training in which we would specifically practice all of the exercises introduced in this webinar and spend more time applying the material to you specific client population and clinical needs. By the end of this year, I will be certified to teach the Mindfulness-Based Relapse Prevention program. If you look that up online you will find intensive training programs. Please contact me for more information or to schedule a follow up workshop: beverly@beverlyscreativecounselingsolutions.com

Q: Please talk a little more about "expect the positive."

A: What I mean by this phrase is that the best way to teach these methods is to practice a perspective that supports the essence of what we learn through the the exercises themselves. That perspective includes self-compassion, confidence that each of us is exactly where we need to be on the journey to healing and recovery, that there is no need for force, and that expecting the best of any situation actually helps us to find the best around and within us. I have found that my own mindfulness practice has led me to a sincere experience of that perspective, which my clients can sense when I am with them and which builds trust in our process together.

Q: Can you really change your brain 17 sec at a time?

A: The two references I used for that information are Rick Hanson's work in *Buddha's Brain*, where he explains that we can "program " our brain to replace the sticky negative thoughts with emotion-laden positive thoughts that create new neural pathways by savoring positive experiences (or memories of such

experiences). A specific time of 17 seconds is suggested by the Abraham-Hicks material (*Ask and It is Given*), in which it is explained that only 17 seconds of holding a thought that elicits positive emotion can shift one's perspective and create an internal atmosphere, over time, in which one starts to look for and notice more and more positive experiences (thus developing resilience, hope, and motivation to change). Please contact me if you have more questions or would like to schedule a longer version of this workshop with more time to practice and apply the material to your specific needs: beverly@beverlyscreativecounselingsolutions.com

Q: Will mindfulness work for clients who are in treatment for addiction for the first time?

A: Yes, as I introduced in this webinar, the practice of mindfulness can benefit clients at any Stage of Change. Specifically, when clients enter treatment for the first time, they are often in the Pre-contemplation or Contemplations stages of change. Mindfulness practice at these stages can help clients to:

- minimize guilt while accepting full responsibility
- clear the mind so that pros and cons can be considered
- stay more often in the present moment, which reduces the rumination that often leads to relapse behaviors
- learn to regulate emotions and "ride out" triggers and cravings

If you would like to schedule a longer version of workshop, tailored to your specific client and staff needs, please contact me:

beverly@beverlyscreativecounselingsolutions.com