WELCOME!

Unlocking the Spirit from the “Realm of Hungry Ghosts”

Applying Trauma-Responsive Techniques to Reclaim the Spirit

Michael G Bricker MS, CADC-2, NCAC-II, LPC
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Support Together for Emotional and Mental Serenity & Sobriety
Let Your Spirit Take Flight...

Mindfulness – Based Stress Reduction and Mindfulness – Based Relapse Prevention

Northwest Regional Conference
EMBRACING THE FUTURE
JUNE 13-15, 2019
Hello!

...Unlocking the Spirit from the “Realm of Hungry Ghosts”

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Consultation in recovery from substance use and mental disorders

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“If you bring forth that which is within you, then that which is within you will be your salvation.

If you do not bring forth that which is within you, then that which is within you will destroy you.”

*from the Gnostic Gospels*
Perhaps we should start with a definition of “mind”:

WEBSTER: “the part of a person that thinks, reasons, feels and remembers”

Perhaps closer to our purpose: “a process that regulates the flow of energy and information.”

Daniel Siegel (2007)
A little bit of history -

Ancient meditative wisdom traditions

3,000+ years

Buddhist, Zen, Sufi, Christian mysticism
Hebrew Kabbalah
Indigenous Ceremony

1970s Psychological Benson – Kabat-Zinn

Movement Meditation
Tai Chi, Qi Gong, Yoga

1990s Mindfulness Practice

TM – Maharshi Mahesh Yogi 1960’s

Daniel Goleman PhD & Richard Davidson PhD (2017)
Types of meditation

1. Loving-kindness meditation... *Buddhist*
2. Body scan or progressive relaxation. ... *eg. Benson/Kabat-Zin*
3. Mindfulness meditation. ... *Zazen*
4. Breath awareness meditation. ... *Pranayama*
5. Movement Meditations – *eg. Tai Chi, Chi Gung, Kundalini yoga*...
6. Spiritual meditation. ... *eg Judeo-Christian mysticism, Sufism, ayahuasca/peyote, Sweat Lodge.*
7. Mantra and Transcendental Meditation.
A

Mind-wandering

Sustained Focus

Awareness of MW

Shifting Attention

Hypothesis:

DMN
attention networks

W. Hasenkamp et al. / Neuroimage 59 (2012) 750-760

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Default Mode Network - DMN

Unfocused – “mind wandering” self-centered judgmental episodic memory

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CAUSES or TRIGGERS OF STRESS & ANXIETY

Major life changes
Work
Relationship difficulties
Financial problems
Being too busy
Children and family

Inability to accept uncertainty
Pessimism
Negative self-talk
Unrealistic expectations, perfectionism

EXTERNAL
INTERNAL

CONDITIONED MIND

Copyright (2015-2016) NeuroMeditation Institute, LLC
The cingulate gyrus connects the cortex and the limbic system

- **top-down processing**: learning, switching tasks, emotional awareness & regulation, motivation
- **bottom-up processing or “hot cingulate”**: fixation on thoughts, feelings & behaviors, obsessions and compulsions, catastrophizing, anxiety & worry, emotional reasoning,
Quieting the anxious mind
Heart-rate variability and mental health

Quieting the Vagus nerve

- **Friction**: Cortical Inhibition (chaos)
- **Appreciation**: Cortical Facilitation (coherence)
Brain Wave Patterns in Meditation

**GAMMA** – bliss and “burst of insight”

**BETA** – alert and engaged – working

**ALPHA** – relaxed and restful

**THETA** – drowsy

**DELTA** – asleep or unconscious
Transcending the thinking process:

Conscious Mind

Concentration • Contemplation • Mindfulness
Relaxation Response • Visualization • “Mantra” meditation
Christian Centering Prayer • Guided Meditation • etc.

Deeper Relaxation
Increased EEG Coherence

Transcending
Transcendental Meditation

Many meditation practices tend to keep the mind engaged on active levels of thought, feelings, and sensations. Such practices, while beneficial, are not necessarily designed for effortless transcending or producing the deep physiological rest and extensive benefits gained from TM practice.

Restful Alertness

Inner source of energy, creativity and intelligence

Pure Awareness

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“Mindfulness”

English term *mindfulness* first coined in 1881.

Comes from the Sanskrit word *smriti* meaning “awareness,” specifically, “coming back to awareness.”

*Samatha* is the Buddhist practice of the calming of the mind. This is done by practicing single-pointed meditation most commonly through mindfulness of breathing.
“Mindfulness”

Paying attention in a particular way: on purpose, in the presence of the moment, and non-judgmentally; as if your life depended on it  

The self-regulation of attention to the conscious awareness of one’s immediate experiences while adopting an attitude of curiosity, openness, and acceptance  
(Bishop, Lau, Shapiro et al., 2004)
Mindfulness – Research Support

Mindfulness brings about various psychological effects, including increased subjective well-being, reduced psychological symptoms, and reduced emotional reactivity (Keng, Smoski, & Robbins, 2011).

Mindfulness based interventions are effective treatments for a variety of psychological problems, especially in reducing anxiety, depression, and stress, at very least on par with cognitive and behavioral interventions (Khoury, Lecomte, Fortin, et al., 2013).

Mindfulness-based interventions in children and youths hold promise, particularly in relation to improving cognitive performance and resilience to stress (Zenner, Herrnleben-Kurz, & Walach, 2014).
Mindfulness-Based Stress Reduction (MBSR – Jon Kabat-Zinn)
Mindfulness-Based Relapse Prevention Therapy (MBRP – Gordon Marlatt)
Mindfulness-Based Cognitive Therapy (MBCT - Segal, Williams & Teasdale)
Dialectical Behavioral Therapy (DBT - Linehan)
Acceptance and Commitment Therapy (ACT - Hayes)
Eight Elements of Mindfulness

- Beginners Mind
- Non-judgmental
- Acknowledgment
- Non-Striving
- Equanimity
- Letting Be
- Self-Reliance
- Self-Compassion

From: A Mindfulness-Based Stress Reduction Workbook
Stahl & Goldstein (2010)
Eight Elements of Mindfulness

- **Beginners Mind** – this quality of awareness sees things as new and fresh, as if for the first time.

- **Non-judgmental** – this quality of awareness means cultivating impartial observation of any experience; not labeling thoughts, feelings or sensation as good or bad, but simple noting of them in each moment.

- **Acknowledgment** – this quality of awareness accepts and validates things as they are.

- **Non-Striving** – with this quality of awareness there is no need to move toward or away from any experience, or be anywhere other than where you are.
Eight Elements of Mindfulness

- **Equanimity** - this quality of awareness involves balance and fosters wisdom, allowing a deeper understanding of the nature of change
- **Letting Be** - this quality of awareness allows us to be with things as they are, without trying to escape
- **Self-Reliance** – this quality of awareness helps you see for yourself, from your own experience, what is true or not true
- **Self-Compassion** – this quality of awareness cultivates love for yourself as you are, without self-blame or criticism
All formal “mindfulness” approaches * incorporate three elements—singly, or in combination:

- **Breathwork:** Bringing the focus of the mind to full awareness of breathing here and now.
- **Meditation:** Allowing the mind to observe itself in the present moment, without judgement.
- **Somatic Awareness:** Using conscious focus to become fully aware of my body in the present moment.

* For our purposes, “transcendental meditation” is an exception...
Let’s examine each one for a moment....

- Breathwork
- Meditation
- Somatic Awareness
Pranayama.

The conscious awareness of breath: the life force that both energizes and relaxes the body. The term is derived from the Sanskrit, prana, meaning "life force," and ayama, meaning "extension."
Calm your mind in 2 min.

**ALTERNATE NOSTRIL BREATHING**

Repeat 6-8x

1. Close right nostril with thumb. Breathe in left nostril - 4 count
2. Open left nostril. Breathe out - 6 count
3. Close left nostril with right ring finger. Close both nostrils - Briefly
4. Open right nostril. Breathe out - 6 count
5. Breathe in right nostril - 4 count
6. Close right nostril with thumb. Close both nostrils - Briefly
Pranayama Technique
Ujjayi Breath

1. Inhale & exhale through your nose

2. Create a slight constriction in the back of your throat

3. Create an audible sound

4. Set a consistent rhythm
Combat Tactical Breathing

This technique, known as combat or tactical breathing, is an excellent way to reduce your stress and calm down. This breathing strategy has been used by first responders, the military and athletes to focus, gain control and manage stress. In addition, it appears to help control worry and nervousness.

Relax yourself by taking 3 to 5 breaths as described below. Visualize each number as you count.

Breathe in counting 1, 2, 3, 4
Stop and hold your breath counting 1, 2, 3, 4
Exhale counting 1, 2, 3, 4
Stop and hold counting 1,2,3,4
Repeat the breathing

Breath in counting 1, 2, 3, 4
Pause and hold your breathe counting 1, 2, 3, 4
Exhale counting 1, 2, 3, 4
Stop and hold counting 1,2,3,4

Also called Samavritti “box breathing” and “4-square” breath
The Stimulating Breath (also called the Bellows Breath)

The Stimulating Breath is adapted from yogic breathing techniques. Its aim is to raise vital energy and increase alertness.

Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.

Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.

Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this diaphragmatic breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee.

Dr. Andrew Weil
The Cycle of the Breath in Restoring Self

“Emotions” - MIND

“Feelings” - BODY

Breath
Present moment
Breath
Breath
Breath
Let’s examine each one for a moment....

Breathwork

Meditation

Somatic Awareness
NEUROMEDITATION DEFINED

NeuroMeditation is the application of brain-based principles to meditative practices.

THE FOUR STYLES OF NEUROMEDITATION

#1 FOCUS: Often referred to as “Concentration” or “Focused Attention” in the research, this style involves the voluntary control of attention and cognitive processes.

#2 MINDFULNESS: This style is referred to as “Open Monitoring;” it involves a dispassionate, non-evaluative awareness of ongoing experience.

#3 QUIET MIND: Described as “Automatic Self-Transcending,” this style is geared toward the automatic transcending of the procedures of the meditation practice and is consistent with TM and Zen practices.

#4 OPEN HEART: Sometimes referred to as “Lovingkindness” or “Compassion,” these forms of practice generally involve the activation of a positive feeling state and a focus on an “unrestricted readiness and availability to help all living beings.”

Meditation Interventions to Rewire the Brain

Jeff Tarrant PhD, BCN
CHOOSING A NEUROMEDITATION STYLE

FOCUS

One approach to choosing a NeuroMeditation style is to consider the specific goals of your client OR their specific concerns. If the lists below are consistent with your client’s goals or concerns, Focus practices may be a good fit.

Goals
- Reduce distractibility
- Increase sustained attention
- Reduce mind wandering
- Improve concentration and focus
- Increase self-monitoring
- Improve cognitive self-awareness
- Develop mental stability

Mental Health Targets
- ADHD
- Cognitive decline in elderly
- Mild traumatic brain injury
- Memory problems

Meditation Interventions to Rewire the Brain
 Jeff Tarrant PhD, BCN
CHOOSING A NEUROMEDITATION STYLE
MINDFULNESS

One approach to choosing a NeuroMeditation style is to consider the specific goals of your client OR their specific concerns. If the lists below are consistent with your client’s goals or concerns, Mindfulness practices may be a good fit.

**Goals**
- Learning to let go
- Creating distance from thoughts, feelings and behaviors
- Reducing judgment
- Increasing awareness of bodily states
- Increasing awareness of, and regulating emotional states
- Calm awareness of present moment

**Mental Health Targets**
- Anxiety
- Chronic stress

Meditation Interventions to Rewire the Brain
Jeff Tarrant PhD, BCN
CHOOSING A NEUROMEDITATION STYLE

QUIET MIND

One approach to choosing a NeuroMeditation style is to consider the specific goals of your client OR their specific concerns. If the lists below are consistent with your client’s goals or concerns, Quiet Mind practices may be a good fit.

Goals
- Non-attachment
- Quiet the mind
- Minimize internal self-talk
- Non-striving
- Creating distance from the ego-mind
- Restful alertness

Mental Health Targets
- Chronic pain
- Personality disorders
- Obsessive-compulsive disorder
- Substance abuse
- Eating disorders

Meditation Interventions to Rewire the Brain
Jeff Tarrant PhD, BCN
CHOOSING A NEUROMEDITATION STYLE
OPEN HEART

One approach to choosing a NeuroMeditation style is to consider the specific goals of your client OR their specific concerns. If the lists below are consistent with your client’s goals or concerns, Open Heart practices may be a good fit.

Goals
- Improve mood
- Increase empathy
- Increase gratitude and appreciation
- Opening the heart
- Perspective taking
- Increase generosity

Mental Health Targets
- Depression
- Grief
- Personality disorders (empathy)

Meditation Interventions to Rewire the Brain
Jeff Tarrant PhD, BCN
How to **IMPROVE** the Moment with more Psychological Flexibility

**I**  
**IMAGERY:** Create a situation with the imagery different from the actual one; go to a real or imaginary safe place, imagine the past as a companion, not a threat to be overcome.

**M**  
**MEANING:** Put the experience of the past into the context of your valued ends - focus on positive actions toward those goals. Give yourself a break from the urge to judge or evaluate your experience. Ask – “what is this experience here to teach me?”

**P**  
**PRAYER:** The complete opening of oneself to experience the moment with a higher power, greater wisdom, or wise mind.

**R**  
**RELAXATION:** Change how your body responds to pain as a crisis; listen to a relaxation tape, sit in a hot tub, take 10 deep breaths, half smile.

**O**  
**ONE THING IN THE MOMENT:** Focus your entire attention on what you’re doing right now. Let the experience flow through you without judgment.

**V**  
**VACATION:** Take time out to regroup; try one of the EMDR or EFT tapping interventions; do some breath-work and visualization exercises.

**E**  
**ENCOURAGEMENT:** Cheerlead yourself; be conscious of how this experience can help guide you towards your valued ends.
Light - Stream Meditation

Let’s examine each one for a moment.

“Let the body speak its mind.”
Waking the Tiger - Peter Levine, PhD

Breathwork
Meditation
Somatic Awareness
Sensorimotor Psychotherapy

5 Building Blocks of Present Experience

- Therapist and client together explore the Building Blocks of Present Experience
- Inner body sensation
- Five-sense perception
- Movement
- Emotion
- Cognition

Ogden et al 2006; Ogden 2014

© Pat Ogden & The Sensorimotor Psychotherapy® Institute
Why the emphasis on “somatic” in a mindfulness workshop?
Walking Meditation (Qi Gong)
Progressive Relaxation - Clench and Release
Each becomes synergistically more powerful in combination:

- Meditation
- Somatic Awareness
- Breathwork
The Body Scan
PUTTING IT ALL TOGETHER -
Breathwork, Relaxation, Visualization and Anchoring

https://www.youtube.com/watch?v=YVcv35FKLqU
THE MIND-BODY PROBLEM

Get up.

No.
Candace Pert PhD was an early pioneer in the investigation of mind-body harmony. She discovered the endogenous opiate receptor, and how neuropeptides link the rain and body. She later became the Chief of Brain Chemistry at the National Institutes of Health.
The Physics of Emotion: Candace Pert on Feeling Go(o)d

Electrochemical messages are passed between brain cells. Similar signals are passed to every cell in the body. Each is studded with “receptor sites,” a kind of “mail box” for these electrochemical messengers.

The molecules of emotion, a kind of neuropeptide, change the chemistry and electricity of every cell in the body and mind. Feelings literally alter the electrical frequencies generated by our bodies producing a nonverbal communication.
EMDR

Eye Movement Desensitization and Reprocessing
Mindfulness, breathwork and relaxation achieve vertical integration of the three parts of the brain… cortex, limbic system and brainstem

Bilateral stimulation achieves simultaneous horizontal integration: Left hemisphere – logic & language Right hemisphere – imagery and creativity

A reproducible handout on Resource tapping is available in your handouts
Other Bodymind Interventions

Aromatherapy
EFT Acupressure Tapping
Massage – Hakomi
Bioenergetics
Lavender Reduces Stress

Me:
Aromatherapy

The therapeutic use of essential oils, known as aromatherapy, is finding its way into the healing arena as an effective and worthwhile contributor in the mind-body-spirit sphere of holistic healing. Carefully selected essential oils are ideal for addressing Post Traumatic Stress Disorder (PTSD). Both physical and emotional aspects of trauma can respond powerfully to appropriate essential oil use. Massage therapists incorporating an integrative approach can include the use of aromatherapy to enhance their work with PTSD clients who display any of the following physical and emotional symptoms associated with the traumatic experience:

Research supports aromatherapy in the treatment of:
- Depression
- Anxiety & Irritability
- Panic and panic attacks
- Self-blame & esteem issues
- Withdrawal from life (anhedonia)
- Insomnia
- Headaches and other chronic physical pain
Candace Pert PhD states in her book *Molecules of Emotion* that 85% of the neuropeptide receptors for emotion are located in the limbic system. This means that the sense of smell can bypass other cognitive structures in the brain, facilitating a more direct and strong association of memory with smell.
Aromatherapy Can Help PTSD

ESSENTIAL OILS KNOWN FOR THEIR ANTI-ANXIETY AND ANTIDEPRESSANT ACTION INCLUDE:

1. Bergamot, *Citrus aurantium* var. *bergamia* - A spicy citrus-scented oil that works as an antidepressant by diminishing stress and tension.
2. Chamomile, *Chamamaelum nobilis* - This distinct, earth-scented oil has natural soothing esters.
4. Lavender, *Lavandula angustifolia* - A fresh, camphoraceous oil with several soothing esters.
5. Lemon, *Citrus limonum* - Tart and fresh-scented oil that contains citral, which is calming.
6. Pine, *Pinus sylvestris* - Tart and fresh-scented oil that contains citral, which is calming.
7. Rose, *Rosa damascena* - Both sweet and spicy, this floral tranquilizes nerves.
8. Rosemary, *Rosmarinus officinalis* - Astrong, forest-scented oil that stimulates the circulatory system and diminishes fatigue.
EFT Tapping & acupressure both utilize the “meridians” or channels of CHI identified thousands of years ago in Chinese traditional medicine.
This is a research-proven technique that is based on the same Eastern Healing traditions - going back over 3 thousand years - that are used in acupuncture, Tai Chi, yoga and Chinese medicine. This technique can be used on any kind of physical, emotional or mental challenges you might choose to work on. It might seem like diabetes and depression are very different, but they both rely on the same mind-body balance of energy or Chi.
**EFT™ TAPPING PROCEDURE (The Basic Recipe)**

#1...The Setup

1) Repeat 3X
   
   Even though I have this ________ (problem)_
   
   I deeply & completely accept myself.

2) While continuously rubbing the “Sore Spot” or tapping the “Karate Chop” point.

**The Sore Spot/Karate Chop Point**

#2...The Sequence

Tap about 5X on each point

#3...The 9 Gamut

**Gamut Point**

NOTE: It is important to keep the emphasis on the unpleasant emotional response to the challenge while tapping. The affirmation phrase “...I deeply and completely love and accept myself” is used ONLY in the set-up sequence.

#4...Repeat (#2)

**The Sequence**

The “tapping” can also be a gentle touch or light massage - the point is to gently activate each meridian channel to rebalance the “Chi” or energy flow.

NOTE: In subsequent rounds of tapping, change the setup language to “Even though I STILL have SOME OF this problem...” and use “REMAINING problem” as a reminder phrase.
EFT Acupressure Tapping - the "basic recipe"

First of all, rate your degree of distress or discomfort ("Subjective Units of Distress" or SUDs) on a scale of zero (no distress at all) to ten (worst distress I can even imagine).

Then, use the challenge you are working through in a short sentence, using "emotional" words. For instance: "I really HATE having this pain!" or "This depression is killing me!" or "I'm so anxious I can't go to work..."

Then build this into the EFT set-up phrase by adding a positive affirmation: "Even though I HATE having this pain... (depression...) (anxiety...) or whatever: ...I will be OK!" ...I completely love and accept myself!" ...I can do the things I need to do!" etc.

Then do 3 (or more) rounds of tapping (see the chart) while deconstructing ONLY the Negative part of your statement – for example: "I HATE having this pain... this pain makes me angry... I'm afraid it will never stop... HATE having this pain... the pain pisses me off... my back is killing me" and so forth. Be as creatively "nasty" as feels comfortable - the idea is to get the emotions and frustration out!

When you are done tapping, now rate your distress using the same SUD scale. If it went to zero or one, GREAT JOB! If it's still a 2-3-4, you can decide to do another round, or rest for a bit (it may come down a bit more all by itself). If it's still troubling you, do as many rounds of EFT as you wish.
Let’s give it a try!
5 Acupressure Points To Alleviate Stress And Anxiety
**Point 1: Nei Guan/PC6**

Starting from the wrist, measure the length of three fingers down the forearm. Where the third finger meets the middle of the arm, the point is located. Clenching the fist will reveal the tendons that run down the middle of the arm, the point lies between these so called “tram lines.” Apply firm pressure using the thumb, then start to gently rotate thumb in a circular motion to massage the point for 2-3 minutes. Doing this to both arms will help to melt anxiety and will also help reduce nausea.

“This point also helps to harmonize the function of the heart in our relationships,” says Brooks. “It facilitates communication to keep to an appropriate level for the person whom we are engaging with, so helps towards ensuring that we are neither too open or too closed.”
**Point 2: Union Valley/LI4**

This point is located between the webbing of the index finger and thumb. Apply the index finger and thumb from the opposing hand to either side of the webbing to form a pinch. Apply firm pressure for three minutes whilst taking breaths that are deep enough to fully inflate the abdomen. Applying pressure to this point will help to relieve stress and tension in the body.

“As this point helps to stimulate the large intestine, it’s also a wonderful point to stimulate ‘letting go’ and clearing across all levels of the body, mind and emotions,” says Brooks. “Similarly, as we internally begin to de-clutter, you may also find yourself tidying your space around you and clearing away what you no longer need.”
Point 3: Shoulder Well/GB21

This stimulation point is located half way between the point of the shoulder and the base of the neck. Applying pressure with your index finger to this point aids in relieving stress and decreasing tension in the body. According to the principles of traditional Chinese medicine, this point also helps to free up the flow of Qi throughout the meridian system.
Point 4: Central Treasury/LU1

This meridian point is located on the tender tissue two finger widths above where the underneath of the arm meets the chest. Using the tip of the index finger and applying moderate pressure to this point, on either one or both sides simultaneously, will aid with deep breathing and increased blood circulation, and help with the balancing of unstable emotions.
Point 5: Heavenly Pillar/BL10

This point lies one fingers width below the base of the skull, upon the rope-like muscles roughly one half-inch either side of the spine. Web the fingers across the back of the skull and use both thumbs to apply firm pressure to both points. Close the eyes and take long and deep breathes whilst stimulating the point for around 3 minutes to relieve stress. These points also assist in insomnia, a stiff neck, over exhaustion and swollen eyes.
What is Reiki?

Reiki (ray-key) is a light touch healing system. It is an ancient Japanese healing art that promotes and accelerates healing and balancing of the body, mind, and spirit. The word Reiki means Universal Life Energy. Thanks to a growing body of positive research, this modality of energy medicine is being used in many hospitals, healing centers and now therapist offices across the nation with success.

How does Reiki work?

Many cultures have used their hands to transmit energy to help with physical and emotional discomfort and balance the flow of life energy, promoting healing. A large biomagnetic energy field, the same frequency range as brainwaves in the alpha state, are emitted from the hands and synchronize with those of the client. During the treatment process weak energy pulses start in the thalamus of the practitioner’s brain, following through the peripheral nerves that include the hands. This electromagnetic response is mirrored in the person receiving the Reiki. This balancing has been shown to promote wellness, peace, and relaxation.

Thanks to Dinel Steiner MA, Reiki Master
Spiritual Being
(meditation; moving toward my valued ends)

Emotional Being
(relaxation and self-regulation)

Social Being
(distress tolerance)

Cognitive Being
(re-structuring my experience without judgment)

Physical Being
(I have… it doesn’t have ME)

Emotional Being
(relaxation and self-regulation)

Mindfulness Restores Balance
Native Modalities – presented by Elders

Drumming
Smudging
Sweat Lodge
Grandfather’s Stories
Specific Ceremonies
Spiritual Being
(meditation; moving toward my valued ends)

Ceremony Restores Balance

Social Being
(distress tolerance)

Cognitive Being
(re-structuring my experience without judgment)

Physical Being
(I have… it doesn’t have ME)

Emotional Being
(relaxation and self-regulation)
Two-Eyed Seeing Blended Approach to Seeking Safety

YELLOW – East (Spring)
- Beginnings
- New Dawn
- Sobriety
- Childhood – rebirth
- Times of Change
- New Ideas
- New light

RED – South (Summer)
- Maturing & growing into adulthood
- Direction from the Flames
- Transformation & integration
- Time to accept change and learn

BLACK – West (Fall)
- Mature Adulthood
- Sunset – twilight
- Day fades new awareness
- Time to prepare – finish things
- Family and responsibility

WHITE – North (Winter)
- Old age
- Purity and wisdom
- Place for Healing
- Dreamtime
- Growing & looking deep
- Understand the Wisdom that was given
- STOP - LISTEN

You can’t stop the waves from coming, but you can learn how to surf.

John Kabat-Zinn
Resources for further exploration:
A Mindfulness-Based Stress Reduction Workbook

Bob Stahl, Ph.D. | Elisha Goldstein, Ph.D.

Moving from Trauma-Informed to Trauma-Responsive
A Training Program for Organizational Change
Facilitator Guide, 2 DVDs and 1 Flash Drive
Item: 3769
Author: Stephanie S. Covington, PhD
Author: Sandra L. Bloom, MD
Hakomi is an integrative method that combines Western psychology and body-centered techniques with mindfulness principles from Eastern psychology.
The Positive Mindfulness Programme

Dr. Itai Ivtztan PhD

https://positivepsychologyprogram.com/positive-mindfulness/

Positive Mindfulness Program (PMP)
The PMP runs online for 4 weeks and includes 8 sessions that combine mindfulness with:

1. Self-awareness
2. Positive emotions
3. Self-compassion
4. Autonomy
5. Self-efficacy (Strengths)
6. Meaning
7. Positive relations with others
8. Engagement
Thanks for your attention and participation!

Remember: meditation is a practice...mindfulness is a way of life.

You can find me at: mbricker6421@gmail.com
Thank You! for bringing Hope, Help and Healing to your Patients!
The STEMSS® Institute
Support Together for Emotional & Mental Serenity and Sobriety
NAADAC Approved Education Provider # 176230

Consultation in recovery from substance use and mental disorders

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Promoting dual recovery since 1984