

NAADAC

WELLNESS AND RECOVERY IN THE ADDICTION PROFESSION

2:00 PM - 3:30 PM CENTRAL

MAY 5, 2021

CAPTIONING PROVIDED BY:

CAPTIONACCESS

contact@captionaccess.com

www.captionaccess.com

>> Hello, everyone and welcome to part 5 of 6 of the specialty online training series on wellness and recovery. Today's topic is Mindfulness with Clients - Sitting with Discomfort presented by Cary Hopkins Eyles. I'm really excited to have you guys as part of this presentation. My name is Jessie O'Brien. I'm the training and content manager here at NAADAC the association for addiction professionals. And I will be the organizer for today's learning experience. This online training is produced by NAADAC, the association for addiction professionals. Closed captioning is provided by CaptionAccess today. So please check your most recent confirmation email for a key link to use closed captioning.

As many of you know, every NAADAC online specialty series has its own webpage that houses everything you need to know about that particular series. If you missed a part of the series and decide to pursue the certificate of achievement you can register for the training that you missed, ticket on demand at your own pace, make the payment and take the quiz. You must be registered for any NAADAC training in order to access the quiz and get the credit. If you want any more information on the wellness and recovery series, you can find it right there at that page.

So this training today is approved for 1.5 continuing education hours, and our website contains a full list of the boards and organizations that approve us as continuing education providers. As you know, you're already paid \$25, the registration fee, and that includes the CE quiz, the certificate, and eligibility to apply for the certificate of achievement for wellness and recovery in the addiction profession.

Most of you are familiar with GoToWebinar, but just a little refresher, that is what we are using today or you will notice that the GoToWebinar control panel looks just like this on my slide. You can use the orange arrow at any time to minimize or open up the control panel. Some of you just want to get it out of the way and listening and go, that's great. We are going to gather all of the questions that you have and give them to our presenter during the live Q&A at the end of today's presentation. So any questions that come up where you want to ask about mindfulness, please just type them in there and we will gather them and Cary will get to them at the end. Also you will see a little box that says handouts, and you can download the PowerPoint slides. User-friendly instructional

guide on how to access our quiz and you can you and your certificate. Please be sure to use the instructions when you are ready to take the quiz.

Then introduce you to today's presenter, Cary Hopkins Eyles has worked in this area for 18 years. She has been training extensively and teaching at the University level. Cary is passionate about substance use recovery and wellness topics which is the deputy director of the International Consortium of Universities for Drug Demand Reduction, ICUDDR. Cary is also a registered yoga teacher and practitioner of mindfulness in her dead life. I'm going to close my mouth and turn off my camera and pass this over to you.

>> Thank you so much and thank you to NAADAC for having me and for all of you. I know it might be a little bit tired of looking at a screen, but I hope today will be really relaxing and energizing at the same time, but I feel that mindful it's can be.

I really appreciate the wonderful introduction and I'm glad I don't have to say the whole name of my organization because it is quite a mouthful. And we do have our acronyms in our field, don't we?

So we are going to spend an hour and a half together. And I would like us by the end to understand the value of mindfulness for our clients, to be able to sit with uncomfortable feelings. Some of you may be on board with that or you may not be really sure, what I mean it wise this valuable. We are going to learn how mindfulness can help you will not use absences, and I'm not going to spend an hour telling you why mindfulness is on your own, we are going to have lots of ideas of what mindfulness looks like.

I think we are going to have a polling question. Our first poll, should pop up shortly. Would you consider someone who use mindfulness in your personal or professional life? Even somewhat? Yes or no. I will give you guys a chance to respond here. I see the boats coming in. Don't forget if you have any questions, you can put them in the questions box under control panel. We have about five more seconds. Last chance to get your vote in. So I will close and share the results.

>> All right. Excellent. So we have probably 4% who are just really modest and 96% who responded even somewhat. So this is great to see and it helps me kind of know how far back we had to go into mindfulness and how much of a deep dive. So thank you

for participating in that. Why am I talking about mindfulness today? As just mentioned, I am personally a practitioner of mindfulness and I have been trained in yoga. I am a yoga teacher.

I have really found it interesting to take my years of work in the addiction field and my years of training with mindfulness and yoga and holistic practices in mind-body connection and how do these two go together? And I think they do naturally in a lot of ways. So one of the things that I have observed and I imagine you have also, is that a lot of our clients react to strong feelings by trying to just get rid of them. We talk about self-medicating. Mindfulness can help us to sit with uncomfortable feelings and not feel like we have to react or act out because of them.

I like to think of it as a feeling will come and it's something we don't really want to experience and we say okay, anxiety, you're here. That's the present situation. You can sit with me for a minute, but you are not going to live here. We will talk a little bit more about that through this process, but just to give you a quick start there.

So what is mindfulness? Another reason that my fullness is beneficial is I am one that doesn't like to reinvent the wheel. Or given when I was running treatment programs and I was training, I was all was trying to come up with techniques that would help my counselors, would help our clients without additional cost or a brand-new training or having to throw out techniques you are already using and have learned for years. So I never wanted to do that. So one of the mindfulness techniques as you can add them to your treatment protocols, you can add into programs for your clients and your staff with little to no cost.

And they work really well with a lot of other therapies like CBT. And we will talk about that more toward the end of the presentation today. But I want you to know that that is important to me, that you don't come into this and you are trained in all sorts of different ways, motivational enhancement or whatever it is you do, in your work, I don't like to feel like there is this lady coming in and telling me to start from scratch or reinvent the wheel because that's not the case at all.

So one of the great things is at least 96% of you saw, we have mindfulness. You don't have to create it. You just have to figure out how to access it within you. Another thing is

anyone can do it. Doesn't matter what your belief system is, physical ability, mental capacity, any of that.

I find a lot of the things I gravitate towards people with yoga, mindfulness, people tend to see it as new age or a trend. These things have been around a lot longer than our other evidence-based practices. But it is an evidence-based practice that is approved through science.

And like I said, it's not a trend. But what is it? Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, nonjudgmentally. So let's write that down to we are paying attention. We are paying attention perhaps to something that doesn't feel right in our body. We are paying attention to how someone spoke to us, how that's making us feel. We are paying attention to whatever is happening through our senses. On purpose, so very intentional, in this moment, not in the past or in the future, which we tend to do a lot, and this is really key.

Nonjudgmentally. So I'm not sitting here feeling like oh, my stomach hurts. I want my stomach to hurt because I have a presentation to do. It would just be an awareness that my stomach doesn't feel good right now. So mindfulness is just things are what they are right now in this moment.

One of my favorite teachers that I will mention soon, talks about look at that. It's now again. And click on the moment we actually really have so can we try for some percentage of our day, of our life, to be fully present in this moment and just accept what it is. And it's hard. It's not an easy practice. But it's incredibly beneficial.

And so we need to be authentically mindful. There is what some call McMindfulness like practices they using brand culturing and things like that. We are interested in authentic, actually being fully in this present moment.

So I mentioned one of my teachers, Jon Kabat-Zinn. Some of you may know him. He's the modern father of mindfulness in the West. He studied with Thich Nhat Hanh, one of the founders. But he has a Ph.D. in molecular biology. He's a scientist and he researches what he works on.

And in 1979 he founded the stress reduction clinic at the University of Massachusetts medical school, where he adapted the Buddhist teachings of mindfulness and created a structured 8 week course they call MBSR. And by increasing the mindfulness, those

who did this MBSR aim to reduce their overall arousal and emotional reactivity and to gain a deeper sense of calm.

So one of his books that I love is called Full Catastrophe Living. And it's about the fact that we tend to be in fight or flight a lot of time. And people who are in chronic pain or chronic stress, mental health issues, there are all these issues, so how can we be in this present moment. And it's actually not about fixing it. It may have some benefits, and we're going to talk about those, but it's just about I'm here right now. This is my present circumstance.

So the program is said to benefit people with ADHD, anxiety, depression, chronic pain, all these different issues.

And so let's talk about discomfort. You will notice in my title I said sitting with discomfort. Because it's a lot easier, although not for everyone, to sit here and be okay with this moment if things are good. It is joyful.

One of my other favorite teachers you may be familiar with, Dr. Berné Brown gives an example for she is looking out the window and she is seeing her kids in the yard, and she is so happy and filled with joy and love and all of a sudden, she imagines something bad will happen to them. That something we will do to when things are good, we get scared. In this case we are talking about discomfort when we are suffering.

So this quote, from MSW, as humans, we do everything we can to reduce our suffering and to avoid pain -- emotional or physical, so is difficult to accept the pain of our emotions and not try to do anything to fight it.

So it is in our nature. It's actually evolutionarily and biologically sound that we want to avoid pain and seek pleasure. There's nothing wrong with that impulse.

Sometimes someone may be upset and would pat them and we say don't cry, cheer up, it's going to be okay, or children, and we say don't cry.

I am personally not a don't cry person. I am very much let it out, let's be present together in empathy. And with my kids, I have a 9-year-old and a 13-year-old and if they walk into the room and I'm crying, they don't say what is wrong? They don't say it's okay mom. They just come over and kind of hold the board and say I'm here or things must be hard right now, some empathetic statements.

To the point that it has to be model. We are generally uncomfortable with sitting with strong emotions and we are not really taught how to do so. Sometimes maybe with anger, look at that coworkers like I can't believe that happened, we might be, like yeah, yeah, or if the coworker came to us crying, we are much more comfortable with that. So is working on how can we sit and be comfortable. And one of the things we do that is well-intentioned, but if someone is hurting near us, if we don't know how to respond, we make statements that are actually not empathetic. If someone got hurt, well, at least the person didn't die. Or was say that is nothing pick listen to what happened to me. It's well-intentioned, but doesn't actually help people.

It would actually be better in some cases to be silent and just be present with that person.

So going back to how this relates specifically with addiction. Chances of repeated relapse may stem from a limited ability to cope with uncomfortable sensations that are likely the result of an overly taxed nervous system. The experience of addiction is not a logical process and treatment providers teach people about drugs and alcohol and the impact they have on their bodies, without teaching them how to be in their bodies.

Part of it is I think of when we have a rough day and I'm going to go home and have a glass of wine, or if we eat because of stress, we're going to talk more about those different coping skills. And how that comes into play. Because we don't want to stay in our discomfort.

So we want to understand the relationship between feelings, sensations which might be anxiety, it might be cravings, and the action. The behavior, drug use, whatever it is, and the practice of mindfulness can help us gain insight about addiction through learning to witness our own internal process or helping our clients to do so.

And so I mentioned Berné Brown earlier. And under the things that happens is that we have difficulty sitting with discomfort whether tarts for our clients, and I tend to come back to ourselves because I think we need to be able to relate to the human process and not just talk about our clients as much as possible. So part of the discomfort is we don't want to appear vulnerable. We kind of psych ourselves up. We want to armor up.

And that's why anger is so popular to use that term, because a lot of people are more comfortable being angry than looking at the primary emotion that is underneath that anger of fear or hurt.

And so we armor up. Brené Brown defines vulnerability as uncertainty, risk, and emotional exposure.

And so with this vulnerability is perceived in our culture as being weak or being somehow undesirable. And as I mentioned, we tend to want to have our masks on, have our armor on, be strong. And we may have a safe place at home with friends, family where we can be vulnerable. But for many clients, they didn't grow up in an environment where it was safe to be vulnerable physically or emotionally. They may have trauma, they may have dysfunction in their family of origin. One of the things, I did an online course with Dr. Brown, and one of the things we learned was about what are the things that you learn as a child, especially in a family of addiction or dysfunction? And sometimes the message that we received is it is not okay to have needs. If there is already so much going on with the parents where they are trying to manage that, literally as a child you can learn that it is not okay to have needs or express those needs. So clearly you are not going to come to mom and dad crying or expressing hurt or fear or pain. Because the perception is, is that that is not okay.

So our next question in the polling -- I was just going to read it, but you can.

>> Sorry. Have you ever felt negative physical effects of stress because you numbed your feelings or didn't allow them out in a conscious way? Yes or no. You should be able to cast your vote. Votes are coming in. Write your questions if you have any in the Q&A box. I will close the poll and share the results.

>> Thank you. That is a really vulnerable and honest answer. Thank you.

We have. I think it's part of the human condition if we allow ourselves to be aware of it. I think it has now been 2.5 years maybe, when my dad passed suddenly, and I'm a very emotional feeling person. I let it out. I don't write in any way to say I'm sorry I'm crying or whatever it is. I'm just not apologetic about feelings. And I have multiple friends who have lost parents years prior who said I never grieved. And who kind of grieved alongside me because I made it very honest and open and comfortable to grieve.

So we have all had -- in yoga we have this expression. Your body whispers to you and if you don't listen, it will start to scream. I think if the same with a tight muscle that you don't take care of and then you pull a hamstring or whether it is something emotional. If you just feel off, you don't feel quite right but you keep pushing through running, blocking, working crazy hours, eating, drinking, whatever it is, eventually it's going to come out some way and it may be a very unhealthy way.

So I say here avoiding difficult feelings or numbing so we don't feel are coping tools that we use. So just to be clear, I'm saying coping skills. And the reason I'm saying this is because I think it's important that we reframe that some of the things that we and our clients do, drinking, using sex, whatever it is are coping tools. They may be maladaptive coping tools for sure, depending on how they are used, but they are still used as coping skills or coping tools. If we can realize that, there is more empathy and different tools then to handle that.

Another thing we might do is I'm not that upset. I shouldn't be mad at that, not her, I shouldn't be upset about this, all of which is trying to rationalize instead of feeling, doesn't matter if we sugar shouldn't be upset about something. If we are, we are. How we handle it is another thing.

So some things we might do with binge watch Netflix, sorry if you feel called out. Eating, busyness, we have this culture, maybe not as much now, but we have had a culture of glorifying being busy. And one of the things I train on nationally and internationally is self-care. I'm not for glorifying being busy all the time. Sex, drama, work, substances, shopping. These are all things that can be done a little is fine and a lot is not.

They can be innocuous, but if they are used as an escape from feeling our emotions, then it's maladaptive.

If you're feeling crappy and you sitting on watch three hours of Netflix, you're probably going to turn off and still feel crappy. Because whatever the issue was it's probably still there. If you're just tired, overworked, needed great, we know that I can be okay. But avoiding, blocking or numbing is not going to work.

One of Dr. Brené's causes we can't selectively numb emotion. We numbed the dark and you numbed the light. An issue here, when we look at our clients is they might be

numbing trauma, for example, which is understandable. The desire to numb trauma, I think any of us would want to.

But then they are having difficulty connecting with their children or having real relationships or feeling real joy. There is an apathy. We want when we are talking to clients about some of these issues, we want to show them and let them know that this maladaptive coping skill has maybe worked for you in some ways, you're not feeling the anxiety, the depression, the shame, another thing I like to train and teach on, you're also not feeling the joy and the gratitude and the positive emotions.

So what are the effects of not feeling? We talked a little bit about the fact that if you don't feel, it's going to come out in some way and all of you have shared that in some way you have had that happen. So sometimes it's just that pain in the shoulders and arms from how you're sitting in your stressed and you are not taking care of yourself. Sometimes it's worse. People have heart attacks, they have strokes, all different kinds of issues that can come up from not taking care of your feelings.

The fact is that there is a biological reason for that. So if we don't allow the feelings to be felt in a healthy way with a counselor, a partner, through journaling, through meditation, prayer, whatever it may be, then we might feel a lot of psychological distress, depression, anxiety, too much sleep, not enough sleep, too much eating, there is a lot of ways this can go. A lot of it has to do with trying to find balance.

So we may experience, if we don't feel our feelings, we may experience things like heart disease, intestinal problems, that's a big one, headaches, insomnia, autoimmune disorders. And I talk a lot about fight or flight. Your body, if it thinks it's in danger, which is an evolutionary response, it's going to increase her cortisol so you can render you can fight. But the problem is most of our modern-day issues, we don't need to either run or fight from them. So that being said, we have things that are stimulating us a lot of the time. They are making us feel like we should be in fight or flight. The great news is I'm going to give you some tips and simple things you can do for that, but one of the things we have to do with ourselves and our clients is just to realize it. That light, sound, constant projects, your email dinging, you're getting a DM, push notifications, et cetera, in and of itself, that will get that cortisol going.

But what do you do with it? You're not going to fight a bear, you are not going to run away from a predator. So let's take a second right now in fact, to do a simple breathing exercise. If you're able, then sit with your back nice and straight if you're standing that is fine as well. Trying to find a nice tall spine, arms by your sides, maybe feet on the ground or hanging from a chair. We are going to take a nice deep breath in and exhale out. Maybe closing the eyes if you feel comfortable.

Inhale. And try to slow down your exhale as much as you can hear. Inhale. Nice long slow deep exhale. Inhaling, just letting that inhale happen and try with each exhale to make it longer and slower and deeper.

What that exhale is doing, you can continue as I talk for a few more breaths, but what that exhale is doing is sending a message to your parasympathetic nervous system that you're safe. So it will start to decrease that cortisol production and allow some of it to leave the body.

That is something that we can do. You can open your eyes and rejoin the world.

Something we can do on a really regular basis. So I do it with students who are about to do a presentation or a test, I do it with my children if the energy to be a little too much and I do it for myself.

Actually, I do it probably most recently with my niece who is having some serious medical issues. It's just such a simple thing that you can do, and it's biologically proven to be beneficial. That slow, deep exhale, even if you have to kind of fake it at the beginning. Just try to slow down that breath. It sends the message to your body that you're safe.

And that's another thing we can be telling ourselves when we feel anxious and we can tell her clients this that you're safe. You can say I'm safe my family is safe. My friends are safe. And so jumping ahead a little bit, but this is one thing that you can do with clients in session, especially we tend to get worked up. We are going from client to client, we have the invitation, all the things we are doing, so sitting down with the client, being present with them, being mindful, you might not be an expert, but just saying to them, let's do a few deep breaths before we start.

And you get comfortable and you do what I just did, or maybe you find someone else, you listen on YouTube while they do a few deep breaths.

Your modeling for your client, your starting the session anyway that is going to make you both feel safe, calm, present in that moderate duck moment. You're modeling something for them that they can do whether they are in court, whether they are about to see their kids, whether they are feeling worked up in dorms or wherever they are. And so one of the things that is interesting is this Vagus nerve, it runs down the neck and pearls around as you go. Some of you may have heard about it when you were pregnant. You don't want to lie on the right side because of that nerve.

With that, it's an emotional center and it's where a lot of our passion and empathy and love comes from. And again it's one of these things where we can't control in all cases, how we feel. So biology and anatomy basics say we can't stop our and emotions from being triggered. They originate in the middle section of the brain that is not always under our conscious control. The part of the brain that is responsible for emotion is the limbic system. It is made up of several structures located in the cerebral cortex.

Basically certain things are going to trigger a feeling, and yes, we can absolutely process it as mature adults. But the feeling is still there. We can't just fully ignore the that the feeling originated.

So we have a choice. For ourselves and our clients, we can tell them how did that make you feel? Nothing. My partner for a long time would say, he would tell me a story about his child or about work or whatever, and I would say how did you feel? Typical counselor girlfriend. I'm an adult. I'm a grown man. I didn't feel anything about it. It's just work. It's just parenting. And I talked to them all the time. And he said I feel a little this or that. We have feelings, and is not about being an adult, being mature. The feelings come, and we had to decide are going to express them, handle them, process them in mindful ways or in less healthy ways?

So one thing, as I mentioned earlier that is really critical is that we can't assume that our clients know how to feel the feelings and express feelings. They may not have been permitted to feel in their lives. They might not have been taught or modeled, and it may not have been safe. As I said, as someone who grew up in a codependent enabling, alcoholic household, I can tell you that one of the messages that I was taught, which is very typical, is that it's not okay to have needs.

We had six kids, an alcoholic mom/stepmom, so there was plenty going on and we had the typical scapegoat hero, all those, and basically it's like no, are you bleeding? If you're not dying, then you shouldn't be crying. You shouldn't be talking about your feelings. You should just be onto the next thing.

We know that clients has grown up in similar or worse situations where they really are permitted to express feelings. It's not safe. I will give you something to cry about kind of ideas. So substances are often there to mask feelings to help people cope.

And we know that if we help clients to stop using, then there has to be something else there. So if I've been using alcohol or drugs or whatever it is, to cope with my emotions, those emotions are going to come back and they will need to be handled, hopefully in a healthier way, and that is sometimes when people start bringing contraband into facilities. They will start to be focused on sex. They will focus on secondary hives in running residential facilities, and they will try to find a way to either get that high again, or get rid of that feeling, depending on what they are going through. So it's really important for us to be able to help them with being present and mindful with these experiences.

So feelings are going to arise. If our clients don't have the right skills, they are often going to be feeling overwhelmed. They might be depressed. Or as I mentioned earlier, a lot of things will be expressed as anger. And I'm sure a lot of you have had that experience where clients are angry, even though we would probably say if we look at the pyramid, they are expressing their anger, but everything underneath, they are feeling disappointed, frustrated, hurt, sad, but those feelings are harder to access and more vulnerable.

So we have to try to make it safe. For our clients who feel their feelings. And that may bring up fight or flight. They may get very anxious. They may want to run out of our office. They may want to act out. They might be overwhelmed. So we have to continually make it safe and practice with them.

And one of the great things that we can teach them and model is something that I would like to practice for a minute now. So I'm going to ask you to pick something that brings up some stress for you. Not something that is on the scale of 1-10, a 10, but 1-10, 1, not very stressful, 10 being a panic attack, need a 3 or 4. Take a moment and think about

whatever that stressful thing is and think about where you feel it in your body? Where you experience whatever that stress is.

Do you feel butterflies in the stomach? Does your heart start to pound? Does your temperature change? Do your thoughts start to change, would you say for that for another minute and then we are going to do a little breathing to come out of it. Just noticing where you feel that stress in the body. And then if you haven't already closed your eyes, close your eyes and get that nice tall spine again, shoulders down, inhale. We are going to sigh. Big sigh. Wherever you are. And then continue to inhale. And try to make a nice, long, slow exhale. Inhale and exhale. And maybe it could be okay if we have a couple people comment in the chat were they thought that in the body.

So if anyone wants to share in the question and answer there, are you experience stress in your body, depending on what it is for me. My stomach will not be great but sometimes my heart will race. It depends. Sometimes if it is shame-based, I tend to feel hot. Depend on what it is exactly.

But I think that is something we don't learn, so it would be really great to teach our children, to teach our clients, to have our clients teach their children, where do you feel your stress, your anxiety, your shame, your feelings in your body so you can start to notice and say, that's how I feel when this is happening.

With my oldest, he will be like, I'm not feeling great about this, but I'm not sure what. I asked him where you feel that in your body? And just normalize some of those things for people. So I don't know if we have any comments on that.

>> People are writing in the question box. Tightness to the chest and neck. Stomach and chest.

>> So a lot of core and --

>> Headache, heart racing.

>> Thank you so much. Those are really common and normal, I think, again one of the things that happens with use is you lose that conductivity with the body. That's one of the reasons I used to do a lot of yoga with my clients. And we all tend to lose connectivity with our body because we are going so fast or eating junk and we are not paying attention or whatever it is. We are sedentary, whatever it is. But to be able to sit with yourself and say, I have tightness in my chest when I feel the spirit get a headache

when this happens. It's really valuable information. And to say to a client, where do you feel that in your body? I would say to clients that a lot, but were you feeling or thinking during that? And they are often like, I don't know. That's kind of dangerous and concerning that you don't know the thought or the feeling that is associated with this. But there is such a disconnect that happens and we are trying to help reconnect ourselves and our clients with themselves. So thank you for sharing that.

So what are the benefits of what I'm trying to sell you today? Mindfulness, probably a lot of you have mentioned that you do in your personal or professional life already use some mindfulness period which is amazing and I'm so happy to hear it. Some of the benefits are to our health, to our cognitive and emotional regulation, and gratitude and joy. My favorite topic.

Let's look at some of the research. Heart health. Mindfulness practice, it doesn't have to be anything ext

, is shown to reduce systolic and diastolic blood pressure and it helped to bring the blood pressure down. It improves the cardiovascular capacity and creates lower heart rates. And for children, I think this is interesting and actually something you can share with your clients and they can share their children as well as with their own children, this generally means less worrying about the past or future and more focused on what is happening now. Which is what we want with mindfulness.

If your heart rate is pounding, it's hard to just be in the now. Your body is kind of racing, it's difficult to be right here. But if we can start here and start to bring some of those systems down like you we were doing earlier without breathing, then there is a positive cycle.

Some of us are getting older. It's crazy when Jess was introducing me, I've been doing this 18 years, it's probably more now, but the benefits include decreasing cognitive decline from aging and Alzheimer's. I am by no means a neurobiologist, or neuroscience in any way, but from my understanding, and I love neuroscience, if you're constantly bombarding your brain with cortisol and with stress hormones and fear and worry, and with substances and different things, course is not going to work as well. My youngest is very dramatic and everything is a 10 on a scale of 1 to 10, I'd like them your brain is not going to work as well. You can't do good problem-solving when your brain is

on high alert. So being able to notice the moment, nonjudgmentally, and just be present with it can help with basically how the brain can work.

So this study is interesting especially because it compared mindfulness to other relaxation training. So it was really comparing apples and apples and a lot of ways.

Those who practice mindfulness show greater improvements on cognitive scores than any other group.

A systematic review of research to date suggests that -- mitigate cognitive decline, perhaps due to its effects on memory, attention, processing, and executive functioning. And for children and not just children, it can mean better focus.

I really love this idea that it can improve our immune response. And now we know how critical this is so muffled studies that were using mindfulness meditation or the MBSR that I talked to you about earlier, found benefits to the immune system including things like in decrease inflammation, if you're not familiar, inflammation is one of the biggest issues we experience in the body with modern problems. So anything that can decrease inflammation just generally is really good for us.

Increased T cells in patients with HIV or breast cancer, and faster wound healing. I thought that was interesting.

Now, we are going to shift somewhat into this concept of self-regulation. You may not be familiar with it already is clinicians are people in this field, but I'm going to talk about these fact that self regulation involves controlling one's behavior, emotions, and thought in pursuit of long-term goals.

Emotional self-regulation refers to the ability to manage disruptive emotions and impulses and to think before acting. One of the things I do is teach at the University here in Tampa, and I teach criminology, and to that trauma class I mentioned. And we talk a lot about impulsive behavior in terms of relationship to crime. And so the idea that someone can emotionally self regulate and be able to stop -- not make a poor decision because impulse control is really powerful.

So self-regulation also reflects the ability to cheer yourself up after disappointment and to act in a way consistent with your deepest held values. So I feel like a lot of this relates to resiliency. And I'm sure a lot of you are familiar with resiliency in your work.

This idea that things are going to happen, and especially with our clients who are trying

to change their lives, but it's not going to happen quickly, and to be able to cheer themselves up if they don't get that job they were hoping for or if a family member is not willing to try to make amends for the are able to see their child or something doesn't go well in court, whatever it may be, to be able to come back with that sucks. That's disappointing. But I can handle it. And be able to move forward.

So what do we mean about it being consistent with values? If you for example, it's important to you to do well in school, a self regression activity would be not to go out and party if you need to be home studying. Or to not slack off that's what you need to be doing. Or if the value is to help others, maybe you do that even when you're busy if that's appropriate.

So with self-regulation, it's kind of maturity, and it reflects the ability to reflect emotional, social, and cognitive threats with thoughtfulness. And if that reminds you of mindfulness, that is purposeful. Mindfulness relates to self regulation. And that is taking a pause between a feeling and an action. Taking time to think things through. Make a plan and wait patiently.

For me, what I have noticed through my mindfulness practice is that I used to feel something and it was almost the feeling and the action, as if they came together. Now, there's the feeling and there is a pause and that pause to me is everything. That pause is change, growth, opportunity, safety. It is so amazing because in that pause, I can decide to not say that snippy thing to someone I care about. In that pause I can decide not to make that poor choice. In that pause I can hold my tongue or decide it's okay. I don't like this, but it's okay. And I think getting that pause is what we want to try to help our clients and ourselves to be.

In adults with poor self regulation skills might lack self-confidence and self-esteem and might have trouble handling stress and frustration. If you haven't worked with a client who has a really low frustration tolerance, that person who ultimately when something goes wrong, it's never going to work out. I can't do this. There is no solution, and I think we all know those people, that is not having good self-regulation skills.

So that is that person we want to help and say let's sit, let's relax for a minute. What is actually happening? Finding the mindfulness of what is happening in this moment.

Because sometimes those people are 12 steps ahead already. And they are already

into I couldn't get a job today so now I'm never going to work. This might be expressed in terms of anger and anxiety, and in more severe cases may even be diagnosed as a mental disorder.

Self-regulation is also important in that it allows you to act like I said, in accordance with your values and your social conscience and to express yourself more appropriately.

I am not ashamed to say that is probably been only in the last year, maybe two years, when I have learned the value of silence. Even though I have been a local yoga teacher for a long time, a mindfulness practitioner and a counselor, it's not until recently, most with my kids tracing southern that would trigger me, and I have finally realized I don't have to respond. And that to me is a lot of growth there.

As I mentioned earlier, if you value academic achievement, self-regulation will allow you to study instead of slack off before a test. If you value helping others, it will allow you to help a coworker with a project, even if you're on a tight deadline. And in its most basic form, self regulation allows us to bounce back from failure and stay calm under pressure. These two abilities will carry you through life, more than other skills. A lot of echoes back to that resiliency.

And so cognitive and emotional regulation is highly related to mindfulness in that mindfulness has been shown to promote stronger focus and problem solving, functions that are impacted negatively by stressful or traumatic conditions. So if you have a client who was brought up in a household that was incredibly stressful, maybe they even have PTSD, their brain is not working in such a way to have a great focus, memory, and problem solving. That is like that person I just mentioned to has low frustration tolerance. Immediately going to worst-case scenario or shutting down as opposed to someone who can say, okay. This thing happened. What are my options.

So regular mindfulness practice improves our brain's capacity for decision-making and emotional regulation. It gives you that pause to be right here, right now. And to pause and kind of be able to assess nonjudgmentally, and you're not going to be there like that, it's not perfect, it's not all the time, but to try at least two practice that and I said here that allows kids, but it allows all those who manage our emotions and behavior and body movement when we are to face with tough situations.

So self-regulation involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals. We said that instead of it always being about right now, the impulse control, it's funny because it's almost like counterintuitive. On one hand, you're getting yourself right here in the present moment, but it's also going to help you for the long term.

So we are going to move into gratitude, so we can do the third polling question.

>> So our question, do you have a fairly consistent gratitude practice personally or professionally? It doesn't have to be anything fancy or big. Here are the results popping up now. There we go.

>> Okay. Excellent. So we have some work to do, but we have a lot of people doing it. This is great. Always love to have an opportunity.

Maybe you are unaware of gratitude practices or don't really know what that looks like or maybe you are doing it and don't even know or maybe you're going to come home with something today from it. Either way, we have an opportunity.

About 77% have some gratitude practice personally or professionally, and 23% said no. So let's look at it. Gratitude is probably to people I know, and anointing that I'm always talking about. People are struggling, and I say what are you grateful for? So I love this quote. It is not joy that makes us grateful. It is gratitude that makes us joyful. And he probably also heard gratitude turns what we have into enough. And I fully believe this. Mindfulness cultivates agility and flexibility in attention, which allows us to more easily tune in to pleasant experiences, even things that are available to us right now even in a pandemic. Like flowers that are blooming or blue skies or laughter or people we love. And so is helpful to focus on where we want to go rather than all the potential dangers. We know that there is risk. I was talking with someone today about going back into the world after COVID. This person is fully vaccinated and going into a safe situation, but they are scared. That is understandable, and I tried to remind them that we take risks on a daily basis, we just have to be smart about what those risks are and look at the positives as well.

So gratitude is the most powerful coral it of happiness. When we are grateful, our body columns, we feel at peace in all rooms of our lives.

This is when I favorite things. I was telling my students this the other day because they all had to present my class, and I don't mind public speaking at all, but I noticed the number 1 fear. So I try to help them out. And I try to explain to them this concept in psychology of reciprocal innovation. We can't have two contradicting things at once. So it's a nice thing that we can work on for ourselves or our clients that you can't really feel grateful and stressed at the same time. Especially if I feel stuck and I can't get out of some negative thinking, I try to list what I'm grateful for. It's a really good way to get out of that stuck and that negative feeling.

So the best part about gratitude is it's even easy to access and little time. Doesn't cost any money.

All right. Let's talk about some specific mindfulness techniques that you can use today that you can do with your clients that impracticality you have something.

Meditation. A lot of people are hesitant, I hear I'm not good at meditation. I can tell you right now nobody feels good at meditation. So if you're thinking you're not, you're in good company. And all meditation is, is basically the same definition of mindfulness. It's just sitting in the present moment, nonjudgmentally. So if you sit quietly, wherever you decide to do that or lie down quietly, and every time you bring those into what you're going to make for dinner, what you forgot to do that work and you come back, you're meditating. If you do that for five minutes, you meditated. Not about getting to some nirvana, it's not outreaching enlightenment. I have meditations where I feel like a kind of left my mind and my body and it's really relaxing. There are other times where I feel really agitated because I couldn't get my brain to shut off. That's normal. That is the monkey mind following meditation. And it's what your brain is supposed to do.

Supposed to keep going.

But as we practice our meditation more, we come back to the breath, maybe you do it guided like we did earlier with a teacher, you have to come more into this present moment. Maybe next time that you sit and meditate you're able to drop them, as we say sometimes.

I have meditated for years and years. I have great times, I have hard times, just like anything else. That's why it's a practice prep.

Deep breathing, I did one type of deep breathing with you which is to increase that exhalation. If you want to make a more formalized you would do something like you would inhale for 4 seconds and exhale for 8. If you try to make the exhalation twice as long as the inhalation, that is really beneficial. But any amount longer than the inhale, if your exhale is a little longer, it's going to be really good for you.

There are a lot of different types of breathing techniques out there. You can look it up. There is a lot in yoga that we use, and if we have time maybe we will do another one before we go into questions today. But breathing is probably the number 1 most powerful tool that I can recommend to you.

Another thing you can do is noticing the feelings in the body let that we did earlier, but I would tell you that notice your breath. Really notice your breath. Don't even try to change it. But during the day when you are feeling stressed, are you breathing fast? What is happening with the breath? If you have no energy, what happening with the breath? You just notice and you can look up energizing breath and relaxing breath and I have taken breath workshops. There are things that can help you and your clients with almost anything.

Noticing where the feelings are arriving in the body. So maybe your client is worked up and you say let's just sit for a minute. Close your eyes. And tell me where you're feeling this in the body. You don't want them to tell you about I can't believe because John said this and he's trying to get the job that I want or my girlfriend did this or that. We are not looking for that in this moment. We are looking for where do you feel it. I feel my heart is racing. I have a headache. My body feels tense. I want to just run. I want to beat someone up. And helping clients to understand that that is fine or flight that they are feeling. And describing and helping them some of the feelings they are experiencing just through noticing them.

So basic mindful meditation is sitting quietly and focusing on your natural breathing like I mentioned earlier. It can also be having a mantra or word that you repeat silently.

Allowing the thoughts to come and go without judgment and returning to focus on breath or mantra.

So let's do come I think we will have time, let's do a basic mindful meditation. Everyone pick a word that is important to them or they would like to sort of embody. So like I am

patient, I am kind. I am present. I am loving. Whatever it is for you, think about that for a moment. Let's roll the shoulders back a couple of times and let them fall. Close the eyes, and just think about your mantra. Maybe you think I am kind, inhale, I am kind. Exhale, I am kind and keep thinking that over and over with the inhale and exhale. Inhale, exhale.

And as you do this, even though you have a mantra to focus on, you have my voice, you have your breath, the mind will still wander away think of it as a small child that will find something interesting to do. So just like you would with a small child, take your mind and thoughts by the hand and come right back to the breath and back to the mantra. Don't scold yourself, don't judge yourself. It is normal. Just come back into this moment and breathe, inhaling and exhaling and think about your mantra.

Inhale and exhale. Continue with your mantra at a pace that makes sense for you. So if you're breathing nice and slow, maybe you can think I am whatever. On the inhale and exhale, and if that is too much, maybe inhale I am, exhale kind. Making sure you're letting the shoulders are down, they are not coming to your ears. Inhaling and exhaling. One more time with your mantra. And opening the eyes and just noticing how you feel. So you can have one word, you can have a mantra, you can have just your breath. You can have a candle in front of you. There are a lot of ways to do this. But it's nothing logical or fancy or -- everyone can do it.

Another thing you can do is notice your body sensations. So notice each part of the body. We do this at the end of our yoga class. It's called our final relaxation. So sitting, just kind of being present and nothing, say someone says I tighten my chest. Just noticing it. Tightness in my chest. I little tickle around my neck whatever it is. Just noticing all the way from head to toe and allowing those experiences to be without judgment, without trying to fix it or change it or do anything. I should exercise more, I need to stretch more, why do I feel this? Just being aware and present.

Noticing sights, sounds, smells, tastes, and touches. Some may already be doing this with client to have anxiety, it can be really nice just to think about I can taste the coffee I drink before we came in here. I can feel the cool air on my skin. I can see the birds outside my window. Because again it's grounding mindfully in this present moment, and

there is no judgment on any of those things. You are just stating the different sites, sounds, et cetera.

This is I think one of the hardest ones. Allowing emotions to be present without judgment. So I mentioned earlier like maybe you feel angry. And because I am who I am, and I know it's a little cheesy, I will think like, hi, anger you're here. You can have a cup of tea, but then you have to leave. It's just -- emotions are going to come and we are not going to fight them, we are not trying to ignore them, we are not trying to judge or say their bad emotions are good emotions, but they don't want to say there necessarily. So accepting the emotion without judgment, it's like this is what I feel like my feel joyful. This is what I feel like when I feel angry. It can be really beneficial because you are experiencing, you're validating it, but you're also not holding onto it. I want to feel joyful forever are trying to fight away the anger or the sadness or whatever properly fact is, no emotion is going to last forever. But we tend to have a maladaptive response when we are trying to hold closer her trying to push away.

Urge soften, this is coping with graining duct cravings for clients, although I have used time at times I'm craving chocolate. If noticing how you feel when you want something. If I just ate dinner I had something savory, now I want something sweet, does it feel like I had to have it? Like it's urgent, like it's right now. Replacing the for the craving to go away instead of thinking I just wanted feel this way or I just have to have the whatever. Knowing that it will pass. And again, the more we work on mindfulness, the more we can be sure that things are temporary. And you can be in that moment, maybe we Journal it. I really want a drink right now. I had a really rough day. Normally in this moment I drank to feel better to not have to think about it. I really want a drink. And not that that's bad, not that is wrong or right, it's just how I feel in this moment.

So trying to surf that feeling other than fighting it or holding it close.

Gently redirecting. If your mind wanders into planning or great daydreaming or criticism notice duck noticing what has gone, like I said with the kid earlier, the little child is walking away, bring it back. So if I'm sitting here and I'm trying to be mindful, and I'm thinking what my going to make for dinner? I'm excited about that trip that I'm going on or whatever it is, reminding myself without any condemnation, I'm just going to be in this

moment. Right in this moment, I can smell the candle and I can hear the birds outside. Coming back to this moment.

I do find it very interesting to notice where your mind goes. Because a lot of people, if their mind goes in the past, there can be some sort of depression or great regret or sadness.

But if a person's mind goes to the future, they tend to be more anxiety minded. So I just sometimes will bring that up, not again as a judgment or anything to change, I just had students and clients a that really made sense and fit for me.

Practicing acceptance and trying again. If you miss a meditation session or a time to do whatever it is, if you didn't do it today, you can do it tomorrow. And like I said, accepting your experience during meditation, not saying that was such a bad meditation, your mind was really active today. Or I was really able to relax today.

And these are some ways to incorporate, and I want to make sure that we go back a little bit more on the gratitude piece, so deeply breathing with the client in individual sessions, deeply breathing with clients in group. If I go into a group and the energy is really intense or high, it doesn't matter if it's good or bad, but I need to bring it down some, sitting and just have everyone sit with their feet on the ground, their back on the chair, close the eyes, a couple deep breaths, is really powerful.

And again, if you are not comfortable, you can use guided meditations from local teachers, YouTube videos, apps or scripts, and helping the clients notice when feelings arise and how and where they experience them in the body.

I asked you all about your gratitude practice and I want to come back to that before I move on. So they are such supple ways to practice gratitude that we can use and I feel entirely related to mindfulness. One thing is to write three things you are grateful for before you go to bed or every morning when you wake up. It can be a cup of coffee. It can be God. There can be anything from a tiny little thing to a huge thing. But it brings us into the present moment and as I said, there are so many benefits to gratitude. So I would be remiss if I didn't say there were a few ways to do that.

One thing we do around our dinner table are at my house as we do things called roses and thorns. And I asked my kids, you ask your team, how was your day, good. What did you do? Nothing. So I tell them a rose and a thorn.

And they will say a thorn, then was mean to me today. And I get to learn about this friend that wasn't so nice, and a rose, you even if they are saying they had a bad day, that is where the gratitude comes up. So my youngest, who can be really dramatic, she will say it was awful. And I'll say okay. That snack you had was a rose? It was pretty good. When we went to the pool that wasn't a rose? I guess okay so it's a way to cultivate get gratitude and to learn about what's going on with our families.

And as I said, I'm never going to give you a suggestion to use something if it doesn't work with other things. If you have just kind of start over. So it's a great corroborative tool with other things in your toolkit. For example, cognitive behavioral therapy, we are working to have them identify already how they feel and they thought and how that goes. So this works really well with that. And then if you're using things like motivational enhancement motivational interviewing, mindfulness goes hand-in-hand with things like expressing empathy, rolling with resistance. Just nonjudgmentally noticing where we are.

And 12 steps utilize prayer and meditation and are probably most closely associated with mindful techniques already. So that's the great news, that one of this is in conflict with they all were really closely and will together, and again, is not expensive. You can go get a certification, and that's amazing, but you don't have to. You can have lots of great mindful things, but you don't have to do that. You can just incorporate some of the things we have talked about today.

So we can take deep breaths anywhere, anytime. If someone is in court or they are anxious, not just clients, but us, too, maybe a client is triggering you because they are worked up. We can use these things as well.

You can do a walking meditation. For me, probably one of the biggest mindfulness techniques I use is to really try to be present with the person in front of me. So if you're sitting here with me, I'm not checking my phone, I'm not thinking about what I have to do later, which I admittedly have done in the past, but I try to just look at you and listen to you whether it's my 9-year-old telling me about Minecraft for the 20th time or someone I just met. I think it's a real benefit to our personal relationships.

And it feels better for me because I'm not 12 places, and just here.

All right. Think we are right on time for questions and answers and comments. I told Jeff some offer people who are like, I don't know about this. So bring it on, whatever you would like to discuss.

>> All right. I like this baby's face. Wait a second. Where's wonder woman. There she is. So we have some questions lined up for you. The first is how do you get clients to buy-in, clients that show resistance to mindfulness?

>> Probably I should add that to my presentation. I appreciate you helping me with that. Honestly, at first you don't. I think you start with just you seem upset, let's take a few deep breaths together. And especially someone who you know is kind of going to think this is bunk. I'm not going to do meditation. But maybe kind of take the things I learned in my modification or enhancement training too far. Hey, you know, this may be stupid but is not going to hurt anything. Let's try it. What's it going to hurt if we try it? And if they take a few deep breaths, and they try meditation and they feel good, they are more likely to, can we credit meditation thing again? I'm not one for pushing something on anybody don't think it works. Like I said about my kids, and just like, I'm going to meditate. It seems to help me. Do you want to try? And with a client I'll be more like baby steps. A couple deep breaths. What do you think? Or did you feel that in your body? Did it seem to help at all? And kind of go from there. But as someone who has been working in yoga, mindless, self-care, all of this for a long time, new Sue people kind of thinking that what I'm presenting is crazy or bunk. So I go just give it a shot. Not going to hurt you.

>> Great. Next question I had, is so there are a lot of great concepts that go along with mindfulness. And I think sometimes people have a misconception about what it is. Like I have to clear my head, or there is some end goal or determination. Are there any good mindfulness curricula that you know of that are good that sort of excellence of those like attachment, acceptance, judgment, that go along with that?

>> I would look at anything from Jon Kabat-Zinn. My first thing was his book, wherever you go, there you are. I have so many copies of that but because I give it to people and they don't give it back I buy again. Because that has little short chapters with expirations about concepts like nonattachment and things like that. At the end they have a short meditation, he has a short meditation for each of them. So that would be my first

recommendation, and you can probably Google the mindfulness-based stress reduction.

It's hard. All of those concepts, we could've talked about today, but there is so much to it, and I agree there is a misconception.

Unfortunately, if you're still breathing, your mind is not going to be cleared. One of the things that Jon Kabat-Zinn says is there -- if you are breathing, there's more right with you than wrong with you. But our brain is supposed to keep going. So we never are going to have this cleared anti-M mind monk of the hillside, but we can have moments of clarity, moments of peace, where we can find that we feel more content and we have that pause which is really for me, what has been exciting has ducked is to have that pause and not react to right away.

>> Absolutely. This is from Amy. Any techniques for helping a client move on from the I don't know stage? So I assume we mean I don't know in terms of I don't know what my feelings or thoughts were that I mentioned earlier.

>> I think it was written in response.

>> Amy, that concerned me so much. I would sit in a room with 60 women and say what were you thinking when you made this decision, I don't know. It happens of my kids too, it's very concerning. If we practice the mindfulness, then you become more connected with your thoughts and feelings and there is less of the I don't know. And then if that doesn't work, then we have to look at is that I don't know or I don't want to know? Is it resistance for I'm thinking and feeling this, but I don't want to accept what it is. So starting with some of these practices, what did you feel when that happened, even if they don't say they don't know what they were thinking, what did you feel in your body maybe is a way to start.

>> I agree. I think it's good just to start bringing awareness. Because sometimes the blocking, they're not aware of the blocking but what are you feeling in your body.

These are sort of related. What do you do for people who have a rise in anxiety when they are sitting? This may also be for somebody who maybe has ADD or ADHD, how do you help those people?

>> That a great question because I definitely have had that experience myself or I know I need to sit. I need to sit. And I do and I feel like I'm going to go crazy. I'm going to have a panic attack. I have to get out of here.

The nice thing is there are a lot of things you can do. I didn't use it in this presentation, but walking meditation. You can put 1 foot in front of another and try to read. You can watch the dishes and try to be mindful.

It doesn't have to be traditional meditation, especially from the beginning.

When I started yoga for example, I was very anxious, and I thought this is boring piquant are we going to do something? And it helped me, that was why I needed yoga.

That was another way is out of people do better with the other with meditation because you are moving your body picked you're not just sitting there trying to be silent and still. So doing something that is mindful and meditative, but also active, that can be a really good benefit. My kids, for example, can't sit for a long period of time, but we can do a walking meditation or do other things that incorporate. You are still being active, and that's one of the benefits with yoga is you are having to find your body posture, and that can sometimes just ground you into this moment because you almost can't think of 12 other things because weight a second. They're saying to put my foot here and do this and do that pierce so there can be a real benefit to starting there.

>> So if someone wants to start this process and if they are working in a program or individually, you mentioned focus on your breath or taking a few deep breaths or can you tell me what's happening for you right now in your body and bringing attention and awareness to that, but if somebody wanted to do that in a group format or something? How would you suggest starting that?

>> Like I mentioned, I really don't love going into a group where the energy is tense or even if the energy is us excited and trying to have everybody sit and breathe. It's so amazing whether it's clients, students, whatever it is, that the energy comes down in such an interesting way that even your resistant people are going to notice.

And depending on what the setting is, I have done yoga with clients. I have brought in videos, that were you yoga with done getting meditation, before I was a yoga teacher, I had yoga and meditation teachers come in. Sometimes the group is actually easier, like those were saying people who are resistant, you will have a couple people who are into

it, and they can help the trend of other people getting into it. So if someone is like this is stupid, and some else's this is so cool, peer pressure in a positive way.

You can do all of this and you can do a walking meditation in a group. There are so many different things that you can do that are beneficial to the whole group and can even be a bonding experience for the people moving together or working together.

>> I have one more question and then we have to end. This is from Stephen. Does meditation help with trauma issues?

>> Absolutely. You just have to be careful. Thank you for the question, Stephen. I just got through a semester about teaching about trauma, and there is a lot of great benefits, but we always want to be careful not to re-traumatize when we are working with people with PTSD or trauma that we are aware of. So just knowing that like for example for me, I would say to a client that I knew had trauma issues, I think this can be really beneficial. Let me know if the feelings you are experiencing are too intense and we need to back off for a little while. So just think simple things to be careful with, but EMDR has a similar mindful meditative feeling and has a lot of benefits or trauma.

>> Great. Thank you, Cary. We are out of time for questions, but any we didn't get to, we will send to Cary and she can answer them and we will post them on the webpage where you can find them and revisit them.

So thank you very much. There is Cary's information. You guys want to write that down here you also have the slides and it's there as well. So if you need it, there we go. Just a reminder that this training is approved for 1.5 CE education hours at our website contains a list of who approves our continuing education. If you need any more information on this particular webinar, you can go visit the page that is on your screen right now.

Here is the schedule for some upcoming webinars. Please tune in. There are some interesting topics with presenters just like today our next free NAADAC webinar is May 12th. So take a look. If there are any you are interested in, go to the webpages of sign-up we hope to see you guys there. This was the fifth part of our six part series on wellness and recovery in the addiction profession. If you missed any of the other wellness webinars in the series, you can feel free to visit this page. You can get them on demand. They are still available. The last training in this series is scaled duck schedule

for Wednesday, June 30 and discusses strategic disengagement for you and your clients.

If you didn't have a chance to see our ethics series live, don't worry if the entire series is available on demand and it provides a really thorough dive into the updated NAADAC and NCC credit on ethics. You can also get the certificate of achievement in ethics and practice. So if you haven't had a chance, feel free to check this out. It's great. A reminder of the benefits of that being a NAADAC member. The most copperheads of is you have immediate access to over 300 CEs that are included as an exclusive NAADAC member benefit. That's a lot of CEs they add up for me as a social worker, so ethic it's worth the membership fee and you get it back tenfold.

You can also become part of our national initiative for advocacy for those we serve. So check out the benefits, see what is most agreed appropriate for you.

A short survey will pop up at the end of this presentation. Just take time, give us your feedback. We do use that to inform future content. So your feedback is very important to us. Thank you again for being with us today. Thank you, Cary, for your expertise and leadership in the field and all this wonderful information. And stay connected to us through social media. I hope to see you all again back here soon. Have a great day, everyone. Take care.