Wellness and Recovery in the Addiction Profession Part Six: Strategic Disengagement for You and Your Clients

Presented by: Noreen Braman, CLYL, CLWI

CE Hours Available: 1.5 CEs
CE Certificate: $25
If you complete all six parts in the series, you can apply for the Certificate of Achievement for Wellness & Recovery in the Addiction Profession.
Strategic Disengagement

Strategic Disengagement is corporate terminology for taking a break, relaxing, and recharging your batteries. It helps prevent burnout, improves concentration, and increases productivity. Regardless of what kind of stress you face, you need rest. Taking a break helps you recharge, meaning you come back to work stronger, more focused, and re-energized.

[https://www.humorthatworks.com/learning/what-is-strategic-disengagement/]

Gelotology is the study of humor and laughter, and its effects on the human body. It is also the psychological and physiological study of laughter. The word is from the Greek gelos, geloto meaning laugh, laughter, laughing. A gelotologist is a person who specializes in gelotology.
Orientation in Space & Time Meditation

- What day of the week is it?
- What is today’s date?
- Where are you right now?

Wellness and Well Being

- **Wellness**: Wellness has several dimensions, including the emotional (coping effectively with life and creating satisfying relationships) and the physical (recognizing the need for physical activity, healthy foods, and sleep).

  [https://nccih.nih.gov/health/wellness](https://nccih.nih.gov/health/wellness)

- **Well Being**: well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment and positive functioning

  [https://www.cdc.gov/hrqol/wellbeing.htm](https://www.cdc.gov/hrqol/wellbeing.htm)

Humor? In Recovery?

- Especially in early recovery to help with:
  - Anxiety
  - Depression
  - Stress
  - Mood

- Helps people in recovery take things less seriously, while allowing focus on getting well

Go to:


PMCID: PMC4895029
PMID: 27347254
Suppl 1: M2
Using Humor in Treatment of Substance Use Disorders: Worthy of Further Investigation

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**Abstract**

Throughout the literature, humor has demonstrated positive effects on memory and learning, as well as physiological and psychological well-being. Research has described improvements in communication and trust through the use of humor in the nurse-patient relationship. The utilization of humor with certain populations, including those with anxiety disorders, cancer patients and mood disorders has also been widely described in the literature but little research has been conducted with humor use in patients’ recovery from substance use disorders. This population might benefit from the thoughtful applications of humor to promote laughter and mirth as well as learning recovery principles. A review of the humor theories, theoretical processes and humor styles are discussed for their use in individuals with substance use disorders, in particular for early recovery engagement in 12 step programs and other recovery support social networks. The application of humor in efforts to support recovery with substance use disorder patients is worth investigating further.

**Keywords**: Addiction, humor, humor styles, humor theories, recovery, substance use disorders
Some recommendations for using humor & laughter with clients

- Avoid negative humor that uses disparagement, ridicule or avoidance of problems.
- Encourage appropriate reframing – the “Everybody Loves Raymond” approach – especially useful in group settings.
- Recommend Laughter Wellness and Laughter Yoga participation to use laughter as an exercise, not relying on jokes or comedy.

Why Laughter Helps

- Helps to “rewrite” the addicted brain, increasing endorphin and dopamine production similar to most recreational drugs
- Even “faking it ‘til you make it” laughter elevates mood
- No special assistance from tools or medications
- Simple self-soothing technique – alone or in a group
- Increases the ability to “surf the discomfort”
- Helps to diffuse anger

- How Laughter Helps With Substance Abuse, by Sebastien Gendry, Laughter Online University

L =
- Let Go
- Finger Trap Exercise
- Balloon Exercise
- Red Crayons
- Relax
Building Your Own Humor Reserve

- The biggest mental health issue for those who work in helping organizations, agencies and nonprofits:

Compassion Fatigue

A Humor Reserve Supports Resilience

- Long Hours
- Few Breaks
- Lunch? What's that?

“Frank just up and exploded. I hope I never get that burned out.”
5 Ways to Enhance Well Being for both you AND your clients

- Mindfulness
- Gratitude
- Purpose
- Happiness

And, the international language of:

Laughter

Laughter Test

- Take a few minutes to think about how much you really laugh
- Answer honestly and thoughtfully
- Add up your score
- Do you need more laughter, joy and happiness in your life?
- Of course you do, no matter what your score

Humor

- Sense of Humor Locator
- Hearty Humor
- Humor as a Survival Tool - why
  - from Dr. Paul McGhee
    - Surrounding yourself with humor
    - Cultivating a playful attitude
    - Using props for comic relief
    - Laugh more often
    - Find humor in daily life
    - Take yourself lightly
  - Humor and Grief
Smiling At Strangers

- Norway
- Russia: https://www.thetravel.com/russia-teaches-workers-smile/

Gelotology

- **Laughter and health pioneers**
  - Norman Cousins – *Anatomy of an Illness*
  - Dr. Patch Adams – The Gesundheit Institute
  - Dr. Madan Kataria – Laughter Yoga

- Laughter is the new Meditation!
- You and Your Clients Can Laugh for the Health of It without relying on jokes or comedy

*Fooling Your Brain or, fake it til you make it!*

**All You Need to Do**

- **Breathe!** – Using the yogic “pranayama” we deep breathe to oxygenate our blood, getting more oxygen to our brains, releasing those feel-good endorphins
- **Laugh!** – Start with just a chuckle and see where it goes. Laughter is a cross-brain activity that occupies so much of the brain that stress, worry and even aches and pains take a break!
- **Move!** – Get some mild aerobic exercise while moving, laughing and breathing. Raise your heart rate, lower your blood pressure, balance your blood sugar, improve your mood, interact joyfully with others.
Let’s Give It A Try!

- You can sit or stand
- Remember, “fake it til you make it”
- Reach Down & Find Your Childlike Playfulness
- No New Pain – Move only as tolerated
- Make eye contact and feel how contagious laughter is!

Laughter Breathing
The parts of your body as defined by laughter

THANK YOU!
Any questions?

www.naadac.org/strategic-disengagement-webinar

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UPCOMING WEBINARS

1. "Alco-Genes" in the Bottle: Genetically Based SUD Treatment
   By: Kenneth Blum, PhD and Richard Paul Green, III, BSBA, LCDC
   July 14th, 2021
2. Advancing Awareness in LGBTQ Care, Part II: LGBTQ Youth, Community & Alcohol Misuse
   By: Mike Freeman and Valentina D’Alessandro
   July 16th, 2021
3. Advances in Technology in the Addiction Profession, Part I: Digital Therapeutics - Clinically Validated Behavioral Treatments for Substance Use Disorders
   By: Will M. Aklin, PhD
   July 23rd, 2021
   By: Matt DeMasi, MA
   July 30th, 2021

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Advancing Awareness in LGBTQ Care Series
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Part 1: History of Specialized Treatment for LGBTIQ+ Clients
   Friday, June 25th, 2021 @ 12:00pm - 1:00pm ET
   Presented by Fredricka Williams, LCDC, with
   Juego D. Chism, MS, MFT, LSW, and
   Chelsea C. T. Howard, BSW, LCDC
   www.naadac.org/annualconference

Part 2: LGBTIQ+ Youth, Community & Addiction: A Foundation for Understanding
   Friday, July 2nd, 2021 @ 12:00pm - 1:00pm ET
   Presented by Jillian P. Cooper, BA, and
   Vanessa M. Martinez, MSW, LSW
   www.naadac.org/annualconference

Part 3: Working with LGBTIQ+ Survivors of Trauma and Violence
   Friday, August 6th, 2021 @ 12:00pm - 1:00pm ET
   Presented by Tia Hannah, MSW, AMFT; and
   Jennifer K. Jones, LCDC-WD
   www.naadac.org/annualconference

Part 4: Sharing Affirming Responsiveness for Nonbinary/ "Nonbinary" LGBTIQ+ Populations
   Friday, August 27th, 2021 @ 12:00pm - 1:00pm ET
   Presented by Brandi Cottrell, LCEC, CLWC
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Presented by: Noreen Braman, CLYL, CLWI
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NAADAC is proud to present the specialty online training series Wellness and Recovery in the Addiction Profession. Upon completion of the six-part training series, participants may apply for the Certificate of Achievement for Wellness and Recovery in the Addiction Profession.

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Presented by: Noreen Braman, CLYL, CLWI
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www.naadac.org/engagement-in-the-black-community-summit

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