Jessie O'Brien, NAADAC: Hi, everyone. Hopefully. You can see me, I think I boxed my, but yes. Hello, Hi! Everyone. Welcome to today's webinar health, wellness and balance presented by Dr. Tricia Handler and Dr. Tara Matthews. My name is Jessie O'brien, and I'm the director of Training and Professional Development here at Nedak. The Association for Addiction professionals

with me today behind the scenes. Who I know you heard from over there, and the chat box is Hayley Hartle, our train programs manager who will be addressing any issues or questions that you have that are not specifically for our presenter. So we have a lot of people here to support you.

Jessie O'Brien, NAADAC: in this webinar. All right. So just a reminder. You're pretty familiar with it by now, but we are using Zoom Webinar for today's live events, you'll notice the zoom control panel right down there at the bottom of your screen. Looks like the one on my slide. There's 3 main things to be aware of the chat, the Q. A. And the live Transcript. The chat, as you're doing now. Feel free to chat with each other, comments, whatever you'd like to do. Hi, Fred, I just saw you say hello from Connecticut,

Jessie O'Brien, NAADAC: and the next is the Q. A. Box. if you have any questions for us at Needac. They don't have to be related to the presentation. Feel free to ask us, and we will be monitoring that, and it can answer for you any questions for our presenters. They will be fielding questions throughout the webinar today. So if you have a question, don't hesitate to just throw it in there and ask and we will get that to them pretty promptly, and and anytime we have left at the end we will use for a. Q. A. As well.

Jessie O'Brien, NAADAC: So the last is the live transcript button. We'll be using Zoom Webinar for close captioning. So if you want to have those subtitles appear. You can just click on the little up arrow and say, show subtitles, and those will be there for you to use.

Just a reminder that every webinar that you see at Nedak has its own webpage that has everything you need to know about that particular webinar. So links to materials and access to the course itself are all from that web page, webinar information? all of our content, you may have noticed, looks a little different, has moved to our Needac education Center. So what we call our learning management system or our Lms

Jessie O'Brien, NAADAC: so you can find everything there that you need to get your Ce. Certificate. So once this ends, the quiz is there the survey evaluation and the certificate, and that is where you can find your cease going forward

Jessie O'Brien, NAADAC: after this live event. Okay? So this live event, if you do end up watching this on demand, it's a little bit different. But after this live event you could navigate to the C quiz by clicking on the link in the thank you box. So when you came in today, you actually came in through our education Center, the Lms and you clicked the little green join button.

Jessie O'Brien, NAADAC: maybe you click the link in your email. But I think that still brought you through the main live, live event. but that will

Jessie O'Brien, NAADAC: change. That message will change to a Thank you message, and in that, thank you message will be a link to the sequence. So you can use that to access these. Ce quiz. You can also wait. There's an email that goes out 1 min after the end of the webinar for those that attended the
sufficient amount of time in the webinar, and that will have the Ce. Link as well. You can also just find it in the course and the Education Center.

Jessie O'Brien, NAADAC: if you don't have those links, you can just look up this course and Education Center enter the live section and and the quiz will be there as well. So lots of ways to access the Ce quiz. Okay.

Jessie O'Brien, NAADAC: our webinar presenters. So we have Dr. Trisha H. A. Chandler.

Jessie O'Brien, NAADAC: has worked clinically with diverse populations, with trauma histories, mental health issues, and substance use disorders since 1993. She is a license professional counselor and art therapist who currently teaches as a graduate adjunct professor for both mental health and substance, use counseling students. She is supervised interns and paraprofessionals develop treatment curriculum and provided clinical supervision and day treatment schools.

Jessie O'Brien, NAADAC: She has also presented emotional freedom technique for Nasak, and as co-authored and co-edited, an integrative textbook called co-occurring mental illness and substance use disorders, evidence-based integrative treatment and multicultural application.

Jessie O'Brien, NAADAC: We also have with us today. Dr. Tara Matthews, who is a license professional counselor and nutritional health coach. Dr. Matthews has been teaching in higher education since 2,009, and working clinically with diverse populations, living with co-occurring disorders. Since 2,004 as a nutritional health coach, Dr. Matthews has been able to integrate health, coaching into her work with colleagues and clients living with co-occurring disorders.

Jessie O'Brien, NAADAC: Dr. Matthews has also provided clinical supervision to those seeking professional licensure. She is presented on various topics, including professional ethics and self-care. She is also co-authored and co-edited. The book co-curricular mental illness and substance use disorders, evidence-based integrated treatment and multicultural applications. So welcome at you 2 to this stage. So, Terra, I'm going to stop sharing my slides now and turn myself off, and you can take over.

Tara Matthews: hey? Sounds good. Thank you. Hopefully. Everyone can hear me all right. I saw lots of people checking in from over the country as far as Hawaii. I even saw some people checking in from Richmond, Virginia. So you are my neighbor. I am coming from. You live from Virginia, so we definitely have people all over. And I really appreciate you guys taking the time today. you know.

Tara Matthews: we have to do these continuing educations. But I think it's so fortunate when we have the opportunity to have ones that we're particularly passionate about. We're interested in to attend and

Tara Matthews: in probably attrition. My, both a the opinions.

Tara Matthews: looking at health and wellness and balance is probably one of the best investments that you can make both fair clients and for yourself. So we just really appreciate you being here today and as Jesse mentions. If you guys do have questions feel free to ask them, we're gonna cover a lot of topics
today.

Tara Matthews: and I'm not going to read them all to you because we're going to go through them together. But we're going to cover a lot of topics. So it'd be great if a question pops up about a specific topic to ask, then, because we'll quickly move on to the next. which there was a simple way to talk about health and and wellness, and that there was some curative way for us all to find this imaginary balance in life work

Tara Matthews: In everything but it. It is a growing and evolving thing, both for our clients and for ourselves.

Tara Matthews: So a good place to start is really to talk about health. And you know what what is health? a lot of us look

Tara Matthews: about. we look a lot about psychology. We look a lot about what's going on up here, and our cognitions and and all this kind of stuff. But the truth is, health is a much broader term that incorporates the physical, the mental, the emotional, spiritual, relational, and environmental. There's so many pieces we are holistic beings.

Tara Matthews: And that's one of the things that we know to be very true is that our clients also are holistic beings. and

Tara Matthews: sometimes when we see them, we're not seeing them when they're at their best right? And so they present to us with

Tara Matthews: with co-occurring disorders. And they're coming in because they're having

Tara Matthews: negative consequences in some of these areas, whether it is physical or emotional, or even even relational. And we see this in the Dsm when we talk about impaired control, social impairment, risky use. And that's going to have a negative impact on our overall health.

Tara Matthews: And so I think it's important to think about the the big picture. I I can't even tell you the number of times that I have encouraged clients to

Tara Matthews: Ask themselves, you know, when's the last time you just had a physical exam. when's the last time you felt safe in your environment? Right? When's the last time? you just did some sort of regular checkup because a lot of times people are hurting in one area, they're hurting in more than one area. And when drugs and alcohol and other

it is.

Tara Matthews: diagnoses get involved, it gets very complex. And so sometimes we just need to slow it down and be intentional. And look at that big peach picture starting with the health.

Tara Matthews: When you look into the research with the World Health Organization, it's interesting, because
Tara Matthews: when they define health, they're talking about a state of well-being that you're contributing to community, that you have some flexibility in terms of your abilities to cope with stress right? So coping skills.

Tara Matthews: and that you recognize those abilities, that health is not the just the absence of mental disorders, or in this case we would say, This symptomology showing up in all these aspects of their lives. It's not just getting rid of the symptoms. It's really looking at

Tara Matthews: helping the client come to a sense of well-being

Tara Matthews: so that they can have the ability to cope with stress, and that they recognize that they have these abilities and other abilities that they have to contribute to community to contribute to their environment, to their relationships, to invest in themselves

Tara Matthews: the interesting part about substance, use substance, abuse, process, use disorders, even even mental illness. The the thing is.

Tara Matthews: we really are survivors. Who whether it's ineffective coping or healthy coping, we sort of knuckle through it right, because life throws a lot of things at us. And

Tara Matthews: the concern is that when these ineffective coping skills, these

Tara Matthews: we we can. And it's not even just ineffective coping skills. Sometimes we just need help outside of ourselves to to deal with what's going on again. We try to keep it in as much as we can. And I say we, because we all do this to some extent, and it's not a problem until it is.

Tara Matthews: and when it becomes a problem that we can be aware aware of. Right then awareness is really key to health. I can't work on something that I don't know. It exists. And I. I interestingly just had this

Tara Matthews: conversation with a client last night who was talking about how she.

Tara Matthews: you know, is really doing well. But she's still just really struggling with anger and anxiety. and she's like, and I know I need to take care of myself. I know I do right. So she's got the awareness.

Tara Matthews: And she's like, so I'm going to work out 3 times a week

Tara Matthews: and and you know. Sure, maybe that's a good place to start An awareness is the foundation.

Tara Matthews: but based on what's going on in her life.

Tara Matthews: You know, she's been able to keep it together. But now it's a problem. So we need to address that. And maybe it's an investment daily in health and wellness and intention to seek balance. and that's what. But the majority of our our conversation. ended up in
Tara Matthews: being about really is that when we now see that our ability to deal with what's going on in our heads and our lives. then

Tara Matthews: we have awareness. Then we can. We can get help
great

Tara Matthews: when we think about health, psychology and and health promotion. And this idea that we want clients to find health. We want them to find wellness, and we have to meet them where they are.

Tara Matthews: and one of the dominant models. In fact, it it was really developed in the 70 s. The trans theoretical model
Tara Matthews: was developed to address these things. Where are people
Tara Matthews: in the stages of change. Right? We. We think of this as the stages of change and
Tara Matthews: and we know that awareness is key. So many people who are here. I'm sure you have heard of the stages of change, but
Tara Matthews: for the short version is that sort of pre contemplation place where
Tara Matthews: most people spend a lot of a lot of their time there. We we are not even aware of what's going on right, that there are problems in this area or that area, and there's no intention to change. And that's why we say awareness is key, because once the person comes to that contemplation
Tara Matthews: awareness.
Tara Matthews: even though there's no commitment to action, we can. We can work with that right and help help everyone, whether it's our clients, our colleagues, our peers, ourselves.
Tara Matthews: focus in a health and wellness. pass right? So if our only focus is to eliminate centomology. Yes, that's a good place to start.
Tara Matthews: But is that really wellness. Right? Is that really health?
Tara Matthews: Because, remember, health is the
Tara Matthews: is is more than just the absence
Tara Matthews: of of the symptomology of of any mental illness.
Tara Matthews: and I would say that everyone, clients, people, all of us. This is sort of an ongoing process, right? So there's no expectation that a client would walk in and then leave this optimal level of health right? The idea is that we get them a little bit closer, that we offer people
Tara Matthews: knowledge, awareness. anything we can to help them move more toward that integration of the whole self.

Tara Matthews: I invite you to experiment with me.

Tara Matthews: I would really like to do a little experiment. You don't have to share it.

Tara Matthews: but I'd like to just take a moment and just bring to mind something about yourself that you would like to change, specifically related to your health wellness or balance. Right?

Tara Matthews: just bring something to mind and choose something that you are really at that contemplation or preparation stage, right? So you're aware of it, not fully committed to doing anything about it

Tara Matthews: and then write it down. Just make note of it somewhere. Write it down, put it on your electronic device.

Tara Matthews: So you don't change your answer in the chat, and then

Tara Matthews: just sort of. Bring that to your visual attention, and then you just put that note up. Put that note aside, but I'll give you a few seconds to just come up with something you would like to work on, whatever that is

Tara Matthews: ideally something popped right in there for you. and you have something right on the tip of your tongue.

Tara Matthews: I want to note that our goal here today is not to change you, but it's rather to bring your awareness to

Tara Matthews: areas that can be addressed with clients that can be improved with their recovery, their overall well being, and give you the tools to address that full person.

Tara Matthews: being mindful that one of the best things we can do for our clients often is model.

Tara Matthews: that integration of self. We can model health, we can model wellness.

Tara Matthews: We can do that by presenting ourselves in a way that is congruent to the

Tara Matthews: to to how you see yourself right. If you want to be a professional who is seeking to promote health and wellness. And it's important that you're investing in that, too. because why would it be important for them to do that, any client to do that if the people that are offering them tools and help aren't also prioritizing

Tara Matthews: health and wellness. So this entire presentation becomes quite twofold both for tools that you may use with your clients. But don't hesitate to think
Tara Matthews: about yourself in this process, too, and how you could benefit my seeking more balance or wellness or health in your own life.

Tara Matthews: So when we talk about wellness, that's that's an it's it's an interesting word right? It's it's

Tara Matthews: it's something you would like to change about yourself.

Tara Matthews: right? But wellness is an action verb, and I think it's important to now grammatically, for any of you who have majors in English. Right? You might not see it literally as in action. Verb, right? But wellness really is. It's something you would like to change about yourself. Remember this. A few, you know, couple of slides ago you had

Tara Matthews: things that you you would consider changing. That really is the beginning of your definition of wellness.

Tara Matthews: Some of you might have written things like

Tara Matthews: self-care or incorporating something like that into your
day or your lifestyle.

Tara Matthews: Wellness is an action.

Tara Matthews: and it is a living, evolving, transitioning word that is going to be redefined throughout your life with new knowledge, new practices and changing needs.

Tara Matthews: The same is true for your clients as is for you.

Tara Matthews: Does that make sense? I'm going to repeat that the same is true for your clients as is for you

Tara Matthews: that wellness is a living, evolving

Tara Matthews: action. Verb that will be redefined throughout your life

Tara Matthews: as you learn new things. incorporate new practices and your needs change.

Tara Matthews: I offer you just this, this idea, that when you're working with clients it would be really curious to see what their definition of wellness is, what would that look like

Tara Matthews: for them in their life?

Tara Matthews: Right? Wellness!

Tara Matthews: What would that look like?
Tara Matthews: Because that definition? It's a great place to start

Tara Matthews: right. We can pair this, this

Tara Matthews: that this definition, and we can use it to make goals. We can use it to offer direction or support

Tara Matthews: right, but that their definition will also evolve throughout their treatment.

Tara Matthews: it may first begin with

Tara Matthews: minimize

Tricia Chandler, PhD, MA, LPC, MAC: sounds like you froze Tara.

Tricia Chandler, PhD, MA, LPC, MAC: so I'll jump in for a minute while Tara's bri is set assessing her such her technology situation. We we have really promote integrated wellness as clinicians, as graduate professors, teaching counseling students. how to be holistic, effective therapists. And so wellness is defined by each and every one of us in a different way.

Tricia Chandler, PhD, MA, LPC, MAC: And yet it's it's clearly important that recovery is not complete unless and until we heal our brain

Tricia Chandler, PhD, MA, LPC, MAC: and we heal our lifestyle.

Tricia Chandler, PhD, MA, LPC, MAC: You know, there are a lot of people that might be considered like dry drunks. because their brain is never, has never healed, even though they're not using anymore.

Tricia Chandler, PhD, MA, LPC, MAC: And the reason for that is they're not continuing to do the work, to change their lifestyle in such a way that promotes wellness. So, Tara, you want to continue.

Tara Matthews: Well, you know, Tricia, that in my back.

Tara Matthews: You are okay. that was a perfect ad and a perfect jump in, and a perfect transition to what we're looking at next, which is the practical approaches and strategies. so

Tara Matthews: feel free to to keep going.

Tricia Chandler, PhD, MA, LPC, MAC: Well, go go right ahead. We are going to look at some of the therapeutic approaches that have

Tricia Chandler, PhD, MA, LPC, MAC: demonstrated that that they're evidence-based

Tricia Chandler, PhD, MA, LPC, MAC: but have not been part of what typically taught in college programs for graduate students looking to become therapists?
Tricia Chandler, PhD, MA, LPC, MAC: at least not yet, and not to the extent that we would like to see that happen. Mindfulness base

Tricia Chandler, PhD, MA, LPC, MAC: approaches really have demonstrated amazing efficacy.

Tricia Chandler, PhD, MA, LPC, MAC: and

Tricia Chandler, PhD, MA, LPC, MAC: they're all grounded in the fact that they're considered to be the third wave of behavioral therapy.

Tricia Chandler, PhD, MA, LPC, MAC: behavioral therapy began way back in the day, and then Cbt became the second wave.

Tricia Chandler, PhD, MA, LPC, MAC: Cognitive behavioral therapy became the second wave of behavioral therapies, and it improved on the purely behavioral approaches to combine the cognition emotions, and the behaviors when working with people

Tricia Chandler, PhD, MA, LPC, MAC: over the decades, though, and because of therapist counselors, psychologists become embracing meditation in some of the Eastern practices.

Tricia Chandler, PhD, MA, LPC, MAC: They developed the idea that we could become mindful and we could, and that would help to accept one's transient feelings and thoughts rather than the Cbt approach of refuting irrational thoughts, which for me, I think about. Well, if I'm in the middle of an irrational thought, how do I refute it?

Tricia Chandler, PhD, MA, LPC, MAC: I may not have the

Tricia Chandler, PhD, MA, LPC, MAC: ability to really reason.

Tricia Chandler, PhD, MA, LPC, MAC: and what we've also found is that often co-occurring disorders have the precursor of some form of childhood trauma.

Tricia Chandler, PhD, MA, LPC, MAC: So how does one get out of the limbic brain when when you're stuck in that fight, flight freeze most mode. And so in this regard, dialectic behavioral therapy was developed by Marcia Lenehan in the 1,900 eightys, and she did it with the thought in mind that those with borderline personality, disorder

Tricia Chandler, PhD, MA, LPC, MAC: and co-occurring disorders are always expressing suicidal ideation, and they're at increased risk. And none of the talk therapy seem to be sufficient to helping these people. And so she created this mindfulness approach

Tricia Chandler, PhD, MA, LPC, MAC: that works with Cbt homework assignments with extensive group therapy, and then individual therapy, all combined, and it improves specifically

Tricia Chandler, PhD, MA, LPC, MAC: the components of being mindful
Tricia Chandler, PhD, MA, LPC, MAC: mindfulness, training.

Tricia Chandler, PhD, MA, LPC, MAC: developing interpersonal effectiveness, emotional regulation and distress tolerance which, quite frankly, it has been found to be extraordinarily helpful with those with addiction issues.

Tricia Chandler, PhD, MA, LPC, MAC: whether that's substance, use or process use disorders. All of these seem to be a address quite well

Tricia Chandler, PhD, MA, LPC, MAC: and and very effectively with Dbt. it's structured very

Tricia Chandler, PhD, MA, LPC, MAC: much like

Tricia Chandler, PhD, MA, LPC, MAC: cognitive behavioral therapy. Now you can go on Tara

Tricia Chandler, PhD, MA, LPC, MAC: So acceptance and commitment therapy was developed in 1,982 by Steven Hayes, and his approach is equally positive as a as an approach used in substance. Use counseling, as in with those with mental health disorders.

Tricia Chandler, PhD, MA, LPC, MAC: and the 4. The 6 principles of act are that when we connect to the present moment we're open and we're interested, and we're willing to receive

Tricia Chandler, PhD, MA, LPC, MAC: it teaches that cognitive diffusion, thoughts, images, and emotions are not black and white.

Tricia Chandler, PhD, MA, LPC, MAC: There's so many different gradations of shades of color in between those 2 finite positions, so absolute, so not really helpful

Tricia Chandler, PhD, MA, LPC, MAC: when we're working on improving our wellness and our health

Tricia Chandler, PhD, MA, LPC, MAC: acceptance acceptance for those painful feelings and sensations that we cannot control.

Tricia Chandler, PhD, MA, LPC, MAC: and then observing the cell from the transcendent self that is separate from the thinking self.

Tricia Chandler, PhD, MA, LPC, MAC: So anybody who has a spiritual practice or a spiritual understanding knows that there is a difference between our ego self and our higher self to our connected to our soul.

Tricia Chandler, PhD, MA, LPC, MAC: it. It also helps to identify values, helping someone to really develop a true understanding of the self and what is meaningful to them.

Tricia Chandler, PhD, MA, LPC, MAC: and then it

Tricia Chandler, PhD, MA, LPC, MAC: ends with committed action.
Tricia Chandler, PhD, MA, LPC, MAC: which means taking action towards those personal values. Now, the one thing I really like about acceptance and commitment therapy, and where it I feel like it, it resonates so much with the substance. Use of treatment modalities is, it is connected to the serenity, prayer. and the serenity. Prayer is talked about quite frequently in Aa and in a substance. Use treatment that you know if you can control something fine. But if there's nothing that you can do about that particular issue, then you need to accept that right. And if there is something that you can do changes you can make, then that's where the action comes in. And and you need to commit to that action. And that's the same thing that is set in the Serenity prayer. And then the mindfulness-based therapies of the Mbsr. Was developed by Cabot in, and and those individuals who are Buddhist in their in their approach, and they have definitely demonstrated that their mindfulness, meditation, approach, can improve depression, anxiety, pain, emotional dysregulation, trauma and substance use disorders. Mindfulness is very simple. If I'm if I'm present in this moment. then I am not thinking about my past, and in fear or depression over those things that have happened that weren't necessarily in my best interest, or that I appreciated. And if I'm in present moment I am not in anxiety about what the potential future is. So that's the the really nice piece that can be utilized both for self and for our clients is to teach them this, these techniques where a trigger or a thought or a craving doesn't have to be an absolute. Tara Matthews: there is this really cute children's book, and I actually have never used it with children. I use it with adults. It's called Mindful Monkey Happy Panda.
Tara Matthews: And it's really, really sweet. If you look it up, you can watch a free Youtube, someone reading you the book. And I have found that students and clients both really resonate with the idea that if you are walking, then you should be thinking about walking. If you're eating, you should be thinking about eating. If you are sleeping, you should think about sleeping and just be really mind

Tara Matthews: full. And anyway, that's just something that you guys can Google later, not right now, but we

Tricia Chandler, PhD, MA, LPC, MAC: great addition. And and if we started teaching these things to children

Tricia Chandler, PhD, MA, LPC, MAC: they might not fall into the realm of developing co-occurring disorders.

Jessie O'Brien, NAADAC: Tara, what was the book called

Tara Matthews: it's called It's either called Mindful Monkey, Happy Panda, or Happy Panda, Mindful Monkey. Pretty sure it's mindful Monkey happy panda. Yeah.

Tara Matthews: And there's several people recorded themselves reading it on Youtube. So but it's a real book that you can. You could buy and have in your

Tara Matthews: office.

Tricia Chandler, PhD, MA, LPC, MAC: you want to move on.

Tricia Chandler, PhD, MA, LPC, MAC: So the next topic is the somatic and creative arts therapies.

Tricia Chandler, PhD, MA, LPC, MAC: Actually, art therapy, dance therapy and music therapy with where's

Tricia Chandler, PhD, MA, LPC, MAC: developed

Tricia Chandler, PhD, MA, LPC, MAC: due to Carl Young.

Tricia Chandler, PhD, MA, LPC, MAC: The psychodynamic approaches and creative approaches that he utilized were the first beginnings of our therapy in the 1,900 fortys in the United States.

Tricia Chandler, PhD, MA, LPC, MAC: and

Tricia Chandler, PhD, MA, LPC, MAC: art therapy, music, therapy and somatic or movement therapy which could include dance have been used in psychiatric settings at that time.

Tricia Chandler, PhD, MA, LPC, MAC: and with people with significant mental health issues

Tricia Chandler, PhD, MA, LPC, MAC: the creative arts have always been around. And then in the
nineties someone named John Levin. Peter Levine did his dissertation research on how to recover from trauma and reset the limbic brain

Tricia Chandler, PhD, MA, LPC, MAC: through

Tricia Chandler, PhD, MA, LPC, MAC: somatic therapies. What he learned was from watching animals, and how they actually violently shaped to reset their brains after they've

Tricia Chandler, PhD, MA, LPC, MAC: survive the trauma like a deer being chased by a lion and escaping. It will take that 2 or 3 or 4 s to violently shake.

Tricia Chandler, PhD, MA, LPC, MAC: And this is the research that is really impacted

Tricia Chandler, PhD, MA, LPC, MAC: healing modalities for trauma.

Tricia Chandler, PhD, MA, LPC, MAC: So what Peter Levine found, and what has also been discussed by Dr. Bessel van der Cole, is that

Tricia Chandler, PhD, MA, LPC, MAC: The somatic creative therapies use your whole brain

Tricia Chandler, PhD, MA, LPC, MAC: and your body.

Tricia Chandler, PhD, MA, LPC, MAC: So if you're painting a picture.

Tricia Chandler, PhD, MA, LPC, MAC: and whether you're standing or sitting, you're moving your arm, you're moving your body, and you're going through both hemispheres of your brain, the logical and the intuitive sides

Tricia Chandler, PhD, MA, LPC, MAC: plus. You're also using all 4 of the temporal lobes when you're doing these kinds of therapies. And that's what makes them so helpful because they eventually heal the limbic brain.

Tricia Chandler, PhD, MA, LPC, MAC: And so these things have been around for a long time. They're very helpful. They're evidence-based.

Tricia Chandler, PhD, MA, LPC, MAC: and to be trained in them you would either either have to get a diploma or a certificate. But they are out there and available.

Tricia Chandler, PhD, MA, LPC, MAC: Now. This one is one of my favorites. I am, I just love energy, psychology, and the reason I love it is because

Tricia Chandler, PhD, MA, LPC, MAC: we're truly vibration. We're truly as human beings.

Tricia Chandler, PhD, MA, LPC, MAC: vibration in a, in a body that vibrates and is crystalline, electromagnetic.
Tricia Chandler, PhD, MA, LPC, MAC: chemical, and biological in our physical body.

Tricia Chandler, PhD, MA, LPC, MAC: And so energy psychology I

Tricia Chandler, PhD, MA, LPC, MAC: that has come into being really over the last 30, 35 years.

Tricia Chandler, PhD, MA, LPC, MAC: But it was starting to be studied again in the sixties and seventies by psychologists that wanted to understand the heat, Eastern healing methods

Tricia Chandler, PhD, MA, LPC, MAC: and the philosophies that come forth from that.

Tricia Chandler, PhD, MA, LPC, MAC: So there's all kinds of energy, psychology and energy, medicine and acupuncture is an energy approach. Kinesiology.

Tricia Chandler, PhD, MA, LPC, MAC: homeopathy, raky, long distance healing. Even a research has demonstrated that that prayer and intention sent to somebody. lights up their brain

Tricia Chandler, PhD, MA, LPC, MAC: if you want to read about that, look up. One of my old mentors, Jeannie Aktiburg. She was very much involved with that, and her last research project was at a hospital in Hawaii, where people were hooked up to Mris and brain scans.

Tricia Chandler, PhD, MA, LPC, MAC: while somebody that didn't even know them was praying for them or sending Riki or sending intentional healing.

Tricia Chandler, PhD, MA, LPC, MAC: So this stuff has been around and being researched forever. I movement desensitization regulation Emdr uses a finger movement and the therapist

Tricia Chandler, PhD, MA, LPC, MAC: or

Tricia Chandler, PhD, MA, LPC, MAC: or maybe a a pendulum or something. But your eyes are following that that finger or that pendulum.

Tricia Chandler, PhD, MA, LPC, MAC: while

Tricia Chandler, PhD, MA, LPC, MAC: you're contemplating a small segment of a trauma.

Tricia Chandler, PhD, MA, LPC, MAC: And what does that do you don't move your head, you just move your eyes, and that forces your your brain to go to go back and forth between the right and left hemisphere of your brain

Tricia Chandler, PhD, MA, LPC, MAC: beginning to heal the brain.

Tricia Chandler, PhD, MA, LPC, MAC: One of the things that is really great about this is, you don't have to think about the whole trauma. You only think about a small part of a trauma, and then it's processed after the experiential.
Tara Matthews: And this is certainly something that someone would have to get some specialized training and supervision and practice in. Right?

Tricia Chandler, PhD, MA, LPC, MAC: Yes, absolutely. Yeah. All of these, we all of these that I've been talking about. You do have to become trained in them.

Tricia Chandler, PhD, MA, LPC, MAC: Emotional freedom. Technique also began

Tricia Chandler, PhD, MA, LPC, MAC: back in the seventys. It was determined when psychologists started looking at again, acupuncture

Tricia Chandler, PhD, MA, LPC, MAC: and kinesiology.

Tricia Chandler, PhD, MA, LPC, MAC: kinesiology is amazing.

Tricia Chandler, PhD, MA, LPC, MAC: You can ask your body, and it will tell you what's going on with it. You can actually, through either our movement, where somebody is pushing down on your arm as they make statements, or with your hand your own hand, your own finger, asking statements to yourself, parts of your body?

Tricia Chandler, PhD, MA, LPC, MAC: and using a pendulum. Kinesiology is sort of like

Tricia Chandler, PhD, MA, LPC, MAC: What was that called?

Tricia Chandler, PhD, MA, LPC, MAC: They used to find water with a with a stick.

Tricia Chandler, PhD, MA, LPC, MAC: And that's essentially kinesiology. so

Tricia Chandler, PhD, MA, LPC, MAC: the way eft works emotional freedom, technique works is the client

Tricia Chandler, PhD, MA, LPC, MAC: rates a a thought or a trauma, or a a feeling of anxiety, or whatever it is they're focusing on, and their language is then used while tapping on different acute pressure points on the face.

Tricia Chandler, PhD, MA, LPC, MAC: the collar bone and under the arm.

Tricia Chandler, PhD, MA, LPC, MAC: And and what this actually does and what it's being discovered that it actually does is it is a body up. approach to first soothing the polynate Bagel nerve in one's stomach.

Tricia Chandler, PhD, MA, LPC, MAC: and then moving up and reducing the heart rate that's pounding right.

Tricia Chandler, PhD, MA, LPC, MAC: Then moving into the limbic brain, I mean the reptilian brain, the brain stem, and then into the limbic brain. So the body has sued first, and then the heart
Tricia Chandler, PhD, MA, LPC, MAC: and the brain is soothed, and this has

Tricia Chandler, PhD, MA, LPC, MAC: a lot of evidence-based research being done on it that has demonstrated that it is a highly

Tricia Chandler, PhD, MA, LPC, MAC: powerful.

Tricia Chandler, PhD, MA, LPC, MAC: very effective way to reduce trauma and then to reduce

Tricia Chandler, PhD, MA, LPC, MAC: the limbic brain response. But it doesn't just work for trauma. It works for any form of anxiety. It's worked with people with substance use and process use addictions.

Tricia Chandler, PhD, MA, LPC, MAC: It's she worked with

Tricia Chandler, PhD, MA, LPC, MAC: depression

Tricia Chandler, PhD, MA, LPC, MAC: and

Tricia Chandler, PhD, MA, LPC, MAC: weight loss.

Tricia Chandler, PhD, MA, LPC, MAC: It's been used effectively with children, adolescents, and adults.

Tara Matthews: So you know each of these different approaches EFT Excuse me for flipping slides. But EFT

Tara Matthews: EMDR.

Tara Matthews: this idea of energy psychology, you know, a act even DVT, it's all about integration. It's all about

Tara Matthews: not seeing ourselves just in one space, meaning bringing our body, our energy, our

Tara Matthews: coping. Our breaths are everything to a

Tara Matthews: space that you can find a sense of healing in.

Tara Matthews: a lot of these, though, that we're talking about you you mentioned. They just require a lot

Tara Matthews: of

Tara Matthews: a lot of training and ideally everyone that's here is very much interested in training and interested in in that sort of thing, but some of these are certainly things like acupuncture. I would say, EMDR even some of the creative art therapies. If if you are not trained yourself and you feel like

Tara Matthews: your clients could benefit, you could seek the training yourself. But there are a lot of professionals out there who are trained in these techniques that can help
Tara Matthews: have that integrated approach in treating your client?

Tara Matthews: would you agree that? And and this is sort of for everyone to sort of reflect on that. You know we are not alone in treating our clients, that there are other professionals out there with a variety of expertise, and maybe part of the integrated care is us inviting them in

Tara Matthews: to be a a part of that treatment process. I I remember having an acupuncturist come in to group therapy that I have facilitated, or even referred

Tara Matthews: a client for Emdr with an experienced Emdr professional if there's in it, just it, it's us modeling and teaching and showing that integration is important.

Tara Matthews: it it. And and there's so many ways to get there. There's not one perfect way Would you agree with that?

Tricia Chandler, PhD, MA, LPC, MAC: I would. And you know acupuncture has been involved in the substance. Use treatment field for 30 years.

Tricia Chandler, PhD, MA, LPC, MAC: There, there's a program in Colorado.

Tricia Chandler, PhD, MA, LPC, MAC: in in Pueblo, and it's really like the last resort hospital setting for people with co-occurring disorders that had been through treatment after treatment after treatment. And

Tricia Chandler, PhD, MA, LPC, MAC: and they've been doing, not a which is for for needles in your ear.

Tricia Chandler, PhD, MA, LPC, MAC: and they can do that on acupuncture can come into a group setting

Tricia Chandler, PhD, MA, LPC, MAC: can do that for every single person in that group.

Tricia Chandler, PhD, MA, LPC, MAC: and it reduces trauma. It reduces cravings. It reduces anxiety

Tricia Chandler, PhD, MA, LPC, MAC: and and has been used very effectively for decades. in the substance abuse field.

Tricia Chandler, PhD, MA, LPC, MAC: and as well as I've worked in residential settings where we have contracted with

Tricia Chandler, PhD, MA, LPC, MAC: variety of psychologists and other practitioners to come in and offer those services. Emdr.

Tricia Chandler, PhD, MA, LPC, MAC: Dbt. Any number of things

Tricia Chandler, PhD, MA, LPC, MAC: and an integrated approach to treatment and to wellness is to have a team approach.
Jessie O’Brien, NAADAC: So we had sorry I'm just jumping in. There was a question about I'm not sure where to fit this in. So about basically about loneliness that comes with someone who suffered from an addictive disorder? Or is that family member of someone who has, and I I guess, addressing loneliness from a wellness perspective.

Tricia Chandler, PhD, MA, LPC, MAC: Well, I would. I would say that

Tricia Chandler, PhD, MA, LPC, MAC: networking to find

Tricia Chandler, PhD, MA, LPC, MAC: community of like mind is very important. You know that the Aa community for those with substance use and process use disorders. Part of why that is effective for some people is because that becomes their community

Tricia Chandler, PhD, MA, LPC, MAC: and they develop the sense that they have someone to talk to at any given time when they need to. And so developing wellness also means, where do you fit in in your community?

Tricia Chandler, PhD, MA, LPC, MAC: What are the what are the places? Where do you go? Where? How do you meet people of like mind.

Tricia Chandler, PhD, MA, LPC, MAC: and I feel like we've lost some of that in the United States, and we need to get back to it.

Tara Matthews: I I think one of the things we're really.

Tara Matthews: hopefully getting a across here is that we don't need to find all the answers in one place.

Tara Matthews: Right? So wellness is a journey.

Tara Matthews: And you know, maybe I'm not gonna find someone who also has the same Co cring disorders that I do who's also in the same stage of recovery. Who's also feeling lonely. But what I might find

Tara Matthews: is some people that can connect in some areas.

Tara Matthews: And then maybe I choose

Tara Matthews: to take a Yoga class.

Tara Matthews: Maybe I choose to take a you know, and then I meet people that can connect with me in other ways that we it's a it's almost a team approach to our wellness, both as a person, as a clients and as a as a professional right. It's it's it's multi layered. So I don't you you could make connections

Tara Matthews: with the treatment provider and the client, or maybe making connections. Maybe the tribute provider is helping them, recommending things like Aa, or a variety of of maybe group work that allows them to connect with others. But remember that wellness is a journey, and we want to seek
Tara Matthews: answers in different places, right? And we want to be creative about that.

Tara Matthews: So when I think of loneliness from a well wellness perspective.

Tara Matthews: you know. Aa might have been It's a it. It might be a great idea for that client, but it might help them maybe with their recovery to make connections. But maybe it's not helping so much with their loneliness. Maybe that kind of connection isn't quite eliminating those feelings. And so then, finding other things they can do on their wellness, journey to health to make those connections. And I just but a Yoga class just pops into my head doesn't have to be a Yoga class, but it's about surrounding yourselves with people who are also on the journey to healing, where whatever that needs.

Tricia Chandler, PhD, MA, LPC, MAC: I'd like to throw out something, too, that I just thought of. several years ago there was a group of individuals that created a gym specifically for people who were in recovery from substances.

Tricia Chandler, PhD, MA, LPC, MAC: And this is in Denver and in and what they do. Not only is there the gym there for you to come and utilize their services. But they create programming where you can go skiing with a group of people who are in recovery.

Tricia Chandler, PhD, MA, LPC, MAC: You can go Whitewater rafting or hiking, or mountain biking, or any of the outdoor type sports in Colorado.

Tricia Chandler, PhD, MA, LPC, MAC: with this group, and be assured that you are going to be with people that are also in recovery and are looking to maintain that and to develop a healthy lifestyle.

Tricia Chandler, PhD, MA, LPC, MAC: So if those kinds of things aren't available in your community. There might be some of you that would be entrepreneurial enough to want to create something like that for your community.

Tara Matthews: Great idea.

Jessie O'Brien, NAADAC: I think. Sorry we have a few more questions. I don't know if you want them now or later. Let me know. Okay. Jessica was asking. She wants the name of the research researcher who
did projects on how prayer and intention affect the brain.

Tricia Chandler, PhD, MA, LPC, MAC: Yeah, that's gene ate


Tricia Chandler, PhD, MA, LPC, MAC: perfect, and she was. She was my mentor for my dissertation.

Jessie O'Brien, NAADAC: Got it and then The next question is with regard to energies and eft. Are you aware of any research being done in quantum

Jessie O'Brien, NAADAC: cooping, and hope I pronounce that right or quantum entanglement as it relates to the body's energy system.

Tricia Chandler, PhD, MA, LPC, MAC: I'm not familiar with all of that research, but I gotta tell you there's a hund 50

Tricia Chandler, PhD, MA, LPC, MAC: quantifiable research projects out there that they've done over the last 15 years.

Tricia Chandler, PhD, MA, LPC, MAC: and research is ongoing what I would suggest that you look into. If you're interested in this, in energy psychology. There is a group called the Comprehensive. No, the Association for Comprehensive Energy, Psychology

Tricia Chandler, PhD, MA, LPC, MAC: and

Tricia Chandler, PhD, MA, LPC, MAC: and I believe I I believe I put that into the references in the back.

Tricia Chandler, PhD, MA, LPC, MAC: But if somebody wants that information, I'll you know they can ask, and I'll find it for them.

Jessie O'Brien, NAADAC: Okay? And then the last one we have right now is, how about deprivation, chambers? Would this be therapy for some clients with the diction or trauma?

Tricia Chandler, PhD, MA, LPC, MAC: I'm not honestly familiar enough with deprivation chambers to to

Tricia Chandler, PhD, MA, LPC, MAC: use that as a resource. I think there's a lot of things that we can use and utilize, and that would be one

Tricia Chandler, PhD, MA, LPC, MAC: that might be helpful for a person who wants to get in touch with their self.

Tricia Chandler, PhD, MA, LPC, MAC: But I wouldn't use that.

Tricia Chandler, PhD, MA, LPC, MAC: I I wouldn't recommend that. I that's a round personal growth.
Tricia Chandler, PhD, MA, LPC, MAC: But if you have trauma or fear, a deprivation chamber might cause panic.

Tricia Chandler, PhD, MA, LPC, MAC: so I think that 1 one would have to be. and all of these used under advisement for the right clients

Tricia Chandler, PhD, MA, LPC, MAC: not. There is no one size treats all.

Tricia Chandler, PhD, MA, LPC, MAC: Nothing like that in mental health, counseling, or in substance use treatment.

Tricia Chandler, PhD, MA, LPC, MAC: There is not a one-size treats all

Tricia Chandler, PhD, MA, LPC, MAC: peers, all we have to be flexible ourselves, and we need to be willing to engage our clients in in

Tricia Chandler, PhD, MA, LPC, MAC: what appeals to them.

Tricia Chandler, PhD, MA, LPC, MAC: You know I love art therapy. I I have a Bfa. And art, but that but somebody who loves music may not love doing visual art. So it's finding those approaches that are really going to help the client to embrace their own improved lifestyle.

Tricia Chandler, PhD, MA, LPC, MAC: And then for ourselves.

Tricia Chandler, PhD, MA, LPC, MAC: because we're the hardest on ourselves, us clinicians that, regardless of what area we're working in, we're so oriented to helping others, self compassion needs to be a big part of our personal vocabulary.

Tricia Chandler, PhD, MA, LPC, MAC: And how are we treating ourselves? And what wellness approaches are we using to maintain our health and wellness?

Tara Matthews: Yeah. And and I almost wonder if it wouldn't be worth exploring some of these personally before you, you know. I remember years ago, when I became curious about Emdr. I reached out to the Emdr community in my area and and had I wanted to experience it myself.

Tara Matthews: and not necessarily to process a specific trauma, but to be able to experience it from a client point of view. Right? Just like I would say, if you're going to recommend. people go to Aa. It's it's a valuable for you to experience that yourself. Acupuncture. It's valuable for you to experience that yourself, just as a way of

Tara Matthews: just being.

Tara Matthews: you know, more aware of of how things resonate with different people, how? again, healing and and and wellness. It's not going to look the same for everyone.
Tara Matthews: How they get there is not going to look the same. The goals aren't going to look the same. Our role is to put those tools and ideas out there and and, like Tricia said, they'll grab on to

Tara Matthews: if if creative arts really resonates, then

Tara Matthews: if they've never heard of it. They can't say, Oh, I'd like to try that. But if

Tara Matthews: if we are

Tara Matthews: aware of these things that exist, that we have

Tara Matthews: offer them as options. Even if they're not necessary things we

Tara Matthews: can facilitate for the client. We can

Tara Matthews: expose them to ideas or concepts. So it's it's like walking alongside them on their wellness journey, rather than saying, I know perfectly best how to get you from here to here.

Tara Matthews: I do want to talk a little bit about our brain, because I think that that's important.

Tara Matthews: in terms of it being a pretty

Tara Matthews: pretty big, important organ from

Tara Matthews: it's executive functioning to.

Tara Matthews: to being impacted by everything we see and do and think and experience. everybody.

Tara Matthews: has their own

Tara Matthews: organically put together, brain right? And some people run lower on serotonin or higher on adrenaline, or, you know, great all these things, and we want to get to know ourselves, to know that everything we

Tara Matthews: experience everything we put into our body is going to affect how our brain functions. and I like to use the example of vitamin d Because

Tara Matthews: if you've ever noticed it, there's a lot more depression that surfaces during the colder or shorter day months, right? Because people aren't

Tara Matthews: getting as much vitamin d, and that is is directly correlated to depressive symptoms. There's been a lot of research looking at how taking vitamin D every day can help sort of

Tara Matthews: make us more healthy and stable in terms of mood. Right? It's

Tara Matthews: it's interesting, you know, a lot of agencies.
Tara Matthews: maybe have fewer clients in this summer.

Tara Matthews: right? And again, things aren't a problem until they are well, if during the summer months I am more active or I'm outside more. Maybe the chemical imbalances related to vitamin t don't affect me as much right. but these these kind of things include the stuff we put in our body. And I

Tara Matthews: I think a lot of times we approach. Clients like drugs and alcohol are are

Tara Matthews: having a negative impact on your brain, or they're having a negative impact on your liver or your stomach, or you know, whatever organ is having its impact on. But what's interesting to notice that dietary choices also impact that.

Tara Matthews: when when a client say stops drinking alcohol, for example, a lot of times there's going to be this huge craving for sugar. I can't tell you how many clients have shared with me.

Tara Matthews: I I'm eating like one or 2 tubs of ice cream a day right now that they're not drinking

Tara Matthews: And and that's really something to be aware of, because sugar, too.

Tara Matthews: like a drug spikes right?

Tara Matthews: And can cause that crash, that low. And the reason that that's happening is because alcohol tends to be really high in sugar. And it's almost like, not only is there a a withdrawal from the alcohol and the change in lifestyle. But there's also the withdrawal

Tara Matthews: from from sugar.

Tara Matthews: so it makes sense when you look at most of the treatment agencies

Tara Matthews: and most of the support meetings. What do you see there? You see sugar, and you see, caffeine, you see coffee, and you see

Tara Matthews: donuts, or or or something of that. You see sugar, and you see caffeine. And these 2 are also drugs

Tara Matthews: that can

Tara Matthews: lower executive functioning. Reduce,

Tara Matthews: you know, reduce our ability to to

Tara Matthews: finds state stability in our moods. Right? All of these things can create chemical and balances some on the short term, some on the longer term. And when we think of chemical and balances, we're thinking an impediment to health

Tara Matthews: and wellness and balance, right? So it's hard enough to maybe stop drinking. Stop using.
Find a recovery lifestyle? Well, it's even harder to do that when maybe you have Tara Matthews: maybe you're also living with a depression. And so then you're also pouring more sugar and caffeine into your diet. And then suddenly.

Tara Matthews: there's all these crashes. There's even more depression and and so it can come from chemical and balances that we induce ourselves, if you will, and anyone who thinks that they're not addicted to caffeine

Tara Matthews: which maybe some of you aren't. But if you really really believe that you're not addicted to caffeine, and that caffeine is not addictive. Then get up

Tara Matthews: the next day tomorrow, and do not have your coffee, your tea, your soda, and go a whole day and wait and see how long it takes

Tara Matthews: for you to have a headache

Tara Matthews: right suddenly you'll have a headache, and that's a physical withdrawal

Tara Matthews: from from caffeine. And so while that may seem like a minimal consequence, we want to be aware that everything we put in our body is going to impact our health.

Tara Matthews: I think Tricia was going to share something, about this slide. I know that I can. I can share this slide. There is such a thing called or the molecular medicine.

Tricia Chandler, PhD, MA, LPC, MAC: It's been around since the 1940 S.

Tricia Chandler, PhD, MA, LPC, MAC: Early 1,900 fortys before the pharmaceutical companies became so

Tricia Chandler, PhD, MA, LPC, MAC: instituted, I guess, in our country

Tricia Chandler, PhD, MA, LPC, MAC: and and really, it's very simple

Tricia Chandler, PhD, MA, LPC, MAC: to find out what neurotransmitters

Tricia Chandler, PhD, MA, LPC, MAC: are deficient in your system. A simple blood test now, any and all of you who have ever gone to a general practitioner, and they've tested you for high cholesterol or thyroid functioning, or any in all of those things

Tricia Chandler, PhD, MA, LPC, MAC: they can

Tricia Chandler, PhD, MA, LPC, MAC: do this. They can say to the lab, Okay, I want to check their dopamine. I want to check their serotonin. I want to check
Tricia Chandler, PhD, MA, LPC, MAC: I can tell you

Tricia Chandler, PhD, MA, LPC, MAC: precisely that

Tricia Chandler, PhD, MA, LPC, MAC: 13 years ago I went in for a checkup.

Tricia Chandler, PhD, MA, LPC, MAC: and the nurse practitioner that did the labs came back to me and said, Your vitamin d levels are almost nonexistent.

Tricia Chandler, PhD, MA, LPC, MAC: and I live up at 10,000 feet elevation, and we had gone through a really tough winter, where it was very gray for a long time.

Tricia Chandler, PhD, MA, LPC, MAC: And I was on 10,000. I use of vitamin d. 3

Tricia Chandler, PhD, MA, LPC, MAC: for 5 years before my doctor told me I could step down to 5,000 I use a day. This is way above what the FDA would say you need.

Tricia Chandler, PhD, MA, LPC, MAC: So we we have to

Tricia Chandler, PhD, MA, LPC, MAC: educate our doctors to look for these things, because treating your serotonin with vitamin d

Tricia Chandler, PhD, MA, LPC, MAC: niacin actually is much better than being on an antidepressant

Tricia Chandler, PhD, MA, LPC, MAC: long-term

Tricia Chandler, PhD, MA, LPC, MAC: short term. It might be helpful long term. It's going to have adverse effects.

Tricia Chandler, PhD, MA, LPC, MAC: also, I think something that might interest the Nedak is that good old Bill Wilson. when he, the guy who developed a A and wrote the the big book and all that good stuff.

Tricia Chandler, PhD, MA, LPC, MAC: He went to his friend after several months of being sober, and said, I am so depressed I don't know if I can stay sober. And his doctor said to him, You need to be taking 10,000. I use a day of niacin.

Tricia Chandler, PhD, MA, LPC, MAC: and he did.

Tricia Chandler, PhD, MA, LPC, MAC: and he found that he no longer had cravings. He no longer had any depressive symptoms after a few months.

Tricia Chandler, PhD, MA, LPC, MAC: But he wanted to. You make this part of the Aa. Programming.

Tricia Chandler, PhD, MA, LPC, MAC: But the FDA would not allow him to.
Tricia Chandler, PhD, MA, LPC, MAC: So just note that this information is not new. It's something well worth looking into. And today it's called integrated medicine.

Tricia Chandler, PhD, MA, LPC, MAC: doctors who use both fallopatic

Tricia Chandler, PhD, MA, LPC, MAC: and more holistic approaches, including orthomolecular medicine. Are they consider themselves to be integrated so you can always look for a doctor that understands that if your primary care physician doesn't, yeah, and in the kind of test you're talking about, can be requested by a general practitioner.

Tara Matthews: To a lab.

Tara Matthews: right? And some is so, since this is one of those things where

Tara Matthews: we can educate and advocate for our clients

Tara Matthews: to. To obtain this information

Tara Matthews: we would never tell them to take by the D. We would never tell them right. That's not in our, but we could. We could encourage them to talk with their general practitioner to this. Remember all the way in the beginning, when I said how much I always encourage clients to get a a physical exam to

Tara Matthews: reconnect with the physical aspect of themselves, because there are organic things that doctors and medical doctors and practitioners can check, for they can have a significant impact on their their well-being. And I have noticed over the past few years that

Tara Matthews: let's see, I guess maybe 10 years ago I requested a doctor check vitamin D levels. They said. I

Tara Matthews: can put it on the order, but your insurance company won't cover it. But then, a few years ago, I requested the same thing.

Tara Matthews: and insurance is now so in some cases starting to cover this kind of lab testing, which is

Tara Matthews: progress. You know how much it costs. I mean, I guess it depends like.

Jessie O'Brien, NAADAC: because people asked about insurance, how much it would cost if the insurance didn't cover it.

Tricia Chandler, PhD, MA, LPC, MAC: depending on on where you go to and what all they're doing. It could cost a couple of $100.

Tricia Chandler, PhD, MA, LPC, MAC: But that's a that would be an extensive out of pocket lab. where you're getting lots and lots and lots of things looked at.

Tricia Chandler, PhD, MA, LPC, MAC: so I think that it. If you tell your primary care, physician, you're
feeling

Tricia Chandler, PhD, MA, LPC, MAC: really down. And and would it be possible? You know they can. They can advocate for the client, the patient

Tricia Chandler, PhD, MA, LPC, MAC: for their insurance company to cover this, because there's a medical necessity

Tricia Chandler, PhD, MA, LPC, MAC: that that term right there opens a lot of doors with insurance companies. If the doctor can determine and make the claim that this was a necessary thing for a medical necessity.

Tara Matthews: Well, and this is how we get treatment for people.

Tara Matthews: Exactly a a great example of. We could all benefit from doing this. Go to your primary care position, communicate an interest in having your vitamin D level check is in and see how they respond and see what that looks like.

Tara Matthews: you know you can always

Tara Matthews: not do it right. But just maybe in the next visit you go to ask your doctor about that. Would it be possible for me to get labs to have my vitamin D checks? What would that look like? Just to sort of see, you know, because you never know you could learn about yourself, but it would also give you insight into what that process looks like.

Tara Matthews: Locally.

Jessie O'Brien, NAADAC: there's another couple of questions. Are you guys okay with that? Okay? Just so, Jessica asked. If someone is using medication.

Jessie O'Brien, NAADAC: aided recovery for substance, use, disorder, and is struggling with the lagging serotonin levels. Would it be better for that individual to seek mental health treatment with pharmacut therapy? Or is it better for them to just give their brain time to re-level? Would taking medication, keep the brain from being able to re-level itself and cause a dependency on the medication.

Tricia Chandler, PhD, MA, LPC, MAC: I I have a favorite psychiatrist that I'm just gonna put his name out there. You guys, if you're interested in this.

Tricia Chandler, PhD, MA, LPC, MAC: Read Peter Breggen's work.

Tricia Chandler, PhD, MA, LPC, MAC: He's a psychiatrist, and he has written about the adverse effects of long term use of any psychotropic medication.

Tricia Chandler, PhD, MA, LPC, MAC: And so

Tricia Chandler, PhD, MA, LPC, MAC: to answer your question, I would say that most people who have
substance use or process use disorders

Tricia Chandler, PhD, MA, LPC, MAC: have co-occurring disorders. and so they should be in treatment for the depression or the

Tricia Chandler, PhD, MA, LPC, MAC: mood disorder as long as well as the recovery treatment. And it's spelled Breagan B. As in boy

Tricia Chandler, PhD, MA, LPC, MAC: R. E.

Tricia Chandler, PhD, MA, LPC, MAC: 2 g's I. N. Peter Bregen.

Tricia Chandler, PhD, MA, LPC, MAC: He is books out there

Tricia Chandler, PhD, MA, LPC, MAC: that are pretty well re revolutionary on what he has seen as the inappropriate and overuse of pharmacology

Tricia Chandler, PhD, MA, LPC, MAC: to treat mental illness

Tara Matthews: so based on that answer, I would take the opposite stance. Just so we think of wellness as a continuum that we can certainly learn about that information, but I would never advise a client to stop taking their medication.

Tara Matthews: maybe folding. Yeah, maybe folding in some other professionals. I have certainly advocated for them to get a psychiatrist or prescribing professional. Who's

Tara Matthews: addiction savvy? And and there are those they are hard to find. but ones that have been trained in co-occurring disorders integrated mess medicine things like that to help the client.

Tara Matthews: because ideally like any medication that any of us would take for anything. We wouldn't want to take the same medicine at the same dose at the same time for the entire lifespan right And so there. If the client is questioning that, then

Tara Matthews: then re-evaluating that with their site there

Tara Matthews: prescribing professional, would be a great idea. I think

Tara Matthews: we don't want to set the impression that you know being on

Tara Matthews: medications means you're not well or healing right? that everybody is uniquely themselves, and they will need different types of support. Some medication support, others not medication support, but ideally.

Tara Matthews: this is a journey of wellness, and as our brain heals as our brain grows as our life circumstances change, we would want to always be reevaluating that.
Tricia Chandler, PhD, MA, LPC, MAC: Yeah. And I would also say that

Tricia Chandler, PhD, MA, LPC, MAC: if somebody is on a medication and they would. And they're having adverse effects from it, or they're not happy with it. That finding a doctor is that

Tricia Chandler, PhD, MA, LPC, MAC: is a holistic doctor that looks at nutrition that looks at everything involved

Tricia Chandler, PhD, MA, LPC, MAC: would be my recommendation. And and we, as clinicians, can find resources that we can refer our clients to

Tricia Chandler, PhD, MA, LPC, MAC: absolutely. We're trying to help our clients find those resources. We can do that

Tara Matthews: great, great cause. Because you're you're actually right to be. What we're doing is meeting clients where they are, where they are in their in their wellness journey, and some of them are are going to be in different different places.

Tara Matthews: right? Some in, in, you know, early detox, or we're definitely looking for stabilization, different wellness goals than Someone who

Tara Matthews: has maybe a completed treatment and is, you know, seeking to take that next wellness. Step right. That's why we want to ask how the client, how you define wellness so that we can walk alongside you along the way.

Tara Matthews: you know, since the brain is connected to everything we do and feel and experience. And remember, it's really important to think about how we feed it. And that's you know, all of this stuff is is what we're talking about. You know.

Tara Matthews: When I say, when we say feed it, that's you know anything we we put in there, or whether it is sounds environment, food, right? I put the the food there right. We talked a little bit about sugar and and caffeine, you know. I think one of the things that we just can't have this

Tara Matthews: presentation without addressing one of probably the most important and most ignored wellness tools that's free that exists out there that everybody can do And one of the best ways we can feed ourselves. is is sleep.

Tara Matthews: sleep is probably the most important thing we can do for ourselves, not just a regular sleep schedule. But if a person is, is not. It is not getting at least 5 h of sleep a night. They're functioning.

Tara Matthews: It's as though they are intoxicated. Their thinking is impaired. and that's gonna lower your ability to make the best choices to function

Tara Matthews: in a in a healthy way. And I think especially sleep needs to be explored when I mean, look at yourselves when you don't get enough sleep. What happens? Right? You, you see a
Tara Matthews: maybe your brain foggy, maybe your quick to anger. Maybe your impulse control is off right, and I to a wellness journey is about setting yourself up for success and

Tara Matthews: sleep. Especially sleep is the place that we can start.

Tara Matthews: I have talked with so many clients, and I'll say, you know about how many hours are you, you know sleeping a night, or what does your sleep look like? These are simple questions we can ask, and they can give us some really important clues about

Tara Matthews: What's going on? Sometimes shifts like

Tara Matthews: a regular sleep schedule, or making sure that they

Tara Matthews: get 7 7 h or or 8 h, or whatever their their body needs. more than 5

Tara Matthews: they will find that their mood shifts, their thinking clears right so, and we all know, while under the influence. Our sleep is negatively affected because it's not sleep. It's not the kind of sleep we're talking about, because the all the body is working on getting the drugs out of the system. And that's why I think it's interesting

Tara Matthews: to how many people don't ask about sleep or look at sleep, and it's such a a tangible thing

Tara Matthews: that we don't need training on right. We can just say you need to look at sleep and just observe how that changes.

Tara Matthews: the mood even that day. It's almost like an instant reward.

Tara Matthews: I am mindful of the time I do have

Tara Matthews: some nutritional slides. I do want to go over. We talked already a little bit about sugar, and sugar cravings. It's important to know that sugar works very much like cocaine in the brain.

Tara Matthews: and a heavy consumption of sugar over time will reduce dopamine levels. So that's just something to be aware of how powerful what we put in is right. Neuron simply responds stronger to

Tara Matthews: sugar to

Tara Matthews: cocaine than the natural reward system.

Tara Matthews: Right? Our body, just brain wants to feel good and avoid the withdrawal. Right? Does that do any of these things sound familiar when we’re talking about this sort of

Tara Matthews: early recovery skills that we're exploring with people right? We we did. We want you not to put yourself in situations that will, you know, increase cravings. Well, sugar is one of those things that directly affects the natural. The brain's reward system right? And you can have withdrawal from it which looks like moodiness and headaches.
Tara Matthews: cortisol. that's the stress hormone. we've all experienced the stress hormone. there's things we can put in our body, things we can eat that can lower

Tara Matthews: or reduce the amount of cortisol in our system.

Tara Matthews: Right? So maybe it's not. Oh, my gosh, I'm feeling stressed. I'm going to eat a bowl of almonds. But when we think about even the food we provide for snacks, the things we put out for people to choose? is it cookies and caffeine?

Tara Matthews: Or could it be

Tara Matthews: you know, and not Well, be careful about not allergies, but you know, could it be something that's targeted toward reducing stress or not affecting the natural reward system.

Tara Matthews: Right? These are just a few foods. There are certainly lots of them. But even introducing this kind of information to your own life or baby to your

Tara Matthews: clients to to explore.

Tara Matthews: just some ideas to throw out. There are spices that improve health, things like cinnamon, lower lower blood, sugar, turmeric, sites, inflammation, tumor. It can also impact pain. and in sort of reduce those symptoms that cumin a boosting immunity. So these are just kind of

Tara Matthews: things. You you you could just play with yourself, see? If you notice the difference. So yes, these are things that tumor. It, for example, is something you could use in cooking and in your food, but you will even see this in the vitamin shelves. Some people buy turmeric. Take turmeric to help reduce

Tara Matthews: pain symptoms.

Tara Matthews: Okay? seed cycling This is something that you can work with. Maybe a nutritionist or a nutrition coach to look at restoring hormonal balance. Right? So we're going to work with lots of clients who are at various stages in their lives. Hormone changes are are

Tara Matthews: something to be aware of, because that's gonna affect their mood, that's gonna affect their recovery. this, these are some other examples of maybe you know, some some snacks that can be

Tara Matthews: provided.

Tara Matthews: If we were to keep nutrition really simple, we would say.

Tara Matthews: minimize your sugar. minimize your caffeine. minimize your fast food.

Tara Matthews: minimize your processed foods, minimize your saturated foods.

Tara Matthews: Okay? So some of those things sugar and caffeine work just like other drugs inside of your brain. And then things like processed foods and fast foods
Tara Matthews: has been chemically created.

Tara Matthews: Right? They aren't. They aren't feeding us right. And a lot of times, when anxiety is also presence. you can see other food issues start to emerge. And so you just want to be aware of these things, you know.

Tara Matthews: exploring how what we put in

Tara Matthews: influences.

Tara Matthews: how one feels.

Tara Matthews: what we want to do is increase, increase our walking. We want to eat the rainbow. Right? So foods from all that. All different colored foods. Right? And so sure.

Tara Matthews: it. It sounds

Tara Matthews: rainbowy, right? Like, oh, yeah, I'll go to organic farms. That's not realistic. But you know, I could provide

Tara Matthews: a fruit right?

Tara Matthews: an an apple or a banana right? That's red and yellow right there. Eating from the rainbow helps us make healthy choices.

Tara Matthews: Watch the sunrise or set. This is what we want to feed ourselves with right drink more water, maybe. Take a volt multi vitamin, or a probiotic. And I think it's also really important for us to know. I'm talking about nutrition, talking about what you're putting in.

Tara Matthews: and everything we're putting in is going where to our stomach. That's our gut. And 95% of our serotonin comes from our gut.

Tara Matthews: So how we take care of what we put in is really really important. And when we're working with people with co-occurring disorders, it's really such a beautiful place, because

Tara Matthews: they really are at a change. Place

Tara Matthews: right where where

Tara Matthews: we can, we can

Tara Matthews: help facilitate.

Tara Matthews: you know, instead of moving from from one

Tara Matthews: ineffective bad
Tara Matthews: have it, or activity or consumption to just another. We can help them move from where they are and just move them on that help them along the way through that, so that wellness path.

Tara Matthews: I'd like to see us treat every client as a whole person seeking health, wellness, and balance, and just know that there's no magic formula. We've talked about that the whole way that all of these different approaches are just. There's no one perfect path, right? And it's gonna ebb and flow throughout our lives. And we flex as needed through life's changes, that balance and wellness and health.

Tara Matthews: I'll have to be intentional. They are action oriented. and one of the best things we can do is model that for our clients.

Tara Matthews: and with that any other residual questions, thoughts, comments. We are here.

Jessie O'Brien, NAADAC: I'm not muted, but we're running short on time. So if you, I have to wrap up.

Jessie O'Brien, NAADAC: But if you guys want to look at the Q. A. Box. If there's any questions that you can just type a quick answer to go for it, and you can answer those while I go through the

Jessie O'Brien, NAADAC: the last bit here.

Jessie O'Brien, NAADAC: Okay, so just a reminder to get to the C quiz. After that, after this it will end. If you refresh your browser there will be a Thank you Message. And in that, thank you. Message. There'll be a click here to access. See quiz. I think it might even be highlighted in yellow, and if you click that it'll take you to the sequence, you will also, if for some reason that doesn't appear for you, get an email after this 1 min. After this webinar ends for those that attended the sufficient amount of time

Jessie O'Brien, NAADAC: you'll get an email, and it will contain the link to the sequence. It's also in the Nadak Education Center in the same course. So you can go into the Needac Education Center. Go to education, search for the name of this webinar, and then within that you can find the

Jessie O'Brien, NAADAC: the sequence and the survey and the certificate. And if you have any issues, you can always email us@ceatnadak.org

If you aren't aware, we have launched registration for our annual conference that is taking place in October, in Denver.

Jessie O'Brien, NAADAC: October sixth, through twelfth. It's really the 3 day is the eighth ninth. seventh, eighth and ninth Is that right?

Jessie O'Brien, NAADAC: Yes, I think that's right sorry, but anyways check it out. If you haven't,
Richard, there's really great speakers. It's always so much fun to be in person. It's really energizing, rejuvenating for

Jessie O'Brien, NAADAC: your mental health, your spirits. It's good to just step away, if you can, from your regular responsibilities and connect with people in the field. I think everyone kind of comes back feeling restored and excited again after attending. At least I do, anyway, so check it out, and then here's some upcoming webinars, and then we're short on time, so you can just catch a glimpse that our next one is on July 26, so we have a little bit of a break.

Jessie O'Brien, NAADAC: If you're not a member of consider joining us, there's many, many, many benefits. and you can learn more on our web page at

Jessie O'Brien, NAADAC: alright. Well, thank you so much, Tara and Trisha. This was so wonderful. so informative. I saw a lot of really positive feedback in the chat coming through. Obviously there was a lot of questions for you. but I think you answered. A lot of them, too, as you went through as well. So thank you, everybody. I hope you all have a wonderful rest of your week.

and we hope to see you again soon.

Jessie O'Brien, NAADAC: Take good care.

Tricia Chandler, PhD, MA, LPC, MAC: Thank you.