The Power of The Brain-First Approach in Recovery Coaching

Presented by:
Dave Kenney, PhD (cand.) and Susan Kenney, CHWC

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Webinar Presenter:
Susan Kenney, CHWC

The Power of The Brain-First Approach to Recovery Coaching
(Peer Support)
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Addiction?
( Substance Use Disorder )

 Brain Disease?
 Brain Disorder?
 BRAIN

Brain-First
Not Brain Only

LIFESTYLE
CONNECTIONS
PHYSIOLOGY
PSYCHOLOGY
SPIRIT
Function Drives Chemistry

How The Brain (Hard Drive) Works
Music In Balance and Harmony Is Transformational
Music In Balance and Harmony Is Transformational
Like it or not...

Your Brain Drives Your Behavior

Definition: How someone acts or what they choose in response to a stimuli
Behavior

- An Action or Inaction
- What we choose to do or not do

Intentions Are Not Behaviors
Role as a Recovery Coach?

To Influence or Impact Behavior
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Your Brain Is In Charge

Everything you think, feel, and do

How does this impact your coaching?

Neuroplasticity

The ability to rewire your brain – at any age.
It is always rewiring and restructuring based on stimuli.
Hebbian Theory

The more neurons FIRE the stronger they WIRE
- Habits, patterns, choices

(Hebb, 1949)
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Myth
It’s All About Willpower

It’s All About Brain Power

How Can I Rewire My Brain?
Neuroplasticity & Hebb's Law

Consistent ACTION x Time

- Can not learn to ride a bike (or drive a car) from knowledge
- The more a neuron fires > the stronger it wires

- The more I go to the bar, the more ‘normal’ it feels
- The more I go to the gym (Hobie), the more ‘normal’ it feels
Dark Thoughts - Negative Thoughts

ANTS & How To Crush Em
Automatic Negative Thoughts

80,000
Positive - Neutral - Negative
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ANTS – Crush Em
Automatic Negative Thoughts

80,000
Positive - Neutral - Negative
TEFLON          VELCRO

1. Become aware of your ANT
2. Challenge the ANT - Is It True?
3. CRUSH the ANT – say NO Loud and Strong
4. Gratitude – replace it with something you are grateful for and **WHY**
   - be specific
9 Types of ANT’s

1. **Always**’ thinking: This is when you think in words like "always, never, no one, every one, every time, everything”

2. **Focusing on the negative**: When you can only see the bad in a situation

3. **Guilt beatings**: You think in words like "should, must, ought or have to”

4. **Fortune telling**: You predict the worst possible outcome to a situation

5. **Labelling**: You attach a negative label to yourself or to someone else

6. **Mind reading**: You believe that you know what another person is thinking and it’s not good. Even though they haven't told you and you didn't even ask

7. **Thinking with your feelings**: This is when you believe negative feelings without ever questioning them

8. **Personalization**: This is when you take a seemingly innocent event and take it to have a personal, negative meaning

9. **Blame**: This is the most harmful ANT and it happens when you blame someone else for your own problems

Myth - Angry

Go punch something (pillow, punching bag, etc) to release tension.
Angry?

Rewiring Your Brain

Movement and Exercise is FANTASTIC To Lesson Anger/Frustration A GREAT Reset

Particularly Outdoors
BIOPHILLIA
The Positive Effect of Nature and Animals on Humans
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Words Have Power

- You
- We
- Us
- They
- Everyone
- Others

Lacks Ownership - Empty
Ownership – Powerful - Personal

What Do You Want?

“I don’t want to smoke.”
“No more smoking.”
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Myth - Powerless

“I am powerless over _______."

Myth - Powerless

To be powerless is to be a Victim.
Between stimulus and response there is a space or gap.

In that space is our power to choose our response.

In our response lies our growth and our freedom.

- Viktor Frankl

Actualized Recovery

The Integrative Brain-First Methodology to Lasting Recovery
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Actualized Recovery

BRAIN-FIRST
Not Brain Only

Contact Us:
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Accessing the CE Quiz

NAADAC - CE Instructional Process

Overview

THANK YOU
Thank you for attending this webinar! In order to get your CE certificate, you will need to pass the content knowledge quiz with a score of 80% or higher and complete the survey evaluation. Click here to access the CE quiz.

CONTRIBUTORS

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DURATION 30M
This live web event has ended.
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