

MINDFULNESS *AND* MEDITATION
AS* CLINICAL NECESSITIES *IN
SUD AND GAMBLING
TREATMENT



2018 Midwest Conference on
Gambling & SUD
June 22 2018 Kansas City Mo

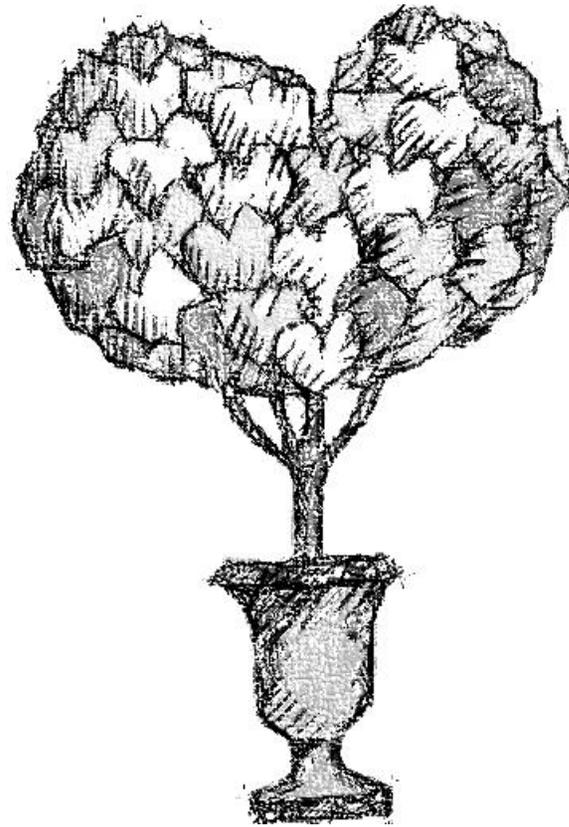
Daniel L. Smith 314 265 2440

provides both novice and experienced professionals with the practical knowledge needed to implement successfully mindfulness and meditation practices in clinical addiction and mental health treatment settings.

- evidenced based research from the field
- strategies in overcoming client resistance
- strategies in overcoming staff skepticism;
- provide a useful, pragmatic context for doing meditation with
- clients who have little to no experience;
- working with clients who are experienced meditators'
- current trends in mindfulness



deep listening



A photograph showing a close-up of a hand held under a running faucet. Water is being poured into the palm of the hand, which is cupped. The background is a white sink with a silver faucet. The image is slightly blurred, emphasizing the texture of the water and the skin.

**Preliminary thoughts...A “transformational journey...”
Mindfulness is an essential tool to foster recovery...**

"Recovery is more than abstaining from the drink or bet, more than working a program by attending meetings, doing service work and sponsoring others. Deep, authentic, transformational recovery unlocks happiness, acceptance, and profound joy one day at a time for those who take the time to pursue it."

foundations of joy and happiness

abstinence >

recovery >

TRANSFORMATION

- **ABSTINENCE** (remaining alcohol, drug and bet free) versus
- **RECOVERY** (remaining out of action and abstinent) versus
- **TRANSFORMATION** (plus deep characteriological change and growth)

Mindfulness is an explosion...

- **staggering** 87,700,000 hits on internet after googling the term
- **A starting definition:** Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which can be developed through the practice of meditation
- We may start with the bell of mindfulness

Mindfulness is awareness of direct experience...

- something we all naturally possess, it's more readily available to us when we practice on a daily basis.
- Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being ***mindful***.
- And there's growing research ... (Mindful.org)

Mindfulness is a state...

- of active, open attention on the present.
- When you're ***mindful***, you carefully observe your thoughts and feelings without judging them good or bad.
- Instead of letting your life pass you by, ***mindfulness*** means living in the moment and awakening to your current experience, rather than dwelling on the past ... (Psychology Today)

Mindfulness means...something?

- ***Mindfulness*** means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. ...
- When we practice ***mindfulness***, our thoughts tune into what we're sensing in the present moment rather than ... (UCLA Berkeley)

***“Mindfulness”* finally became an American brand**

- ... however, a hundred years later, when the be-here-now, Eastern-inflected explorations of the '60s came to dovetail with self-improvement regimes.
- In the 1970s, Jon Kabat-Zinn, a molecular biologist in New England and a longtime meditator in the Zen .. ([The Muddied Meaning of 'Mindfulness' - The New York Times](#))

A small sample of **Varieties of Mindfulness**

- [Mindfulness In 10 Minutes | Harness the Healing Potential](#)
- [The Benefits of Mindfulness | Moving Away from Autopilot](#)
- [Mindfulness May Be Your Answer | But TM[®] May Be A Better Fit](#)
- [Mindfulness Based Online | Stress Reduction Training](#)
- A contemporary buzzword (Sun 2014)

A brief review of Literature

- LANGER & Abelson 1972 process of noticing new things
- Walsh 1983 several practices in voluntary control
- Jon Kabat-Zinn 1990 a 2000 yr history
- Sternberg 2000 cognitive ability, personality trait, cognitive style
- Brazier 2003 the Buddhist context
- Brown & Ryan 2003 turnover, intention, job performance
- Spence Cavanagh Grant 2008 reductionism in mindfulness in western science
- Austin 2009 (Selfless Insight) *book length expose on neurochem / meditation
- Singh 2010 good review of historical context
- Reb et al 2012 effects on leadership
- McKenzie et al 2012
- Dane & Brummel 2013 workplace
- Carmody 2014 experiencing and attending to
- Langer 2014 awareness of doubt and uncertainty
- Kemp 2016 Coaching
- Smith 2018 as a necessity in periods of uncertainty
(and it all is! except) *No where to go Nothing to do!!*

(((Be Present)))

strategies in overcoming client resistance

1

2

3

4

5



strategies in overcoming staff skepticism

- 1
- 2
- 3
- 4
- 5



provide a useful, pragmatic context for doing meditation

- “to meditate is to be aware of what is going on in our bodies, our feelings, our minds, and the world. Dwelling in the present moment, we can see so many beauties and wonders right before our eyes – a child’s smile, the sun rising, the autumn leaves.”
- “We can be happy just by being aware of what is in front of us.” TNH (Stepping into Freedom)

Implement mindfulness and meditation in clinical settings

- awareness
- mindfulness
- concentration
- insight
- wisdom

12 step meditation techniques

- Prayer vs meditation
- Step prayers
- “a higher plane, the plane of inspiration” BB 86:2
- Working with others BB 89:1
- Understanding of a creator’s or HP’s will for us
- Letting go: changing our relationship to suffering
-
- 11 th step in particular
- Awakening
- The bondage of self will
- Mindful BB 86:3
- Nightly review BB 86:2
-



Overcome resistance

- Reactivity model : mindfulness>compassion>insight
- Mindfulness alone is unable to free us from reactivity
- Compassion > acceptance, and
- We cannot understand mindfulness until we bring compassion into our lives
- Insight combined with Mindfulness and compassion yields objective observation of our own experience

*(Rob Nairn & Lucy Draper-Clark,
Directors of Mindfulness Africa)*

Five very practical actions to take each day

FOR THE RECOVERING:

- Ask for help
- Listen and follow direction
- Make an effort to bring recovery into everything you do
- Call someone in recovery
- Don't drink, drug or gamble for anything

TRANSLATES TO

- Pray
- Meditate
- Focus
- Contact
- Delay



**GOOD ADVICE FOR
EVERYONE**

working with clients who have little to no experience

- “feelings come and go like clouds on a windy day”
- “my gratitude is filled to the brim.”
- “awareness is a mirror”
- Guided sits – limited or worthy?
- Breathing accessible to all



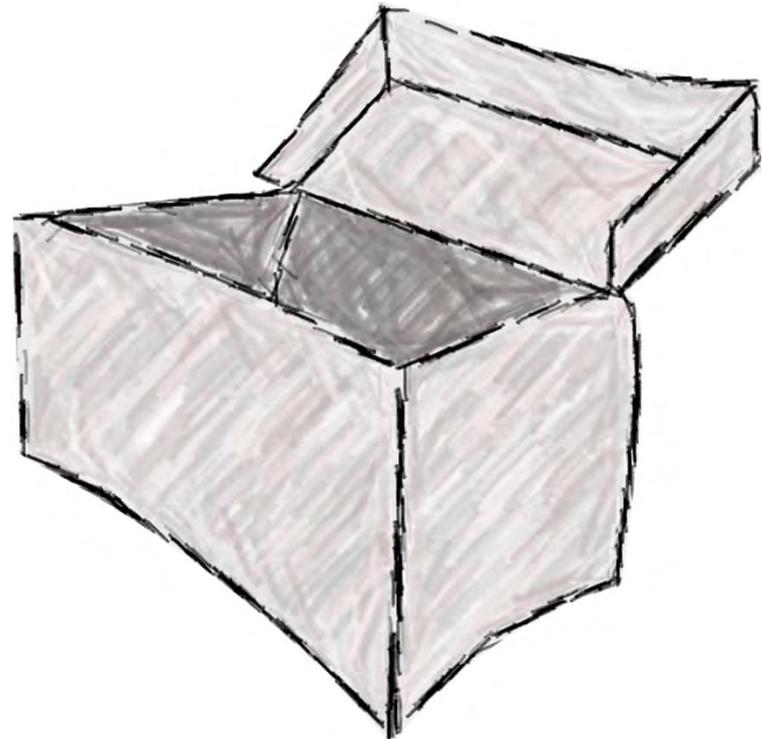
The beginner's mind....

- Useful pragmatic context for beginners
- Progressive body relaxation
- Breathe in breathe out
- Guided meditation with breath and stress
- Therapeutic drumming
- Therapeutic container for pain

Developing a therapeutic container, self care & preservation

**“It has been helpful to
steep in joy, so
In order to grow spacious
For the practice
Of holding deep
suffering”**

(Hui Wen 2018 email)



Working a daily, weekly, and *thorough* program

- Mindfulness in recovery tools for newcomers
- Mindfulness in the Five Daily Actions
- Mindfulness in the Routine, widely accepted Weekly actions
- Mindfulness ought to be a benchmark of "working the program"
- Five universals, five particulars

working with clients who are experienced meditators

- Maintain mindfulness in daily activities, nourish concentration, and increase wisdom in every day ... TNH (Stepping into Freedom)
- Remember bell and breath
- Remember Walking
- Remember Gathas
- Aware and eliminate Dangers of Spiritual materialism (Chogyam Trungpa, CTSM)

Mindfulness and spirituality?

- Gorski, meaning and purpose
- Experiential learning and meaning:
- (Plato, Socrates, Dewey 1884, Kolb 1984, Joplin 1995, Wilson Bates 1995... on learning...)
- *INTENTION = "on purpose" JKZ,*
- *ATTITUDE = expectation of positive outcome (impact, immediacy, results)*
- *ATTENTION = consistent, disciplined, sequenced*
- Not a blissful calm state.... How does this translate into recovery terms?

current trends in mindfulness

- Taking it out of the traditional context (some say) renders it meaningless or less meaningful
- Hot topic in industrial psychology
- Mindfulness in (subacutely licensed and trained fields such as coaching) is the hot topic now
- Anger management / walking meditation



MINDFULNESS

*stabilizes clients in relapse
and improves functioning in recovery*

WAKE UP (from Pema Chodron)

1. Stabilize mind

Train mind, body, breath to stay present

2. Befriend yourself

Once you create choice, then be gentle with yourself, recognize & accept doing nothing

3. Be free of fixed mind

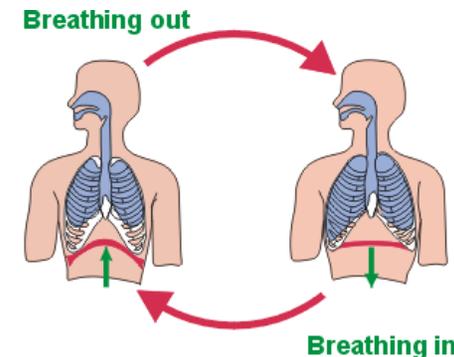
Notice gaps, lucidity, awe, opportunities

4. Take care of others

Link to the joy and suffering within others, within self (service work??)

SMILE (from Emet 2013)

“A toddler smiles on average 600 times each day”

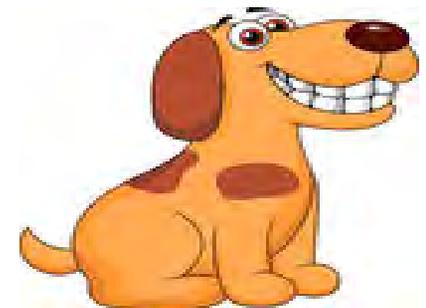
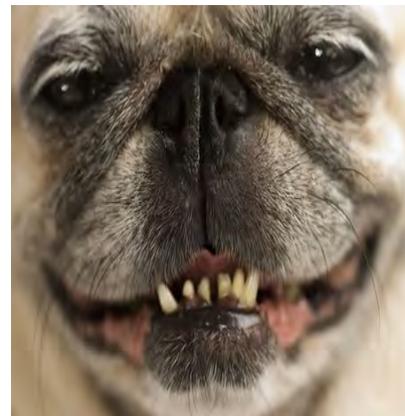
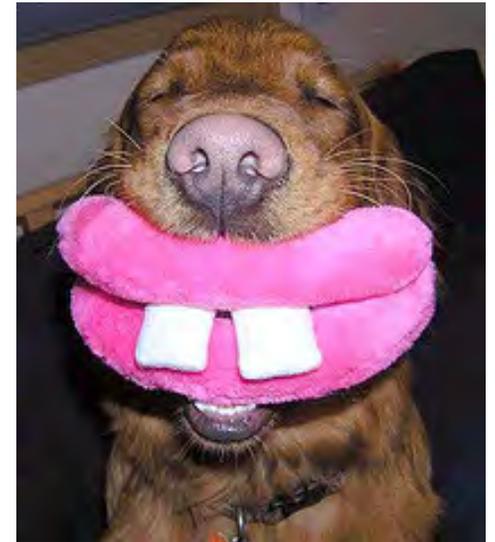


BREATHE

(slide from “Recurrence of Acuity: Toward a New Medical Definition of Relapse” D L Smith 2014)

Further investigation needed

- Very few clinical applications are studied
- Complicating factors need to be identified
- Good research is needed
- Effects of an 8 week meditation class
- Long term effects



CLINICAL APPLICATIONS OF MINDFULNESS AND MEDITATION IN MENTAL HEALTH / ADDICTION TREATMENT SETTINGS

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ELEMENTS OF ADDICTION >>>	NEGATIVE CONSEQUENCES	ALTERED BRAIN WAVES	DISSOCIATIVE-LIKE REACTIONS	ALTERED NEUROCHEMISTRY	RESIDUAL TOXICITY OR SENSITIVITY
///THERAPEUTIC MODALITY	>> in an increasing progressive controversy >.....> with less & less known at present>>				
COGNITIVE BEHAVIORAL	STEP WORKSHEETS under direction of mentor, sponsor, counselor	BEHAVIOR & THINKING take months if not years to correct	Trance Blackout Out of Body Depersonalization	REWIRING > NEW BEHAVIOR Sedatives: 24 mos Stimulants: 6-18-24 mos Gambling: 18-30 mos	INCURABLE BUT ARRESTED DISEASE: definable etiology, predictable course, expected outcomes
MINDFULNESS	AWARENESS OF SUFFERING	Breathing: need data	GREATER AWARENESS OF	INCREASED USE of Neurochemicals &	Breathing: need data but anecdotally
Active Addictive Behavior	Stops Addictive Behavior		Continues Abstinence		Sustained Abstinence & Recovery
Craving Loss of control	Interventions of Treatment, trauma, SAT>SAT		Profound Emptiness, Spiritual Bankruptcy, Losses: Real, perceived, self, normalcy		1 Abstinence 2 Situational 3 Behavioral 4 Cognitive- 5 Emotional 6 Core Belief
IN ACTION	Still IN ACTION check racing forms, lotto #s, frequents bars but no drinking		OUT OF ACTION EMPTY !!!!		“INTO ACTION” (from Alcoholics Anonymous)



“For things to reveal themselves to us, we need to be ready to abandon our views about them.” --- Thich Nhat Hanh (from ***Being Peace***)

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BIBLIOGRAPHY ON MINDFULNESS

betnomore@gmail.com D.L.Smith 2018

- Important Books (in no particular order except alpha) by THAY, **THICH NHAT HUAN**, which I have found helpful for working with clients:
- Answers from the heart , practical responses to life's burning questions, and a good intro, 2009
- Being peace, 1987, an early but immensely useful gem of the center of mindful practice
- Fidelity, how to create a loving relationship that lasts, 2011, a pretty monumental book
- Going Home, Jesus and Buddha as Brothers, 2009
- No death, no fear, comforting wisdom for life, 2002, excellent commentaries
- Peace of Mind, becoming fully present, 2013
- Present moment, wonderful moment, mindfulness verses for daily living, 2002
- The energy of prayer, how to deepen your spiritual practice, 2009
- The world we have, a Buddhist guide to peace and ecology, 2008
- Touching peace, practicing the art of mindful living, 2002, excellent starting point
- There are many others listed on the Amazon site, some co-authored by Kornfield and Kabat, Siegal and many others. Some are very short books incorporated in other volumes of this prolific teacher. These above are instrumental and comprehensive for a well grounded approach to mindfulness. Additionally, Thay has written or compiled the following for serious study:
- Old path, White cloud _Thay's version of the history of Buddha
- Awakening of the heart, central sutras or teachings and some commentary
- Essential teachings of the Buddha, a serious text for serious practitioners
- Chanting from the heart (ritual and ceremony with many pieces that are readily adaptable to guided meditations). Also available is the CD of the chanting.
- On Amazon there are hundreds of his books, but truthfully the ones listed here seem to me to be essential, sufficient, and all you really need to master!!! Additionally, there are other writers on mindful living and spiritual practice helpful to share at least via excerpt in group settings with gambling clients and other recovering addicts. I have found helpful: I would add anything by Pema Chodron is helpful but not essential.
- James Austin, MD neurology researcher, doctor and veteran meditator,
- Selfless insight: zen and the meditative transformation of consciousness, 2009
- Zen and the brain: brain meditation and consciousness, 2009
- Jon Kabat-Zinn ,
- Wherever you go, there you are, 1994
- Full catastrophe living, using the wisdom of your body and mind, 1990
- Chogyam Trungpa,
- Cutting through spiritual materialism (noteable and still true today) 1973

Thank you! Bibliography and for further reading

24 Hours A Day

A Day At A Time

A New Beginning, Gamblers Anonymous

Alcoholics Anonymous, Alcoholics Anonymous

Amusing Ourselves to Death, Postman

Basic Text, Narcotics Anonymous

Behind the Eight Ball, Berman & Siegal

Being Peace, Thich That Than

Choice Making, Wegscheider Cruse

Counseling Compulsive Gamblers, Ciarrocchi

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Combo Book, Gamblers Anonymous

Deadly Odds, Estes & Brubaker

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Exploring the Labyrinth, West

Guided By The Spirit, Houdek

Living In Process, Wilson Schaef

Losing Your Shirt, Heineman

Memories, Dreams, Reflections, Jung

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Out of the Shadows, Carnes, P. (1989).

Pathological Gambling, McGurrian 1992

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Provocative Therapy, Ferrelly

Shaman, Healer Sage, Villoldo

Shamanism, Cowan

Sharing Recovery, Gamblers Anonymous

Soul Retrieval, Mending the Fragmented Self, Ingerman

Staying Sober Workbook, Gorski

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The Art of Clinical Supervision

Estadt, Compton, Blanchette

The Chase, Lesieur

The Thirst for Wholeness, Grof

The Paradigm Conspiracy, Breton et. al.

The Spiritual Landscape of America, Versluis

The Spirituality of Imperfection, Kurtz & Ketchum

When Luck Runs Out, Custer & Milt 1985

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Thanks for this courtesy; I am always eager to share what I have discovered.

Many thanks go to my clients for identifying the needs for my search. I learn much from each of them. Thanks also to my teachers Pat Tulholske, Tom Cowan, and Sandra Ingermann for the care of my soul; and to the St. Louis NCGC Clinical Supervision Group for their ceaseless prodding – although I am solely responsible for any shortcomings of the content herein. A special thanks to my very special mentors (you know who you are) for their repeated planting of seeds.

My work is indebted to so very many people. Any fault found is mine. *Daniel L. Smith MA LCSW SAP CCGC NCGC II CISD © SMS Press 2018*