

The Integration of Mindfulness in the Treatment of Addictions, Trauma and Anxiety Disorders

Presented by:

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Biography



- Trauma
- Addiction
- Recovery through Buddhism
- Learning to Embrace the Vulnerable Spaces
- Therapy From Broken Spaces

Addictions

- Addiction is **ALWAYS** rooted in Trauma
- Gabor Mate's work
- No one decides they want to be an addict
- Numbing is coping and often the only strategy

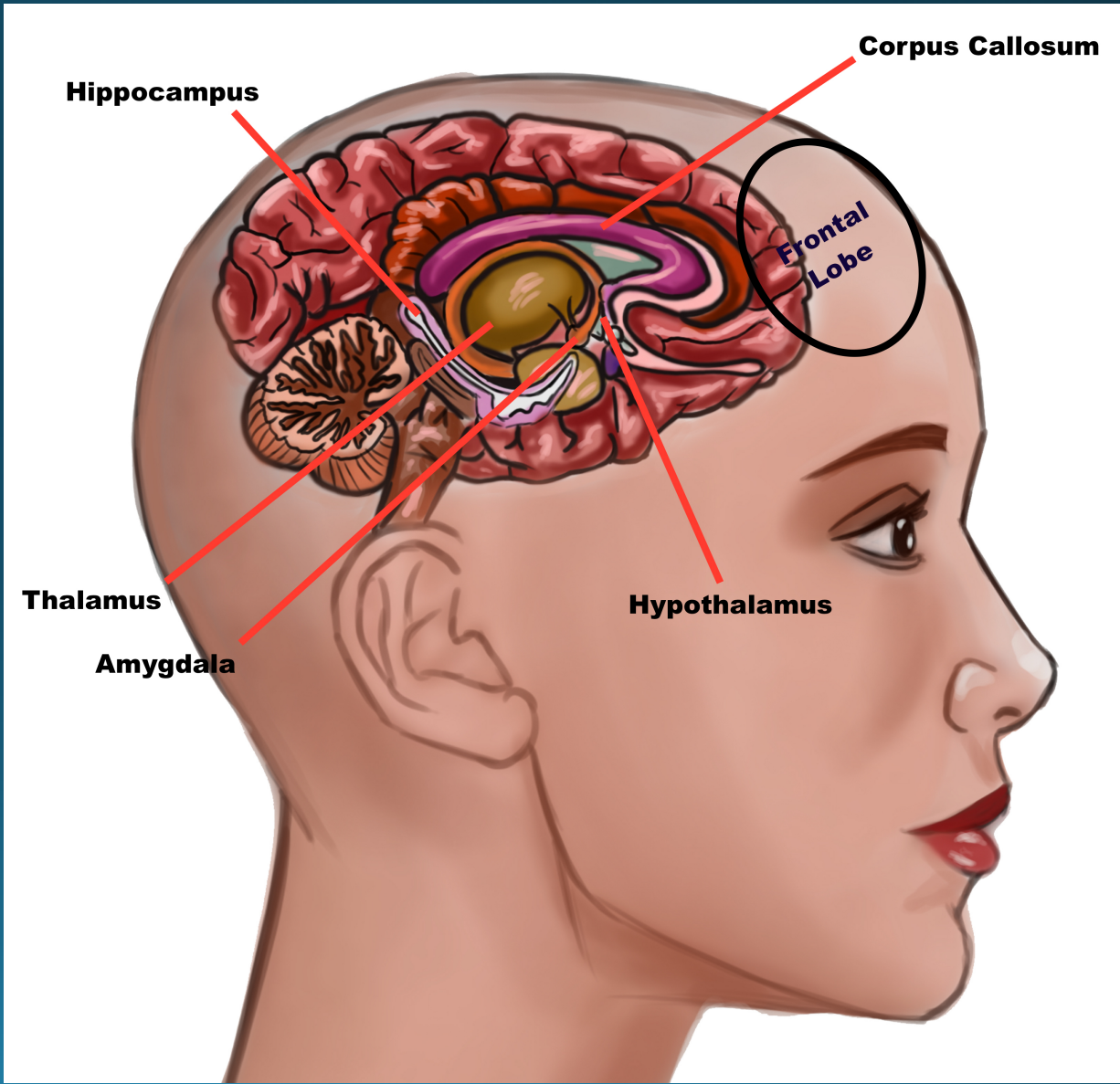


Trauma, Anxiety and Addictions

- The constant stress of trauma creates PTSD, GAD, OCD and other anxiety driven responses and mental illnesses
- *Data show that persons diagnosed with mood or anxiety disorders are about twice as likely to suffer also from a drug use disorder (abuse or dependence) compared with respondents in general. -- NIDA*
- Often in families with a trauma history there is also poor social learning of coping strategies.
- Epigenetics or Social Learning?

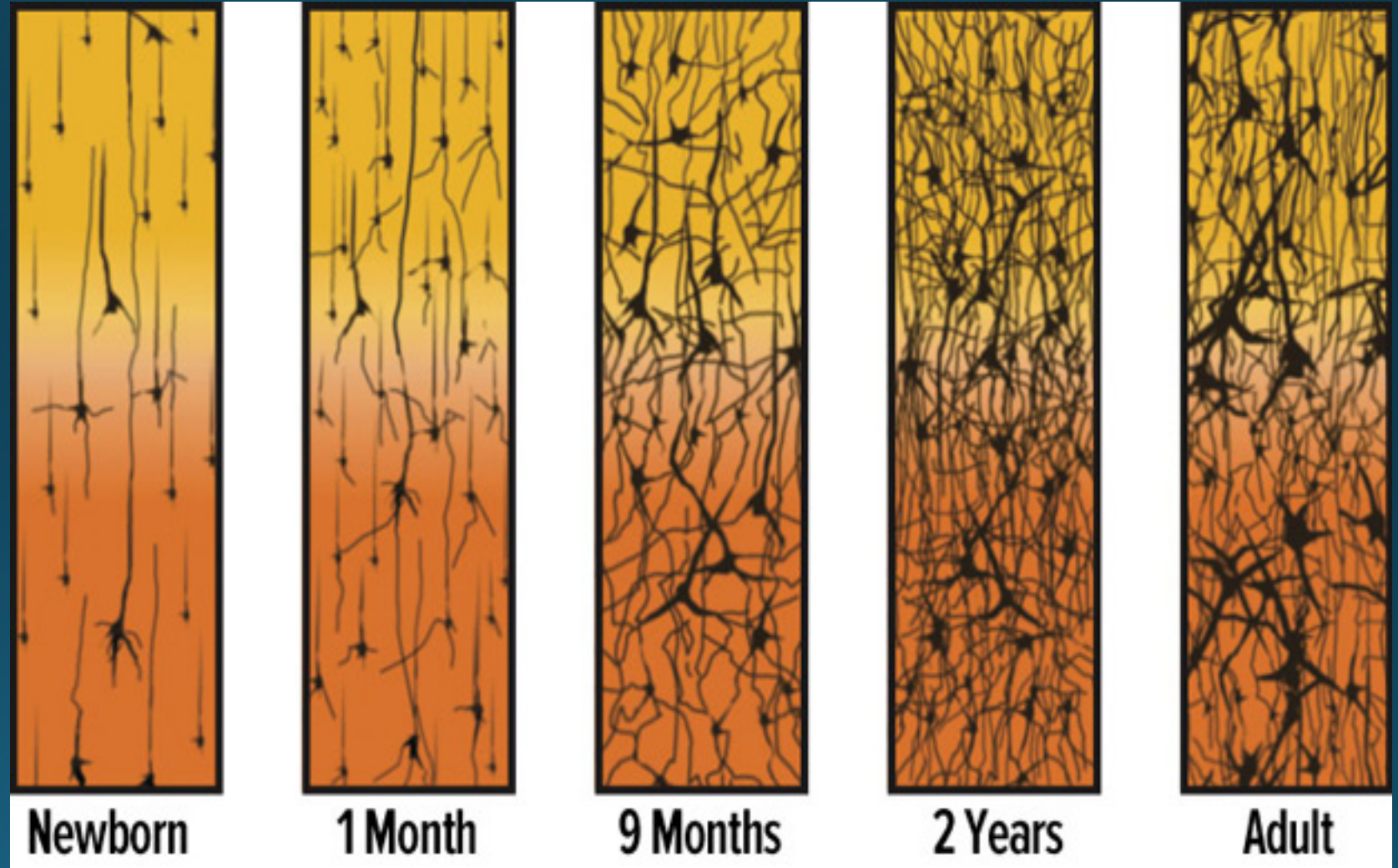
The Emotional Brain

- Limbic region is lower portion of the brain
- Thalamus scans the environment
- Sends data to Amygdala and Frontal region
- Amygdala processes for danger
- Release of Cortisol
- Heart rate goes up, breathing rapid and shallow...
- Anxiety, stress response and panic
- PTSD
- Anxiety and Stress Disorders
- Trauma and memory storage
- Hypothalamus and Hippocampus store memories



Brain Development and Trauma

- Pruning process
- Neural wiring
- Autism
- Trauma

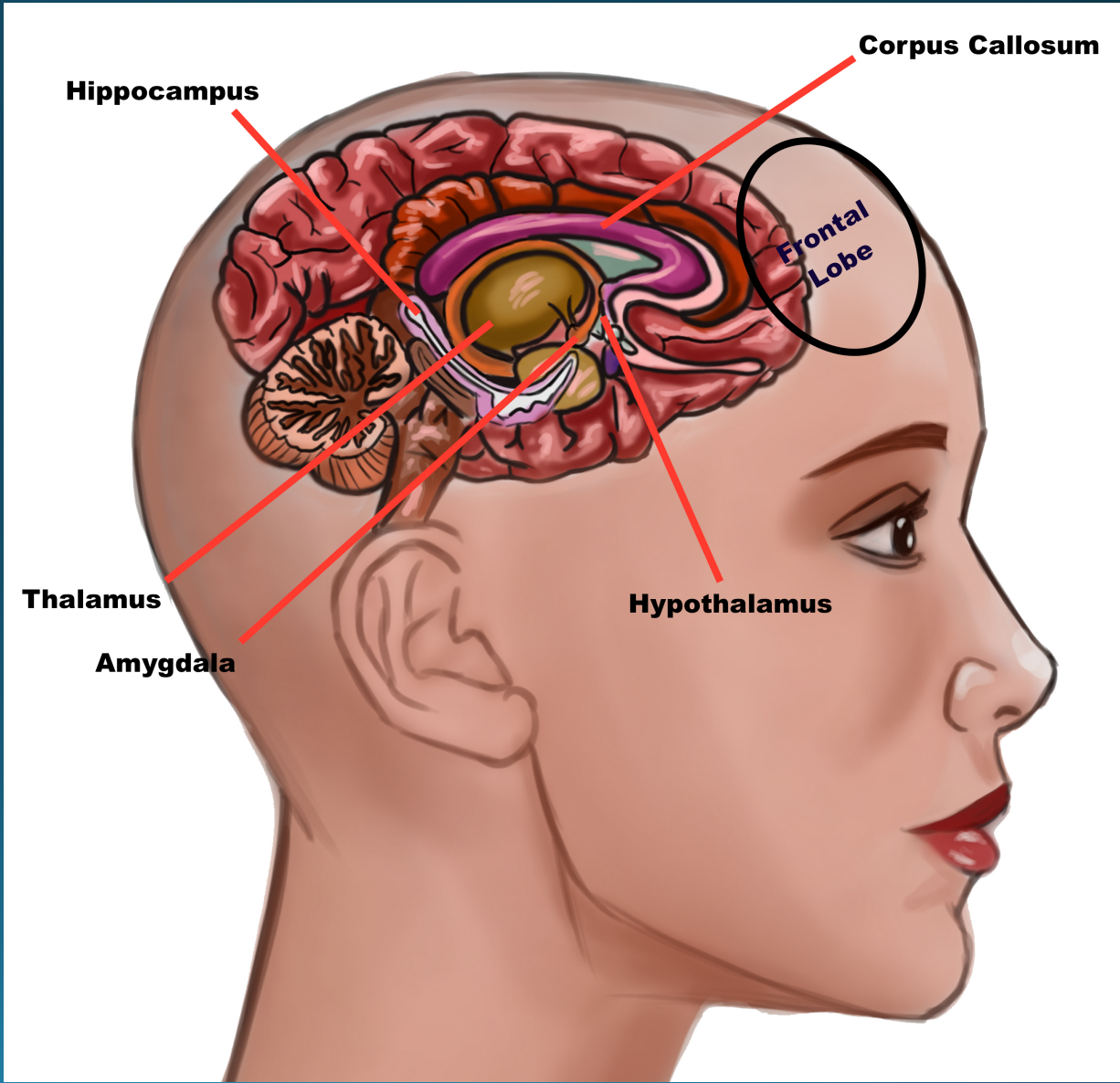


What is Mindfulness?

1. Begins with watching the breath – Basic Grounding
 - Getting in touch with our body states
 - Learning the early signs of stress and anxiety in the body
2. Learning to ground ourselves
3. Non-Judgemental Observation
 - Detached attention
 - Control of Emotions and Thoughts
4. How does it differ from meditation?

Mindfulness and the Brain

- The mind body connection
- Increase in neural pathways
- Strengthening connections
- Improving the pruning process
- Increase in Executive Function
- Increase in Oxytocin
- Decrease in Cortisol

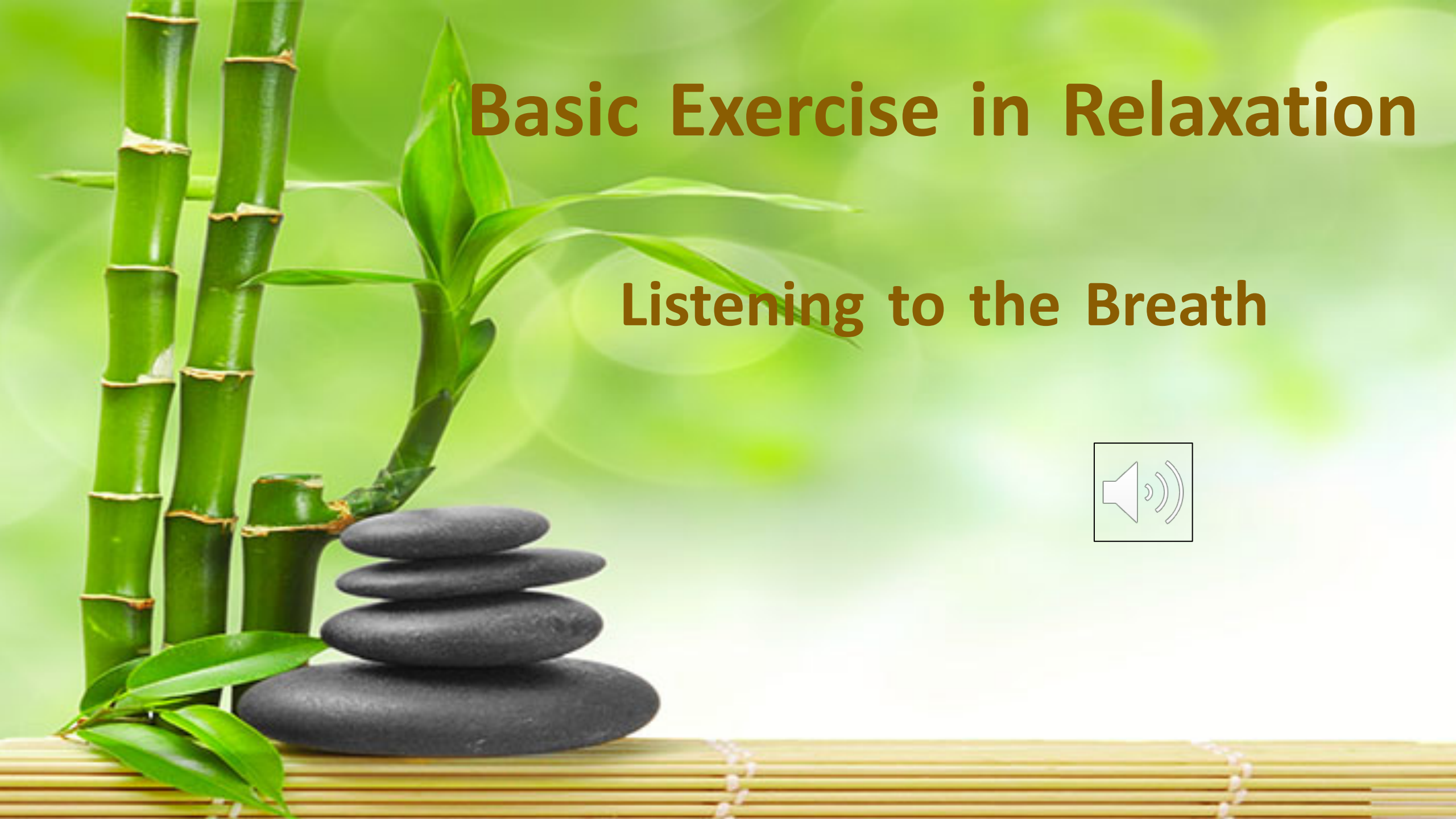


Questions?



Basic Exercise in Relaxation

Listening to the Breath



Results?

- Dealing with the anxious mind
- Monkey mind
- Learning to become the observer
- Don't play whack a mole
- Dissolving the thoughts
- Releasing the thoughts
- Returning to the breath

A still life composition featuring bamboo stalks, a stack of four dark grey zen stones, and a bamboo mat against a soft green bokeh background. The bamboo stalks are on the left, with some leaves extending towards the center. The stack of four dark grey zen stones is in the foreground, resting on a bamboo mat. The background is a soft, out-of-focus green with bokeh light effects.

Basic Exercise in Grounding

Three things activity

Results?

- Releasing the anxiety of the past and future
- Returning to the here and now
- Forcing the Emotional Limbic Region to release
- Follow with the relaxation exercise if Anxiety is severe

The Importance of Practice

- **Becoming aware of the body**
- **Becoming alert to triggers as they arise**
- **Making it second nature**
- **Practice at meal time**



Questions?



Use of Mindfulness in Emotional Regulation

- The point of mindfulness is not to control my thoughts and emotions, but to stop allowing them to control me.
- Becoming the observer of my thoughts and emotions—moving away from attachment.
- Conversations with a monkey. Why are you here? What can you teach me?



This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

The Guest House

-- Rumi



Questions?



Identifying and Using Triggers

- Trauma trigger = craving
- Rewiring the brain's response to the trigger
- Moving from craving to introspection and observational skills
- Outlasting the craving
- Building resiliency through resistance
- Identifying positive mental Triggers



Questions?



Mindfulness and Controlling Dissociation

- Use grounding at first sign
- Mindfulness and visualization
- Using the theater visualization for creating emotional distance
- Creating a box for emotional management outside the office



Mindful Recovery Podcast & Facebook Group

Available on:

- iTunes
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www.mindfulrecoverypodcast.com





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