

Attachment and Addiction: Two Approaches to the Mind/Body Connection

Friday October 24, 2008 6 CECs

Morning:

8:30-9:00 Registration

9:00-1:00 Psychotherapy and Addictions

Afternoon:

1:00-2:00 Lunch

2:00-4:00 Mindfulness and Psychotherapy

Psychotherapy and Addictions 9:00-1:00

A Control-mastery and countertransference workshop

What is the role of psychotherapy in the treatment of addiction? Because there is a high rate of recidivism from treatment programs designed primarily to address addictions, the chance of recovery from addictions is increased by using a two-pronged approach; addressing the addiction process and the underlying psychological issues. Control-mastery theory offers a different framework for understanding those struggling with addictions. It holds that addicts are always working unconsciously as well as consciously to overcome their addictions and to improve their lives. What is otherwise understood as resistance or non-compliance actually reflects the person's best efforts to invite the therapist to help tackle the addiction and the underlying belief system holding the self-destructive behavior in place.

This workshop will present a framework for understanding addictions, why recovery is often difficult to maintain, and shaping interventions that will address the processes and beliefs preventing clients from recovering. The presentation will draw on Control-mastery theory and using clinical case examples will provide guidelines for formulating interventions designed to address obstacles to recovery.

4 CECs Facilitator: Jo Nol, Ph.D., LCSW 860-523-4450 ext. 3

Mindfulness and Psychotherapy 2:00-4:00

Mindfulness, the awareness of the present moment with acceptance, is not a new concept, but how to appropriately integrate this useful strategy into the therapeutic setting is. The axiom "What we resist, persists" is understood through mindfulness to be when we attempt to avoid that which is uncomfortable and cling to that which is pleasurable, our pain and misery increase. Mindfulness has been shown to be particularly useful in working with depression, anxiety, and stress-related illnesses which are all conditions in which resistance to unwanted, distressing experiences can exacerbate the problem. This workshop will explore how cultivating mindfulness can increase acceptance and empathy giving therapists and clients, a new sense of non-judgmental spaciousness in which to explore difficult issues. By not judging our experience, we are more likely to see it as it really is, thus opening to the possibility of choice, rather than habitual reaction.

The workshop will begin with an introduction to the practice of mindfulness, and through simple meditation exercises drawn from mindfulness research, participants will experience the immediate benefits of mindfulness and be able to extrapolate how this approach might be used in a therapeutic setting to address attention, affect tolerance, acceptance, and relaxation.

2 CECs Facilitator: Char Wilkins, LCSW 860-402-9333

NOTE: These programs were presented at the NASW/CT Spring Conference and have been approved for CECs by the national Association of Social Workers, CT and meet the continuing education criteria for Social Work Licensure renewal.

These workshops will be held at: **Center for Mindful Living** in the Arbor Art Space Suite 405 56 Arbor St. Hartford, CT. Driving directions can be found at: www.amindfulpath.com 860-402-9333

WORKSHOP REGISTRATION Mail to: Center for Mindful Living Suite 405 56 Arbor St. Hartford, CT 06106

Name _____ Discipline _____

Address _____
Street City State Zip code

Phone _____ Email _____

REGISTRATION FEES

____ \$85 full day, lunch provided. ____ I want 6 CECs (add \$10.00)

____ \$55 for am only. ____ I want 4 CECs (add \$10.00)

____ \$35 for pm only. ____ I want 2 CECs (add \$10.00) Check enclosed for: _____

Make check payable to: A Mindful Path, LLC

Questions? Char Wilkins 860-402-9333

Over for October 3rd workshop▶