



## **MINDFULNESS BASED RELAPSE PREVENTION**

**Delivered in 10 Classes – 1-1/2 hrs. each.**

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### **What is Mindfulness?**

- A curious, non-judgmental, acceptance of whatever one is experiencing moment to moment
- Being with the moment frees us from rigid attitudes, cognitions, behaviors, and lowers reactivity
- Cultivates letting go of desired outcome to more easily tolerate pain without the need to avoid or fix it

### **What is Mindfulness Meditation?**

- Practices that cultivate awareness in the way we perceive our life experiences.
- Mindfulness Meditation hones your attention to the present moment to what is actually happening through all the senses, body, breath and the mind (thoughts and emotions). So there is nothing made up nor any particular state we are trying to achieve. It's the present moment 'raw' experience we seek to 'be with'.
- Practices will be in all positions: sitting, standing, lying down, walking. In this way, mindfulness becomes more established formally and informally in your everyday affairs.
- With continued practice we become more focused in our 'life mission – our chosen path'. We set 'intentions' and become more discriminating in the choices we make realizing a more fulfilling and happier existence.

### **Why use a mind/body approach for relapse prevention?**

- Mind-body approaches recognize a person's innate healing abilities
- Illness provides some people with an opportunity for personal growth and transformation
- Mindfulness meditation, yoga, and chi gong address lifestyle imbalances while deepening and strengthening *overall* global coping strategies

### **What is Relapse Prevention Therapy (RPT)?**

- A cognitive-behavioral approach which assumes addictive behaviors are learned behaviors
- RPT focuses upon the following interventions
  - Awareness of triggers for addictive behaviors such as urges, cravings, interpersonal conflict, social pressure, and negative emotional states
  - Cognitive-behavioral skills training for successful change in thoughts, feelings, and behavior

- The willingness to embrace what is and then work with it takes great courage and presence of mind
- The foundation for mindfulness practice, for all meditative inquiry and exploration, lies in ethics and morality and above all the motivation of non-harming

### **Mindfulness ...**

- Develops a spacious awareness of the present moment
- Develops a curious, non-judgmental, acceptance of whatever one is experiencing moment to moment
  - Develops an awareness of the transient nature of internal experience and allows us to release the need to control what comes next
- Being with the moment frees us from rigid attitudes, cognitions, behaviors, and lowers reactivity
- Cultivates letting go of desired outcome to more easily tolerate pain without the need to avoid or fix it.

### **Clients who complete the Mindfulness-Based Stress Reduction (MBSR) program report:**

1. Decreased physical and psychological symptoms
2. Increased ability to cope with stressful situations
3. Improved self-esteem
4. Greater enthusiasm for life
5. Greater energy
6. Improved pain levels or coping with chronic pain
7. 94% report knowing how to take better care of themselves than before the program
8. 93% report being better able to handle stressful situations following the program
9. 83% of participants have made healthy lifestyle changes
10. 97% of those who complete the program state that they have drawn something of lasting value from it

## **Testimonials:**

“My impulsiveness is my biggest trigger for using substances. MBRP tools have changed my impulsiveness greatly and I handle stressful situations better. I will use practices I learned in MBRP in the future to ultimately overcome my urges and cravings.”

“It is valuable to have awareness! I have been thinking before acting and have been able to notice situations that could turn bad.”

“I started to stop and think about what I’m doing more and I’m more aware of my surroundings. I really enjoyed the meditations and am happy that I have a home practice CD to continue.”

“Meditation has helped relieve stress and I sleep better. Learning about mind states, sleep benefits and stages of sleep was really interesting and valuable.”

“Most valuable to me was the fact that I learned techniques to learn how to realize and use self-control! I am more aware of even the simplest of activities and the sensations experienced.”

“I learned how to sit still and become aware of myself, my surroundings and my responses to all situations. I have learned to stop and slow down my impulsive reactions, words and actions.”

“I learned how to stay calm in difficult situations. This holistic approach helps the mind, body and spirit grow.”

“I’m more aware! I feel more at peace with myself and how I deal with others.”

“Mary was an excellent and open instructor. She put me at ease, where I was able to explore ideas and talk openly about my fears.”

“Mary, thank you for helping others. The passion you have shows.”

“I have struggled with anger issues for years and this has given me the chance to not be so critical.”

“My addiction was on automatic pilot. I’ve learned I can actually stop a trigger in the middle of its movement.”