

# **Mindfulness and Substance Misuse**

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**Being on Purpose**

**[www.beingonpurpose.org.uk](http://www.beingonpurpose.org.uk)**

# The Journey

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Being On Purpose

# Where the ideas came from

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# My Mindfulness Experience

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- Mindfulness Association practitioner course
- Mindfulness Based Stress Reduction course
- Integrated Mindfulness Teacher Training
- Mindfulness Based Relapse Prevention Teacher Training
- Mindfulness Based Living Course Teacher Training
- MSc in Mindfulness Studies – Aberdeen University

# What's on offer

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- The Being on Purpose Programme
- Mindfulness Based Relapse Prevention
- Mindfulness for Recovery

# Mindfulness Based Relapse Prevention

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The primary goals for MBRP are:

- To develop an awareness of personal triggers and habitual reactions and to learn ways to create a pause in this seemingly automatic process.
- To change our relationship to discomfort, learning to recognise challenging emotional and physical experiences and respond to them in skilful ways.
- To foster a non-judgemental, compassionate approach towards ourselves and our experiences.
- To build a lifestyle that supports both mindfulness practice and recovery.



# Mindfulness Based Relapse Prevention

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- Session 1: Automatic pilot and relapse
- Session 2: Awareness of triggers and craving
- Session 3: Mindfulness in daily life
- Session 4: Mindfulness in high risk situations
- Session 5: Acceptance and skilful action
- Session 6: Seeing thoughts as thoughts
- Session 7: Self-care and lifestyle balance
- Session 8: Social support and continuing practice

# Mindfulness for Recovery

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Influenced by:

- Mindful Resilience Enhancement – ‘softer’ practices
- Mindfulness Association – structure: intention, motivation, settling, grounding, resting with support of sound/breath
- MBRP – triggers, Urge Surfing, SOBER breathing space
- Paul Gilbert – evolved mind & emotional systems

# Challenges & Benefits

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# The practice that's a hit

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# SOBER Breathing Space

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- **S**top – pause wherever you are
- **O**bserve – notice what's going on right now
- **B**reath – direct focus to your breathing
- **E**xpand – expand your awareness
- **R**espond – with kindness rather than react on automatic pilot

## What next?

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- Mindfulness Association's Everyone Project
- Incorporating a compassion element
- Drop in sessions

# Any Questions

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