# Mindfulness and Substance Misuse

Melva Burton Being on Purpose

www.beingonpurpose.org.uk

# The Journey







#### Where the ideas came from



#### My Mindfulness Experience

- 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

The Being on Purpose Programme

Mindfulness Based Relapse Prevention

Mindfulness for Recovery

## Mindfulness Based Relapse Prevention

#### 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

- 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**

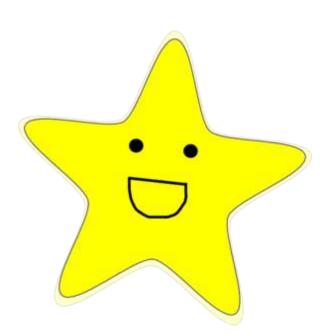
#### Influenced by:

- 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**



#### The practice that's a hit



#### **SOBER Breathing Space**

- Stop pause wherever you are
- Observe notice what's going on right now
- Breath direct focus to your breathing
- Expand expand your awareness
- Respond with kindness rather than react on automatic pilot

#### What next?

 Mindfulness Association's Everyone Project

Incorporating a compassion element

Drop in sessions

### **Any Questions**

