

3 Ways to use Mindfulness with Substance Using Adolescents and Young Adults

10.27.2020



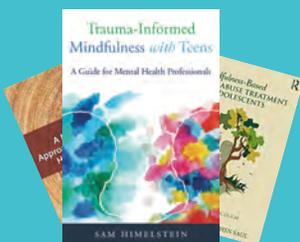
Stay in touch on social media!



@drsamhimmelstein
@centerforadolescentstudies



About me



Today's Outline

- What is mindfulness?
- 3 pragmatic ways to incorporate mindfulness
- Limited Q&A
- MBSAT Curriculum Certification
- How to get your certificate from this webinar

Disclaimer: I'll move fast but this WILL be recorded



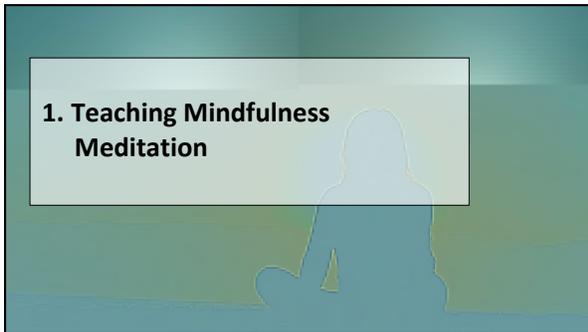
What is Mindfulness?



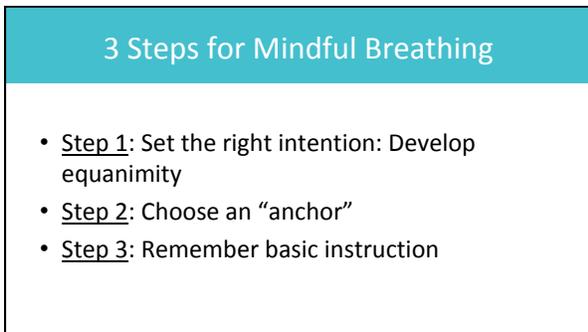
3 Mindfulness Myths

"I can't practice mindfulness because..."

1. "I can't calm down."
2. "I can't clear my thoughts."
3. "Meditation is the only way to practice mindfulness"

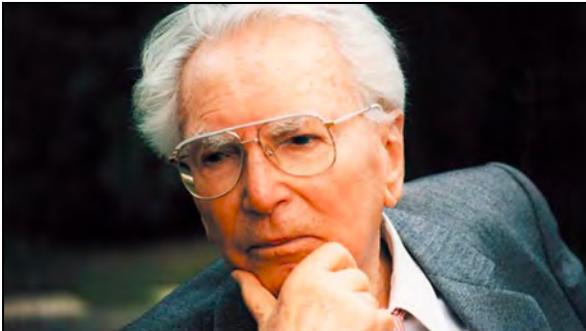


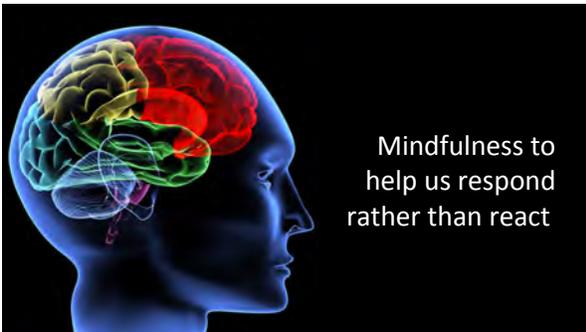


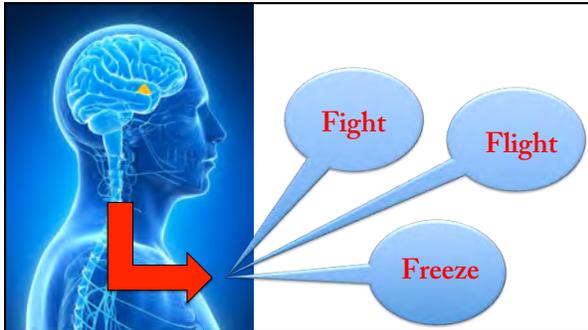


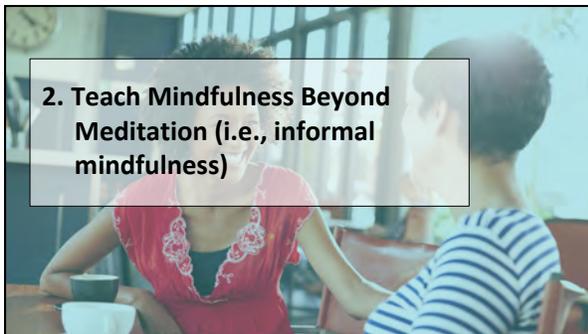
Tips for Teaching Mindful Meditation

- Don't push "meditation logistics"
- Use inviting language
- Offer "outs" to empower choicefulness
- Predictability for trauma-informed care (i.e., "we're about half-way done," "just another minute to go...")
- Start with short moments of practice, and lengthen over time
- Start with techniques that are tangible, easy to understand, and less abstract









2. Teach Mindfulness Beyond Meditation (i.e., informal mindfulness)

The Mindful Check-In

- Step 1: Pause, take a breath, observe have your experience
- Step 2: Verbalize how you feel
- **Tip:** Try to avoid "fine," "okay," "cool," "good," etc.

An illustration of a person's face in profile, looking towards a tree with green leaves. The background is a light, textured grey.



Mindfulness-Based Acronyms

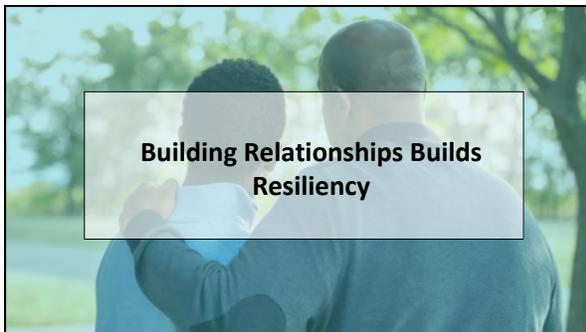
T. Take a breath
A. Acknowledge
P. Proceed

“TAP-In”



The “Bedrock” of the work, whether you just starting out or have been in the field 25 years...

I am the Executive Director for an organization that brings trauma-informed, mindfulness-based, social emotional learning curriculum to schools in a large urban school district. I have over 25 years of experience working with at-risk youth, my dissertation for my Ph.D. was on at-risk youth, and I taught at the University level for over a decade working with teachers. I have a post-doctoral certification in trauma counseling and, Dr. Himelstein's trauma courses were the best and most informative courses I have ever taken on this topic. I learned a TREMENDOUS amount from Dr. Himelstein's course content, from his life experience that he shares, and more importantly how to connect with traumatized youth to build authentic relationships. The courses are extremely well-organized, incredibly thought-provoking, filled with relevant materials, and extremely practical when working with students or youth with trauma histories. I now consider Dr. Himelstein one of my greatest mentors, and strongly believe that anyone working with youth who have experienced trauma must take these courses. I cannot recommend any course I have ever taken with more conviction and passion. Let's put it this way, if you work with traumatized youth and don't take Dr. Himelstein's courses, you are missing some of the most critical information you need to connect with the youth you serve.



Building Relationships Builds Resiliency

What are the nuts and bolts of relationship building?

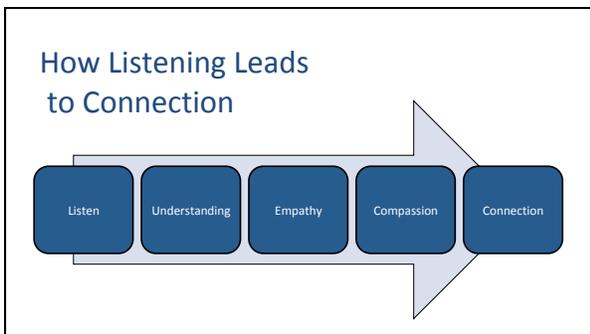
1. Attunement
2. Authenticity
3. Deep / Reflective Listening
4. Skillful Self-Disclosure
5. INCRA
6. How We Approach Resistance



1) Deep / Reflective Listening

“Deep listening is the type of listening that can help relieve the suffering of the other person. You can call it compassionate listening. You listen with only one purpose. Help him or her empty his or her heart...”





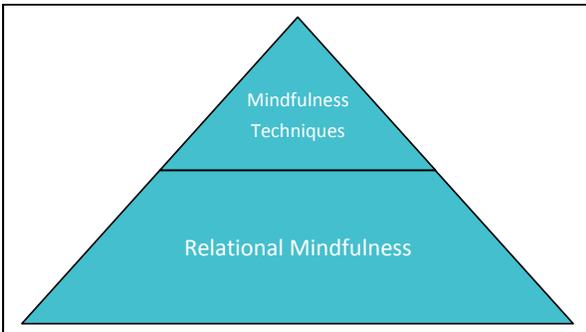
2) Skillful Self-Disclosure

1. Use to humanize the self
2. Boundaries are important
3. What does “skillful” mean?



What's the question you WILL get asked in working with substance using adolescents and young adults at some point in your career?





The Importance of Self-Care

Prevent...

- Burnout
- Compassion Fatigue
- Vicarious Trauma

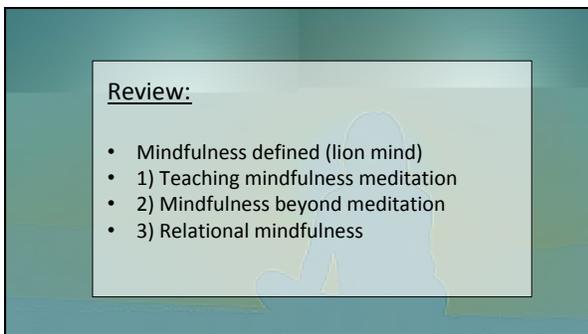
Facilitate...

- Personal Growth
- Improve Skillsets
- Happy and purpose life

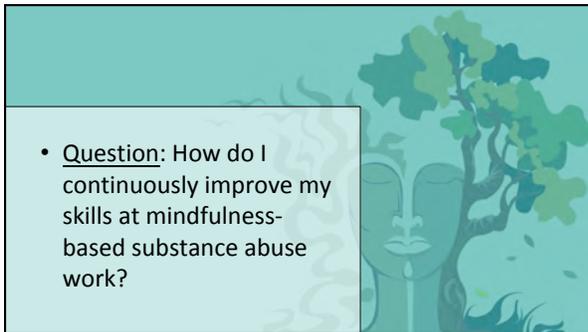


Review:

- Mindfulness defined (lion mind)
- 1) Teaching mindfulness meditation
- 2) Mindfulness beyond meditation
- 3) Relational mindfulness



Q&A



- Question: How do I continuously improve my skills at mindfulness-based substance abuse work?

Introducing...



- 3-day MBSAT 12-Session Curriculum Certification
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- Access to online resource portal and...

+

- A monthly community call where we discuss all things mindfulness, substance use, and trauma!!!

CE Credentials

- American Psychological Association (APA)
- Association of Social Work Boards (ASWB)
- National Association of Alcoholism and Drug Abuse Counselors (NAADAAC)



Value and Cost

- 3-day, 20+ hours (certification): \$1500-\$2000
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- Monthly call: \$200 - \$250
- MBSAT Certified Facilitator Cost:
 - ~~\$897~~
 - \$897 if you apply during our "early bird" period and submit tuition in the next two weeks



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