

Holistic Recovery

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The Foundation



plus
experience
equals
Addiction



Why are any of us here?



Social Context

We are thrust into our culture and defined by it.

We can not separate ourselves or our identity from our social context.

When we think we are “speaking” for ourselves, our personal truth is but an extension of context.

Social Context

Conformity is adaptive.

Shared values are the norm.

Perception is altered by social context not just values.

Culture determines how we see ourselves.

We are intrinsically SOCIAL BEINGS.

We cannot define ourselves outside of social context and relationships.

Social Context

Aspects of our Culture that Support Addiction

Eventually the “shamed” end up believing the messages that society is telling them about themselves.

We deserve our disease.

We really are the bad people that everyone (including ourselves) believes us to be.

I am truly so worthless not even God can love me.

We are pack animals.

We are herd animals.

How did they communicate?

They certainly did not talk, although there may have been some communication by shared sound.

They did not have carefully choreographed “paw” signals.

Pheromones were not fast enough.

So how did they communicate?

Attachment and the Brain

The limbic system is able to quickly monitor the integration of the external and internal worlds that impact our life.

It is easy to confuse the experience of an affect (limbic) and naming that affect as an feeling (neocortex).

Affect is basic biology, feelings are when we become aware of the affect intellectually and emotions give it a name and context. Sylvan Tompkins.

Limbic Resonance and Social Intelligence

Limbic Resonance and Social Intelligence

In addition, the limbic system has special physical apparatus specifically geared toward detecting and responding to the internal world of other similar creatures.

This capacity led to what is referenced as

“limbic resonance.”

This resonance seems uniquely developed to nurture and respond “intuitively” to our young and to love and be loved in general.

Limbic Resonance and Social Intelligence

Mirror neurons are found in the new cortex and the limbic system

Memes – we are built to imitate

Emotional contagion

Highroad – slow but accurate

Low road – very fast but less precise

Low road + mirror neurons = empathy

Attachment

Oxytocin – female bonding

Vasopressin – male bonding



“Falling in love” is not a choice!

Attachment and the Brain

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved over time.

Drugs of Abuse & the Limbic System

All drugs of abuse impact the limbic system.

While they may differ in their pharmacological impact they lead toward dysregulated limbic energy.

Limbic communication is distorted.

Limbic learning is compromised.

Age and gender matter.

Limbic Resonance and Social Intelligence

Emphasis on Social Intelligence

People are given permission to love well

to be loved

to love others

to love self

Attachment and the Brain

Despite all that we have learned.

Despite all the techniques and skills we have perfected.

Despite all of our evidenced based interventions.

It is the therapeutic relationship that matters the most.

Treatment Implications

You cannot out talk the limbic system.

Craving management is different than “relapse prevention”.

Behavior changes the brain more effectively than words.

Pain is too potent a motivator for words to undo.

Treatment Implications

Content is important, particularly in early recovery. However, process interventions should not be overlooked.

Issues of relational connection; mother to child, husband to wife, sister to sister, brother to brother, father to child, friend to friend, must be supported.

Don't forget family.

Treatment Implications

The therapeutic relationship is of primary importance.

Issues of “play” and fun in addition to spontaneity need to be addressed in treatment.

Group interventions need to be safe and needs to bring the patients into the “here and now.”

We shame them because we have been SHAMED.

We/they have not “lost” because their disease symptoms return!

Periods of remission are victory.



Treatment Implications

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved and to love unconditionally over time.

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Spirituality vs Religion

Religion

Religio - obligation or rule.

Tells us how to live.

What constitutes the righteous life.

Ten commandments, not the ten suggestions

Spirituality

Spiritus - breathing.

The essence of life.

What gives life meaning.

What gives human life its unique meaning.

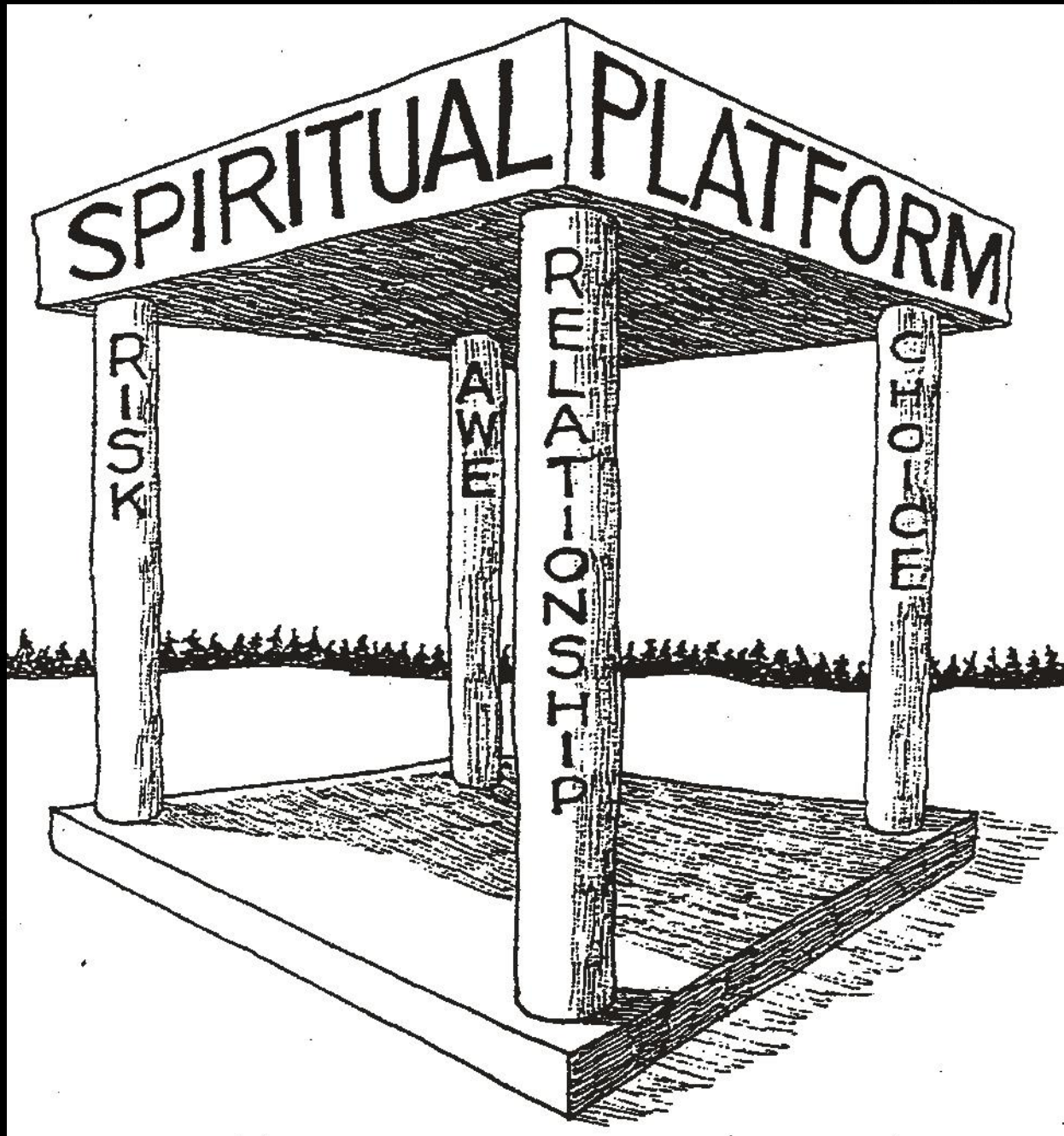
Spirituality: What is it?

It is what makes us human and separates us from all other creatures by degree.

Existential expression.

Spirituality is a **doing thing**.

If we stop “doing” spirituality we lose our humanity.



Spirituality

The **choosing** is more important than the of the choice.

The **risking** is more growth producing than the “outcome” of risk.

The **relating** is more connecting than the relationship.

The **wondering** is more expansive than the object of awe.

Spirituality

Spirituality is not defined by the content of our lives but by the experience of life's process as we live it.

MATERIALISM



SPIRITUALITY

LEFT BRAIN

RIGHT BRAIN

content.....	process
particulars.....	gestalt
ends.....	means
outcome.....	flow
individual notes.....	symphony
results.....	context
fingerings.....	music
technique.....	art.
black/white thinking.....	options
trees.....	forest
concrete.....	abstract

Spiritual Commitments

Be alive

Be aware

Be intentional

Be self-loving

The wounded child within in our psyche is not a “pool of relational pollution” that can be drained, filtered and refilled through introspection and insight. Rather this pain in the psyche is like a storm within in the ocean of the unconscious.

A seasoned sailor never makes the mistake of confusing the sea with a placid pool. Through patience, awareness, intention and the shared wisdom of community, the sailor does not shrink the ocean but learns to navigate it - learns when to find safe harbor in the face of the approaching storm - learns to accept and to use the storm itself as an integral part of the ocean’s wonder, life and mystery.

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Experiential

What experiences are our clients having?

Is Addiction the Focus of Our Treatment?

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**The Problem:
What are we more
motivated by?**

The Reframe



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Recovery



The Georgi –Campbell Recovery Model

Consisting of Four Fundamental
Therapeutic Tasks Designed to

Facilitate
Movement From
Active Addiction to
Active Recovery



What sorts of **Experiences** help people move from

Biological

Vulnerability

to

Biological

Resiliency

**From Active
Addiction to Active
Recovery**



Jeff Georgi



James Campbell

What sorts of **Experiences** help people move from

Psychological

Liability

to

Psychological

Assets

**From Active
Addiction to Active
Recovery**



Jeff Georgi



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What sorts of **Experiences** help people move from

Social

Isolation

to

Social

Support

**From Active
Addiction to Active
Recovery**



Jeff Georgi



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What sorts of **Experiences** help people move from

Spiritual

Bankruptcy

to

Spiritual

Connection

**From Active
Addiction to Active
Recovery**



Jeff Georgi



James Campbell

**Ultimately there are two
primary forces that are
therapeutic:**

**Experience
And
Relationship**

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