LIFESTYLE CHANGES AND BRIEF THERAPEUTIC PRACTICES TO ENHANCE RECOVERY

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HOW ARE THEY DIFFERENT

MACRO PRACTICES
- Broader
- Time Consuming
- Attending an AA Meeting
- Taking a 90 minute Yoga Class
- A.D. Bush, Little and Often...

MICRO PRACTICES
- Brief
- Targeted
- Can be performed in under 5 minutes
- P.T. Networker 5/6, 2015

TOOLS

THE TOOLS WE WILL REVIEW CAN HELP SOMEONE IN RECOVERY OVERCOME:
- ADDICTIVE BEHAVIORS
- MENTAL ILLNESS
- PHYSICAL ILLNESS
- TRAUMA

RECOVERY IS...

LIFESTYLE CHOICES AND ACTIONS THAT CAN LEAD TO IMPROVED WELL BEING AND A LONGER AND HEALTHIER LIFE THAT COUNTER ACTS THE FORCES OF RELAPSE

W. Skov 2015

SAMHSA WORKING DEFINITION OF RECOVERY

- RECOVERY IS A PROCESS OF CHANGE THROUGH WHICH INDIVIDUALS IMPROVE THEIR HEALTH AND WELLNESS, LIVE SELF-DIRECTED LIVES, AND STRIVE TO REACH THEIR FULL POTENTIAL
- RECOVERY IS BUILT ON ACCESS TO EVIDENCE-BASED CLINICAL TREATMENT AND RECOVERY SUPPORT SERVICES FOR ALL POPULATIONS
OVERCOMING OR MANAGING ONE’S DISEASE(S) OR SYMPTOMS - FOR EXAMPLE:
- ABSTAINING FROM THE USE OF ALCOHOL, ILLICIT DRUGS, AND NON-PRESCRIBED MEDICATIONS IF ONE HAS AN ADDICTION PROBLEM
- EVERYONE IN RECOVERY - MAKING INFORMED, HEALTHY CHOICES THAT SUPPORT PHYSICAL AND EMOTIONAL WELL-BEING

HOW MANY ADULTS IN THIS COUNTRY DIE PREMATURELY FROM BEHAVIORAL CHOICES THAT LEAD TO CORONARY ARTERY AND OTHER PREVENTABLE DISEASES?

THE SERIOUSLY MENTALLY ILL AND ADDICTED POPULATIONS ARE AT A GREATER RISK FOR PREMATURE DEATH.

40% to 50%

WORLDWIDE TOBACCO USE
5,100,000 DEATHS

WORLDWIDE PHYSICAL INACTIVITY - SEDENTARY LIFESTYLE
5,300,000 DEATHS

ALZHEIMERS IS A LIFESTYLE DISEASE
- 6 MILLION PEOPLE NOW LIVE WITH ALZHEIMERS IN THE USA
- 47 MILLION PEOPLE WORLDWIDE
- W.H.O. PROJECTS 150 MILLION CASES WW BY 2050
- 90% OF ALL ALZHEIMERS IS PREVENTABLE, WITH HEALTHY LIFESTYLE CHOICES
  - THE ALZHEIMER’S SOLUTION 2017
  - DR. A. SHERZAI & DR. D. SHERZAI

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THE SERIOUSLY MENTALLY ILL AND ADDICTED POPULATIONS ARE AT A GREATER RISK FOR PREMATURE DEATH.
SET UP BEHAVIORS LOWER OUR RESISTANCE, SO THAT A CRAVING OVERWHELM US MORE EASILY.

PHYSICAL SET UPS FOR CRAVINGS
- Poor Diet
- Excessive Use Of Caffeine and Nicotine
- Lack Of Adequate Rest
- Lack Of Exercise
- Poor Stress Management

SOCIAL SET UPS FOR CRAVINGS
- Lack Of Communication: *Holding Feelings In (Implosive)
- Socializing With Drug Users
- Social Conflict * Unresolved Arguments /Issues
- Isolation and/or Loneliness (50%)

PSYCHOLOGICAL SET UPS FOR CRAVINGS
- Euphoric Recall
- Awfulizing Sobriety
- Magical Thinking About Future
- Denial/Minimization

TRIGGER EVENTS: THE STRAW THAT BROKE THE CAMEL'S BACK

RECOVERY ASSESSMENT TOOLS

**PROS OF BEHAVIOR**

**CONS OF BEHAVIOR**
POP QUIZ
WHAT HAPPENS TO THE SYSTOLIC BLOOD PRESSURE OF A COLLEGE STUDENT DURING MIDTERM EXAMS?
SATTERFIELD 2019

POP QUIZ
BY WHAT PERCENTAGE DOES ONGOING OCCUPATIONAL STRESS ALTER THE RISK OF DYING FROM CARDIOVASCULAR DISEASE?
SATTERFIELD 2019

FIGHT, FLIGHT OR FREEZE RESPONSE

NERVOUS SYSTEM

Cerebral cortex

Basal ganglia (movement, reward)

Thalamus (sensory gateway)

Hippocampus (memory)

Forebrain

Hypothalamus (regulates body function)

Amygdala (emotion)

SYMPATHETIC N.S.
- BLOOD PRESSURE
- HEART RATE
- RESPIRATION
- BLOOD SUGAR LEVEL
- VASODILATION OF BLOOD VESSELS

PARASYMPATHETIC N.S.
- BLOOD PRESSURE
- HEART RATE
- RESPIRATION
- BLOOD SUGAR LEVEL
- VASOCONSTRICION OF BLOOD VESSELS

REPTILE
MAMMALIAN
HUMAN
CORTISOL
THE STRESS HORMONE

SLOW TO TURN ON AND SLOW TO TURN OFF
RELEASES FATS INTO THE BLOODSTREAM
BREAKS DOWN MUSCLE FIBERS
NEGATIVELY IMPACTS THE IMMUNE SYSTEM

BEN FRANKLIN TECHNIQUE

Tell me and I forget.
Teach me and I remember. Involve me and I learn.

~ Benjamin Franklin

DOES HOMEWORK
COMPLIANCE HAVE
ANYTHING TO DO WITH
RECOVERY FROM
DEPRESSION?

A RESOUNDING YES,
A LARGE AND ROBUST CAUSAL
EFFECT.

D. BURNS MD
PSYCHOTHERAPY NETWORKER
MARCH-APRIL 2017

STRESS

Acute Stress (the fight or flight response) enhances
the body's energy mobilization and cardiovascular function.

Chronic stress suppresses the immune system and memory, promotes bone resorption, muscle wasting, and metabolic syndromes.

PREPARATION FOR FIGHT OR FLIGHT
RESPONSE.

CORTISOL
ADRENALINE

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Solidify learning and gains
through the use of
Stories, Images & Metaphors
WHY JOURNAL?

ANYONE CAN JOURNAL

GOAL SETTING
“BEGIN WITH THE END IN MIND”

READINESS RULER

READINESS RULER II

HOW HARD ARE YOU WILLING TO WORK
TO MAKE THIS CHANGE

NOT MUCH

VERY MUCH

0

10
HOW HARD ARE YOU WILLING TO WORK TO MAKE THIS CHANGE

WHEN DO YOU FEEL SMART

POWER OF THE MINDSET

1. YOUR INTELLIGENCE IS SOMETHING VERY BASIC ABOUT YOU THAT YOU CAN'T CHANGE VERY MUCH.
2. YOU CAN LEARN NEW THINGS, BUT YOU CAN'T REALLY CHANGE HOW INTELLIGENT YOU ARE.
3. NO MATTER HOW MUCH INTELLIGENCE YOU HAVE, YOU CAN ALWAYS CHANGE IT QUITE A BIT.
4. YOU CAN ALWAYS SUBSTANTIALLY CHANGE HOW INTELLIGENT YOU ARE.

DWECK, MINDSET 2015

ENHANCE CLIENTS ABILITY TO TACKLE ADVERSITY AND PERSEVERE

HOW CAN YOU UNDERSTAND WHAT HAPPENED?
WHAT CAN YOU LEARN FROM IT?
WHAT CAN YOU DO NOW?

DWECK

CATS AND BELLS

A FEW MODERN PHILOSOPHERS... assert that an individual's intelligence is a fixed quantity which can not be increased. We must protest and react against this brutal pessimism...as with practice, training and above all method, we manage to increase our attention, our memory, our judgement and become more intelligent than we were before.

ALFRED BINET EARLY 1900'S PARIS
A sedentary person living in the United States gains approximately 10 pounds in a decade. 16 pounds of fat is gained, 3% drop in metabolism rate, 6 pounds of muscle mass is lost. Harvard Medical School Lifestyle Medicine Conference 2015.

A 2013 study in Taiwan by Dr. Chi-Pang Weng followed 416,000 adults for 8 years. Inactive adults who added 15 minutes of physical exercise per day into their daily routine, reduced their risk of death by 14% and increased their life expectancy by 3 years. J. Satterfield 2013.

Each additional 15 minutes of consistent exercise per day, decreased the risk of death by 4%.

Recommended minimum exercise guidelines:
- 150 minutes of combined exercise a week broken down as:
  - 110 minutes of cardio training
  - 40 minutes of resistance training
“A little is better than none”
Achieve Solutions Beacon Newsletter 6/16

Benefits of exercise:
- Improves mood and counteracts depression
- Reduces stress and improves sleep
- Increases O2 and blood flow to brain
- Increases neuron prod. in hippocampus
- Enhances memory and learning
- Raises resting metabolism rate from 6 to 9 calories/ pound/day
Dana Foundation/AARP booklet 2015
NASM - Essentials of Personal Fitness 2014
SUBJECTIVE UNIT OF DISTRESS SCALE

THE RELAXATION RESPONSE
- FOCUSED CONCENTRATION
- QUIET ENVIRONMENT
- PASSIVE ATTITUDE
- COMFORTABLE BODY POSITION

HERBERT BENSON, MD

BREATH WORK
- DIAPHRAGMATIC BREATH
- CALMING BREATH
- FLOW BREATH

THE HEALING POWER OF THE BREATH
BROWN AND GERBARG, 2012

Assessment Instruments:
- DSMV Self Rate CC Symptom Measure, APA, psychiatry.org
- PCL5 PTSD Chlist, ptsd.va.gov
- CFF On Track, Value Options

ADRESSING CHRONIC SYMPTOMS:
WORKING WITH THE RELUCTANCE TO CHANGE
CBT IN A NUTSHELL

95% RULE
SKOV 2016

SPIRITUAL PRACTICE:
THE POWER OF FAITH
12 STEPS.ORG
ADDICTIONS AND RECOVERY.ORG

WE DO NOT STOP PLAYING
BECAUSE WE GROW OLD,
WE GROW OLD BECAUSE WE STOP
PLAYING.
GEORGE BERNARD SHAW
PRIMAL PLAY, DARRYL EDWARDS
THE FITNESS EXPLORER.COM

THINKING AHEAD:
WHAT’S COMING DOWN THE
LINE?
“3 KEY RULES OF READINESS”

5,4,3,2,1

SCHEDULE THE SYMPTOM
WHAT WE RESIST PERSISTS

SENSORY AWARENESS
THE POWER OF SMALL CHANGES
- 2015 California Teachers Study looked at dietary patterns of 140,000 women
- Healthy eating was scored, for every unit of increase in adherence, the risk of stroke dropped 10%
- Framingham, Mass. Longitudinal Study 2010, daily brisk walks resulted in a 40% lower risk of developing Alzheimer's
- The Alzheimer’s Solution 2017

THE WEIGHT LOSS TRAP
- Across all 50 states study of 10,000 people by the National Weight Control Registry having an average weight loss of 66 pounds which they maintained for over 5 years.
- Time Magazine 6/17
- The participants had 6 common behaviors
- To be included in study, loss of 30lbs over a year

THE 6 COMMON BEHAVIORS
- Eating breakfast
- Changes to their nutrition plan
- Weighing themselves once a week
- Watching less than 10 hours of TV a week
- Exercising 60 minutes a day
- Cutting out sugar laden drinks

HELPING AS HEALING
"I have found that among it’s other benefits, giving liberates the soul of the giver"
Maya Angelou

EXERCISE HAS NUMEROUS PSYCHOLOGICAL BENEFITS... VERY EFFECTIVE IN COMBATTING DEPRESSION

Great Leadership
Feedback, where are things really?
“Is Being Honest With What Is Wrong and Correcting It”
General Schwartzkof
98 YEAR OLD BANNANA GEORGE