

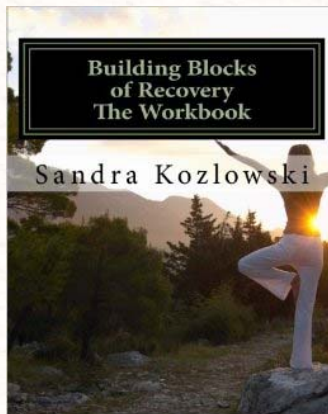
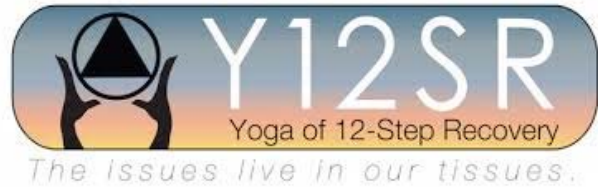
# How Yoga Offers Inpatient clients an introduction into mindfulness

Sandra Kozlowski, CDP, Level 200 RHY Yoga Alliance  
Facility- Northwest Resources II Shelton Washington

BuildingBlocksofRecovery.com Sandra Kozlowski CDP, 200 Level RHY Author



# Sandra Kozlowski, CDP



# How Yoga Offers Inpatient clients an introduction into mindfulness

Northwest Resources II Inc, Shelton Washington

Level 3.5

16 bed Non- IMD

Serving Men ages 18 years and older

State funded, from Mason and Thurston counties.



## What is mindfulness

- Mindfulness simply means practicing moment to moment awareness.
- Mindfulness is a secular meditation practice that has its roots in the Buddhist tradition, which is focused on the training and refinement of attention and awareness, compassion and wisdom.
- Mindfulness has become part of the American mainstream in recent years.
- Mindfulness is not just a practice, but a state of being in attention to the present moment.
  - When you're practicing mindfulness, you are observing your thoughts and feelings from a distance, without judgement, comparison or the need to understand.
  - Mindfulness is a way to be present to life as it unfolds.

NAMI Maryland Conference 2015 Presenter: Beth Terrence



## Different methods of practicing mindfulness

- Observe your breathing. Notice the in and out breaths.
- Walk mindfully.
- Eat mindfully.
- Connect with your senses. Observe what you smell, see, hear, taste or touch.
- Practice pausing between actions. Stop, breathe and center. Proceed mindfully as you move from one activity to another.
- Listen wholeheartedly. Be fully present as you listen to others and/or the sounds around you.
- Observe your thoughts and emotions as they arise. Simply notice.
- Create a formal daily Mindfulness practice.

NAMI Maryland Conference 2015 Presenter: Beth Terrence



How Mindfulness Works Mindfulness practice actually changes our brains!

**Studies reviewing MRI's of Mindfulness practitioners show:**

- An increase in the density of gray matter in the Pre-frontal Cortex, an area connected to awareness, concentration and decision-making.
- The brain's "fight or flight" center, the Amygdala, appears to shrink, helping to reduce our response to stress.
- An increase in activity in the neural networks involved in understanding the suffering of others and regulating our emotions.
- The connection between the amygdala and the rest of the brain gets weaker, while the connections between areas associated with attention and concentration get stronger.



**Here is a brief summary of recent research from Dan Siegel, co-director of UCLA's Mindful Awareness Research Center:**

- University of New Mexico researchers found that participation in an 8-Week Mindfulness-Based Stress Reduction course decreased anxiety and binge eating.
- Office workers who practiced MBSR for twenty minutes a day reported an average 11% reduction in perceived stress.
- Eight weeks of MBSR resulted in an improvement in the immune profiles of people with breast or prostate cancer, which corresponded with decreased depressive symptoms.
- A prison offering Vipassana meditation training for inmates found that those who completed the course showed lower levels of drug use, greater optimism, and better self-control, which could reduce recidivism.



**Here is a brief summary of recent research from Dan Siegel, co-director of UCLA's Mindful Awareness Research Center continued:**

- Fifth-grade girls who did a ten-week program of yoga and other mindfulness practices were more satisfied with their bodies and less preoccupied with weight.
- A mix of cancer patients who tried MBSR showed significant improvement in mood and reduced stress. These results were maintained at a checkup six months later.
- The likelihood of recurrence for patients who had experienced three or more bouts of depression was reduced by half through Mindfulness-Based Cognitive Therapy, an offshoot of MBSR.
- After fifteen weeks of practicing MBSR, counseling students reported improved physical and emotional well-being, and a positive effect on their counseling skills and therapeutic relationships.





## Effects of Mindfulness-Oriented Recovery Enhancement on Reward Responsiveness and Opioid Cue-Reactivity: [Eric L. Garland](#), PhD, [Brett Froeliger](#), PhD, and [Matthew O. Howard](#), PhD

- **Rationale:** Dysregulated reward processing is a hallmark feature of drug addiction; however scant research has evaluated restructuring reward processing in the context of addiction treatment.
- **Objectives:** We examined effects of Mindfulness-Oriented Recovery Enhancement (MORE) on reward responsiveness (RR) and opioid cue-reactivity in a sample of chronic pain patients with opioid use problems. We previously reported that MORE decreased pain, opioid misuse and craving relative to a social support control group (SG). Here we examined whether these outcomes were linked to changes in RR in a subset of participants.
- **Methods:** Participants were chronic pain patients (71% women, age = 46.6±13.9) who received MORE (n=20) or SG (n=29). RR was measured before and after 8 weeks of treatment via heart rate (HR) and heart rate variability (HRV) responses during a dot-probe task that included opioid-, pain-related and natural reward stimuli, as well as craving ratings.



**Effects of Mindfulness-Oriented Recovery Enhancement on Reward Responsiveness and Opioid Cue-Reactivity:** [Eric L. Garland](#), PhD, [Brett Froeliger](#), PhD, and [Matthew O. Howard](#), PhD

**Results:** The MORE group, who reported decreased opioid misuse and opioid craving during treatment, evidenced less subjective opioid cue-reactivity, greater HR decelerations, and greater increases in HRV to all cues after treatment compared to the SG; HR and HRV effects were most pronounced for natural reward cues. Within the MORE group, HR deceleration to natural reward cues was correlated with increased subjective arousal to the cues, whereas HR deceleration to opioid cues was correlated with decreased subjective arousal. Effects of MORE on craving were mediated by enhanced RR.

**Conclusions:** Results suggest that during treatment with MORE, cardiac-autonomic responsiveness to non-drug reward increases, while reactivity to opioid reward decreases. Studies are needed to discern whether changes in RR were a result or a determinant of reductions in opioid misuse and craving. RR may play a role in addiction treatment.



# Introduction to Building Blocks of Recovery Philosophy

Sandra Kozlowski, CDP

Chakras, by definition, are energy centers within the human body that help to regulate all its processes, from organ function to the immune system and emotions. We can commonly count 7 chakras positioned throughout your body, from the base of your spine to the crown of your head. Each chakra has its own vibrational frequency, that is depicted through a specific chakra color, and governs specific functions that help make you, well, human.

Root Chakra — Represents our foundation and feeling of being grounded

Sacral Chakra — Our connection and ability to accept others and new experiences.

Solar Plexus Chakra — Our ability to be confident and in control of our lives.

Heart Chakra — Our ability to love

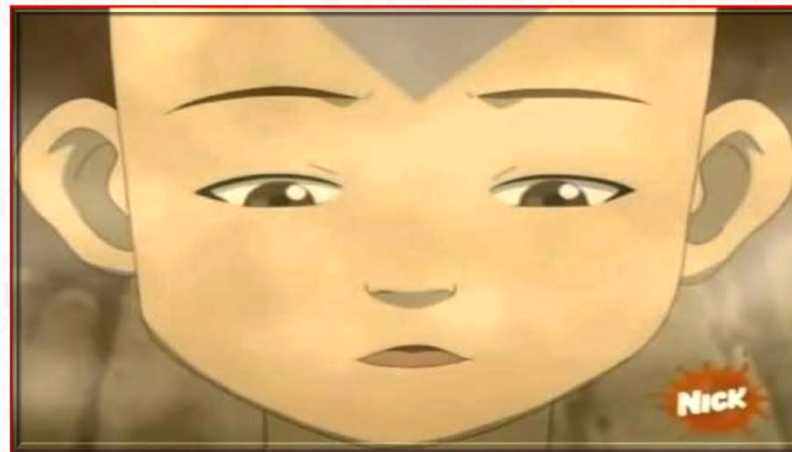
Throat Chakra — Our ability to communicate.

Third Eye Chakra — Our ability to focus on and see the big picture

Crown Chakra — The highest chakra represents our ability to be fully connected spiritually.



## A simple child's cartoon to explain the Chakras



# Rationale for teaching methodology

Maslow	Chakras	step work	Personality Development
physiological needs/ basic needs- sex, air , water, food, sleep, shelter  Deficiency Need	Root Chakra- basic instincts; eating, drinking, sleeping, procreation	We admitted we were powerless over alcohol and that our life became unmanageable	Being- learns to have needs met by asking ( crying) accepts touch and nurture, bond emotionally
Safety Needs  Deficiency Need	Root Chakra - self- preservation, inner security	Came to believe that a Power greater than ourselves could restore us to sanity.	Being- learns to decide to live, to be, to ask for assistance

Addiction lives within the first Chakra ( this is where resistance to yoga and treatment can occur), the foundation of a person’s development. In inpatient treatment, only the first two Chakra’s can be addressed with the least amount of resistance.

From the book, Building Blocks of Recovery

BuildingBlocksofRecovery.com Sandra Kozlowski CDP, 200 Level RHY Author



# Rationale for teaching methodology

From the book , Eastern Body, Western Mind by Anodea Judith, PhD

First two Chakra levels

Erickson- trust versus mistrust

Maslow- Physiological , Safety

Piaget- Sensory/Motor

Kohlberg- obedience, hedonism

To learn more about the Chakras, go to [buildingblocksofrecovery.com](http://buildingblocksofrecovery.com)



## Teaching Focus

Rules of respect of authority

Body is the greatest tool of relapse prevention

body positivity and unconditional positive regard

discipline of learning from a teacher- relating to a sponsor and learning to trust

Gratitude is a choice/ Joy is the by product we give to others

A grateful addict will not use

Breath and impulse control





# Teaching Focus

## 4 of 8 Limbs of Hatha Yoga

The **Yamas** are rules of moral code and include *ahimsa* (non-violence or non-harming), *satya* (truthfulness), *asteya* (non-stealing), *bramacharya* (sexual restraint), and *aparigraha* (non-possessiveness).

The **Niyamas** are rules of personal behavior including *saucha* (purity), *santosha* (contentment), *tapas* (discipline or austerity), *svadhyaya* (spiritual studies), and *Ishvara Pranidhana* (constant devotion to God).

**Asana** refers to yoga postures but in Patanjali's initial practice, it referred to mastering the body to sit still for meditation. The practice of yoga *asanas* came about eight centuries later, which helped disciples ready their bodies for meditation.

**Pranayama** are yoga breathing techniques designed to control *prana* or vital life force.

**Pratyahara** means withdrawal of the senses.

**Dharana** refers to concentration.

**Dhyana** is the practice of meditation.

**Samadhi** is merging with the divine



# Teaching Focus – Hatha Yoga

- 8 Limbs of Yoga
- The *Yamas* are rules of moral code and include *ahimsa* (non-violence or non-harming), *satya* (truthfulness), *asteya* (non-stealing), *bramacharya* (sexual restraint), and *aparigraha* (non-possessiveness).
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- *Pranayama* are yoga breathing techniques designed to control *prana* or vital life force.
- *Pratyahara* means withdrawal of the senses.
- *Dharana* refers to concentration.
- *Dhyana* is the practice of meditation.
- *Samadhi* is merging with the divine
- The Limbs that I can teach each Occasion:
  - Asana
  - *Pranayama*
  - *Pratyahara*
  - *Dharana*
  - *Dhyana*
- The Limbs I introduce when appropriate:
  - The *Yamas* are rules of moral code and include *ahimsa* (non-violence or non-harming), *satya* (truthfulness), *asteya* (non-stealing), *bramacharya* (sexual restraint), and *aparigraha* (non-possessiveness).
  - The *Niyamas* are rules of personal behavior including *santosha* (contentment), *tapas* (discipline or austerity)



Year 2015- 200 participants answered the exit questionnaire

Year 2016 – 70 participants answered the exit questionnaire

# **How Yoga Offers Inpatient clients an introduction into mindfulness**



# How Services are Delivered

2014- 2015

- Two Days a Week/ Saturday and Monday
- 1 hour once a week
- Purchased mats
- 45 minute movement with teaching
- 15 minute Savasana

2015-2016

- Three Days a Week: Saturday, Monday and Wednesdays
- 45 minutes per occasion
- Donated mats from local yoga community
- 30 minutes of movement
- 15 minute Savasana
- Singing Bowls with meditation



# The voices of the clients

2014-2015- 200 responses

- Admission ( Prior to participating in yoga)
- **Have you participated in any form of yoga before?**
- Never thought about it- 61%
- No, but thought about it- 26%
- Yes a few times- 20%

2015-2016- 70 responses

- Admission (Prior to participating in yoga)
- **Have you participated in any form of yoga before?**
- Never wanted to - 51%
- No, but have thought about it - 24%
- Yes, a few times - 20%
- Yes, do it frequently - 5%



# The voices of the clients

2014-2015

- **How likely are you to continue to do yoga/breath work as a part of your recovery program?**
- Not at all –n/a
- Maybe – 31%
- More than likely – 36%
- Most definitely – 36%

2015-2016

- **How likely are you to continue to do yoga/breath work as a part of your recovery program?**
- Not at all – 5%
- Maybe – 12%
- More than likely – 17%
- Most definitely – 66%



# The voices of the clients

- 2014-2015
- 50% were interested in trying yoga

- 2014-2015
- **What are your first thoughts about yoga being a part of your treatment experience?**
- Not at all interested – 8%
- No opinion – 18%
- Interested in trying it – 49%
- Excited to try it – 25%



# The voices of the clients

- 2014-2015
- 50% thought it would be beneficial physically, emotionally and mentally
- 2015-2016
- **Do you feel 12 step yoga could be physically beneficial for you?**
- Not at all – 1%
- Don't know – 25%
- Beneficial – 45%
- Very beneficial – 29%





# The voices of the clients

- 2014-2015

- 2015-2016

- **Do you feel that 12 step yoga could be emotionally/mentally beneficial for you?**

- Not at all – 1%
- Don't know – 25%
- Beneficial – 45%
- Very beneficial – 28%



## The voices of the clients

- 2014-2015
- **Comments Upon Admission:** "I will give it a try" "It's going to be weird" "I have movement limitations but will try it" "I had no idea it was a part of treatment for me" "I thought girls just did yoga, but willing to try anything" "not excited about it" "This will be a new experience for me" "What the heck is Yoga": I will try it but I am not very flexible"
- 2015-2016
- **Comments upon admission:** "Bring it on", "Glad to be here, up to try anything", "worth trying", "Sounds like something for girls, but that is okay." "Willing to try it", "I have heard it is beneficial, but I don't know", "Not sure what to think about 12 step yoga", "I am absolutely open to change and trying new things, and since I am going to be here for a little while, and yoga is offered, I might as well give it a shot.", "I am old and need to stretch."



# The voices of the clients

- 2014-2015
- 71% found 12 step yoga physically beneficial
- 2015-2016
- **Discharge**
- **Did you find 12 step yoga physically beneficial?**
- Not at all - 0
- No opinion - 0
- Somewhat beneficial – 4%
- Very beneficial – 96%



## The voices of the clients

- 2014-2015
  - **Discharge**
  - **Did you find 12 step yoga emotionally and/or mentally beneficial?**
  - Very beneficial – 65%
- 2015-2016
  - **Discharge**
  - **Did you find 12 step yoga emotionally and/or mentally beneficial?**
  - Not at all - 0
  - No opinion - .25%
  - Somewhat beneficial – 1.25%
  - Very beneficial – 98.75%



# The voices of the clients

- 2014-2015
- 2015-2016
- **Discharge**
- **Did you find 12 step yoga was beneficial for restful sleep?**
- Not at all - 0
- No opinion – 1.25%
- Somewhat beneficial – 1.75%
- Very beneficial – 97%



# The voices of the clients

- 2014-2015
- 2015-2016
  - **How likely are you to utilize the “movement strategy as a part of your recovery when you feel triggered?**
  - Not at all - 2%
  - Maybe – 10%
  - More than likely – 35%
  - Most definitely – 53%



## 2014-2015 Comments at discharge

“ I was resistant midway, I am now interested and will continue”

“ Another way to relax, clear my mind and focus on myself”

“It is the most wonderful time, finding inner peace. Stretching, finding balance, I encourage everyone to do it”

“I have never done yoga before this, but it was better than I expected it to be”

“ One of the best parts of my day”

“Great for mind, body and soul. Gets blood flowing”



**2015-2016**

**What would you tell others about your experience with yoga in treatment?**

“Try it out you will love it”

“That it is a breath of fresh air and 100% effective.”

“At first it sucks, but it’s awesome after a couple of times.”

“Focus inward, breathe, and find the serious man inside of you.”

“Yoga is not stupid! It’s awesome!”

“It’s very helpful and definitely worth it. Practice on a daily basis. Thank you Sandy for helping me change my life!”

“It’s a good thing”

“It helps so much! Clears the mind! Should be done more than 2 days a week.”

“Be open to yoga, helps the body to be flexible and helps balance.”

“Yoga is different, but it is worth it.”





**2015-2016**

**What would you tell others about your experience with yoga in treatment?**

“Try it, it is beyond worth it”

“Soothing, relaxing, energizing, reliving, very beneficial to one’s recovery. SANDY ROCKS”

“Yoga helped me to get in tune with my inner self.”

“Continue yoga after treatment. Some of us take longer to heal, so be patient with it.”

“A good work out and relaxing.”

“It is an awesome way to focus and work out any injuries or pain.”

“Take it very, very slow if you are older (55+). It is great exercise and a healthy distraction.”

“Try it, you will like it”

“Yoga has kept me focused while I was in NWR. I used the breathing skills and mediation every day. It is relaxing to my body and mind. I will continue to do yoga with my family on a regular basis.”

“Sandy is a rock star, yay for yoga!”

“Get into it and try it. Its free and it’s here, what does a guy have to lose.”



# How to bring yoga into an inpatient facility

Sandra Kozlowski

BuildingBlocksofRecovery.com Sandra Kozlowski CDP, 200 Level RHY Author



## **How to support mindfulness at a facility:**

Encourage exercise with mindfulness and no “ lunks”

Encourage slow eating and focus

Encourage staff to model mindfulness and not getting lost in the business of the day

Celebrate and honor transitions

Every staff member can demonstrate mindfulness

Consider bringing yoga and mindfulness practices into IOP and weekly meetings.



## **Hiring a yoga instructor**

Certified by Yoga Alliance

Liability insurance and also as insured

Educate staff how to support yoga efforts

Yoga mats, bolsters, straps

Cleaners that are easy on the mats

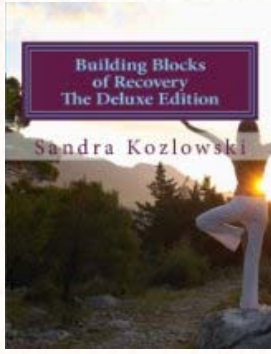


# Building Blocks of Recovery

Add singing bowl concerts on holidays or at times when groups are in the storming phase, appears to make a difference.

- Singing bowl concerts





**Sandra Kozlowski,**  
CDP, 200 Level RHY Yoga Alliance



## Resources List: **Building Blocks of Recovery** [buildingblocksofrecovery.com](http://buildingblocksofrecovery.com)

American Mindfulness Research Association ~ <https://goamra.org>

Center for Mindful Awareness ~ <http://centerformindfulawareness.org>

Insight Meditation ~ <http://www.insightmeditation.org> Mindfulness Based Stress

Reduction ~ <http://www.umassmed.edu/cfm/stress-reduction/> Mindful ~

<http://www.mindful.org>

The Greater Good Science Center ~ <http://greatergood.berkeley.edu>

UCLA Mindfulness Awareness Center ~ <http://marc.ucla.edu>

Mindfulness Meditation NAMI Maryland Conference 2015 , presenter: Beth Terrence  
**Effects of Mindfulness-Oriented Recovery Enhancement on Reward Responsiveness  
and Opioid Cue-Reactivity:** [Eric L. Garland](#), PhD, [Brett Froeliger](#), PhD, and [Matthew  
O. Howard](#), PhD

Eastern Body/Western Mind: Anodea Judith, PhD

Recovery 2.0 Tommy Rosen

Alcoholics Anonymous, AA.org

