



National American Indian and Alaska Native

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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Back to Basics all Over Again: *Elements of Mental Health Evidence-Based Practices “baked into” the 12 Steps*

Special Guest Speaker
Michael G. Bricker MS, CADDC-II,
NCAC-2, LPC

July 12, 2023



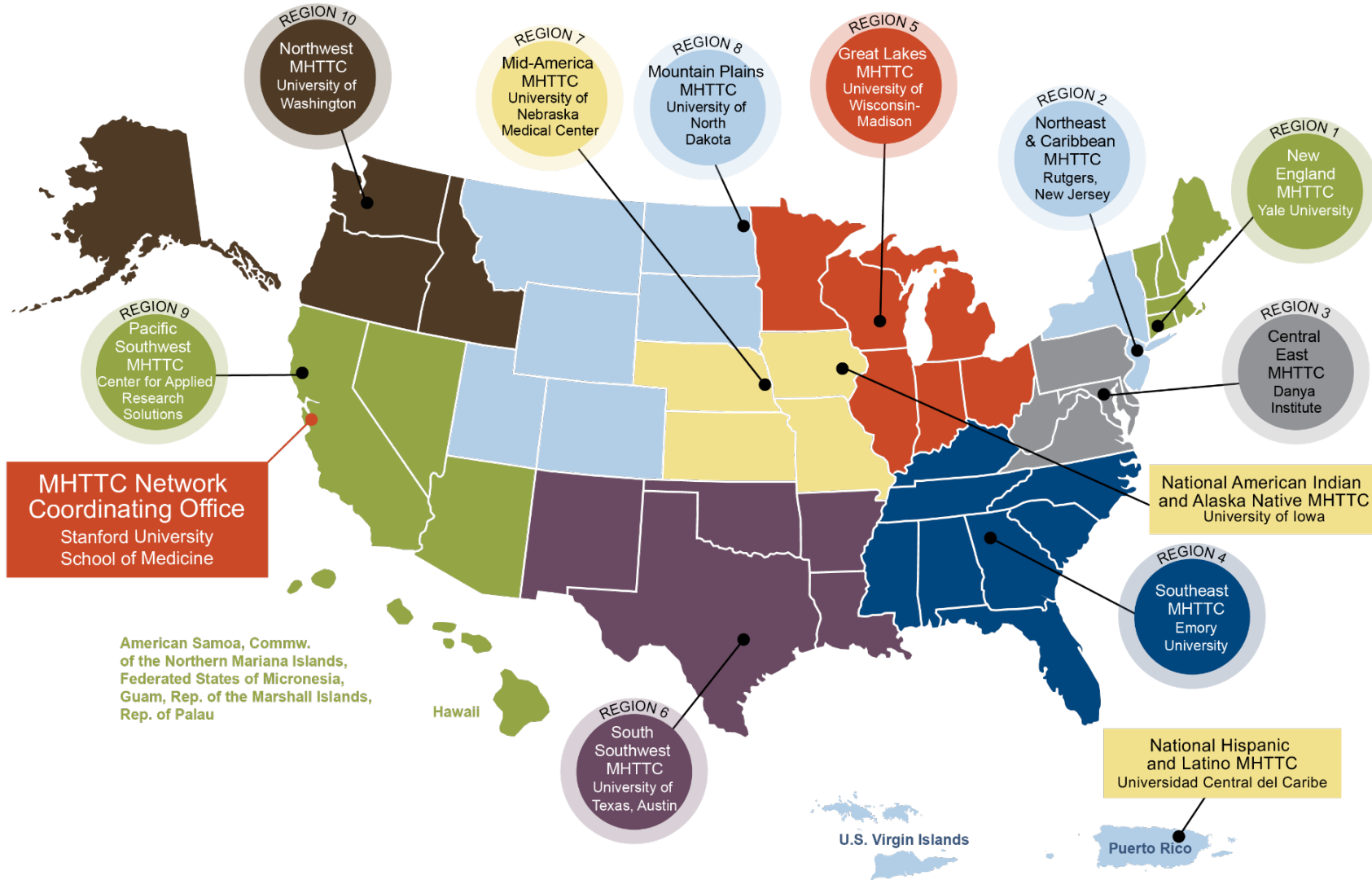
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**American Indian & Alaska Native
Mental Health
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SAMHSA

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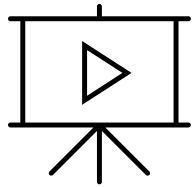
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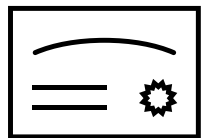


Follow-up

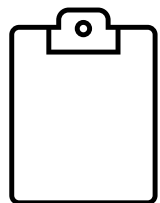
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs, Certificate of Attendance, if applicable



Link to our evaluation survey (GPRA)



Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Keokuk, Sean A. Bear, 1st. Meskwaki Nation



Today's Speaker



*STEMSS®
Support
Together for
Emotional
and Mental
Serenity &
Sobriety®*



Mike Bricker MS, CADC-II, NCAC-2, LPC since 1984 has been a consultant on “dual recovery” from substance use and mental disorders through the STEMSS® Training Institute and specializes in blending western research-based treatment with other Wisdom Traditions. He is also a Behavioral Health Clinician for Strong Integrated Behavioral Health in Eugene OR. Mike has worked extensively among Native American and Alaska Native Peoples. He served 10 years as Program Director for the Yukon-Kuskokwim Health Corp. in bush Alaska and was awarded the ANTHC Behavioral Health Aide Program Award in 2009 for his work educating Native counselors. He was also Clinical Director of the Tse nani a Hi (Rainbow Bridge) Residential Program on the Navajo Nation. More recently, he has developed training workshops for the Klamath, Shoshone-Bannock, Mandan and Yakima Tribes. Mike is a seasoned trainer who presents regularly at national conferences, and a NAADAC Approved Education Provider. He has been a clinician, consultant and teacher for over 35 years.

Contact: mike.bricker@STEMSSinstitute.org (541) 246-8053
Michael G Bricker MS, CADC-2, NCAC-2, LPC
Approved Clinical Supervisor – LPC/LMFT
NAADAC Approved Education Provider

WELCOME!

I'm so glad you're joining us today! The Workshop will begin in a moment ...feel free to type in the chat while we wait.





National American Indian and Alaska Native
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration
Wednesday July 14th 10:00 – 11:00 Central

Back to Basics All Over Again:



Elements of Mental Health Evidence-Based Practices “baked into” the 12 Steps

*Michael G Bricker MS, CADAC-2, NCAC-2, LPC
the STEMSS® Training Institute*

July 14th 2023

MOST IMPORTANT: At the end of today's training, you must follow the brief instructions in order to get your certificate!

- Please type your questions in the “Q and A” box...
- ..we'll answer as many as we can at the end.
- Any we don't have time for, will get a written response
- *You must attend all the way to the conclusion to get CE credit*
- Thanks for joining us!





I was pretty embarrassed...

...a few years ago when a client asked me:
“So how do you know that this 12 Step stuff really works? Besides that the people who go to it say it does? Where’s the research? Doesn’t seem very scientific!”

I didn’t have a good answer, at least not at the time. I do think there is one now, and I’d like to share it with you!



Learning Objectives:

At the conclusion of today's workshop, you'll be able to:

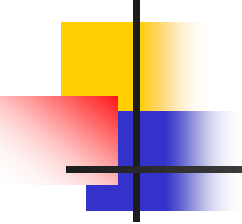
- (a) identify elements of at least three MH evidence-based practices inherent in the 12 Steps;
- (b) become familiar with a different emphasis in approaching the 12 Steps with clients;
- (c) explain how Acceptance & Commitment Therapy can work hand-in-hand with a 12 Step approach to treatment; and
- (d) be able to use these principles in your practice with handouts provided.

Polling Question #1

Which EBP do you use MOST frequently in your SUD Counseling? *(Please pick 1)*

- a) CBT Cognitive Behavioral
- b) DBT Dialectical Behavioral
- c) TSF 12-Step Facilitation
- d) Family Systems *(IFS or structural/strategic)*
- e) ACT Acceptance and Commitment Therapy





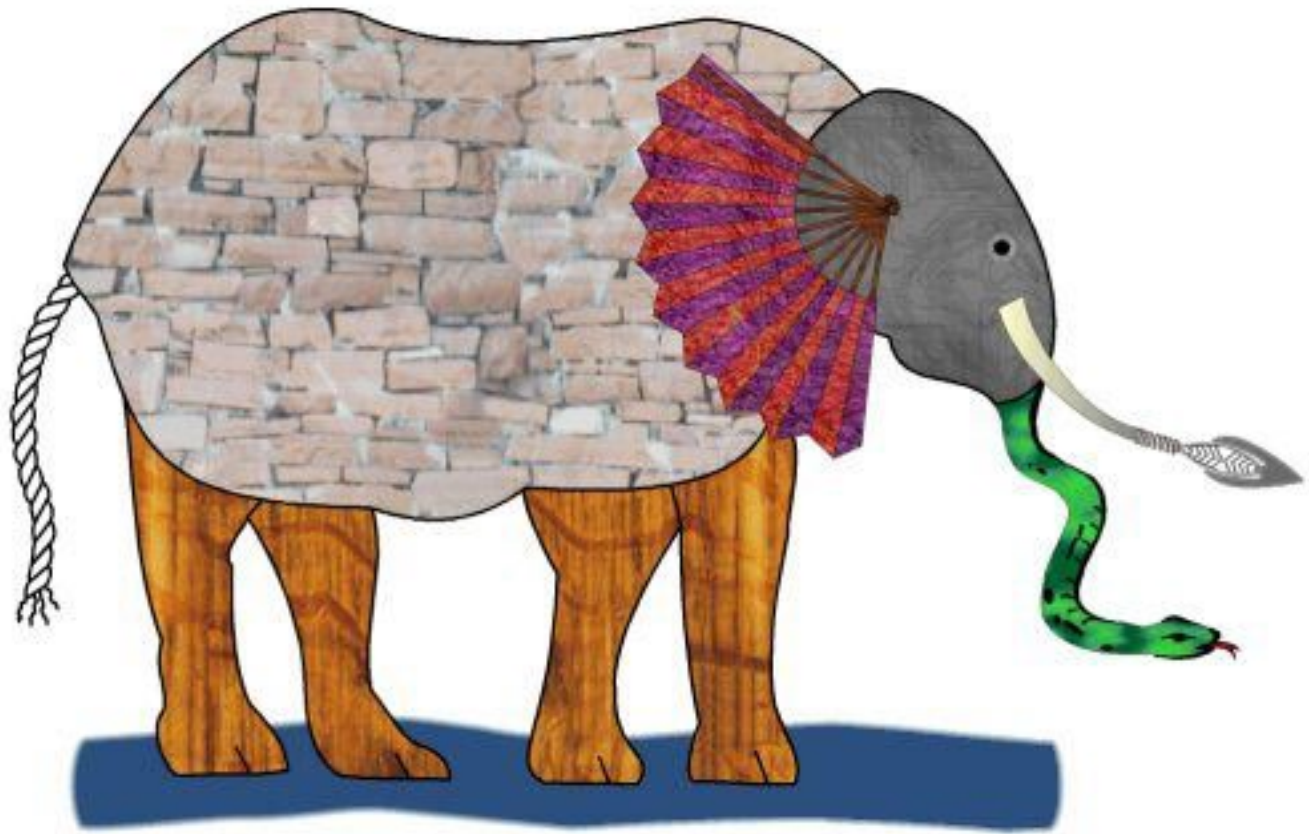
“There’s nothing new
under the sun...”

...we just keep
re-discovering eternal
truths – and dressing
them up in new clothes
so we can sell books!

For some of us, it's kind of like the story of the blind men and the elephant...



And the result...



**So – let’s park our
preconceptions at the door...**

**...and take an “eagle’s eye”
view of the whole territory!**



Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition) 2021



1. Addiction is a complex but treatable disease that affects brain function and behavior
2. No single treatment is appropriate for everyone
3. Treatment needs to be readily available
4. Effective treatment addresses multiple needs of the individual, not just their substance use
5. Remaining in treatment for an adequate length of time is critical
6. Behavioral therapies – including individual, group or family therapy – are the most commonly used forms of drug abuse treatment

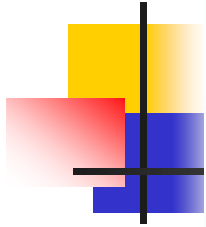
Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition) 2021



7. Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies
8. An individual's treatment/service plan must be assessed and modified to meet changing needs
9. Many addicted individuals also have other mental disorders
10. Medical detox is only the first stage of addiction treatment, and does little to change long-term abuse
11. Treatment does not need to be voluntary to be effective
12. Drug use during treatment must be monitored continuously, as lapses during treatment do occur



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."



Hazelden Publishing \$445.00

National Institute on Alcohol Abuse and Alcoholism
Project MATCH Monograph Series
Volume 1

FREE download

<https://pubs.niaaa.nih.gov/publications/projectmatch/match01.pdf>

TWELVE STEP FACILITATION THERAPY MANUAL

**A Clinical Research Guide for
Therapists Treating Individuals
With Alcohol Abuse and Dependence**

By:
Joseph Nowinski, Ph.D.
Stuart Baker, M.A., C.A.C.
Kathleen Carroll, Ph.D.

Project MATCH Monograph Series Editor:
Margaret E. Mattson, Ph.D.

U.S. Department of Health and Human Services
Public Health Service
National Institutes of Health

National Institute on Alcohol Abuse and Alcoholism
6000 Executive Boulevard
Rockville, Maryland 20892-7003



MAJOR GOALS OF 12-STEP FACILITATION THERAPY IN PROJECT MATCH

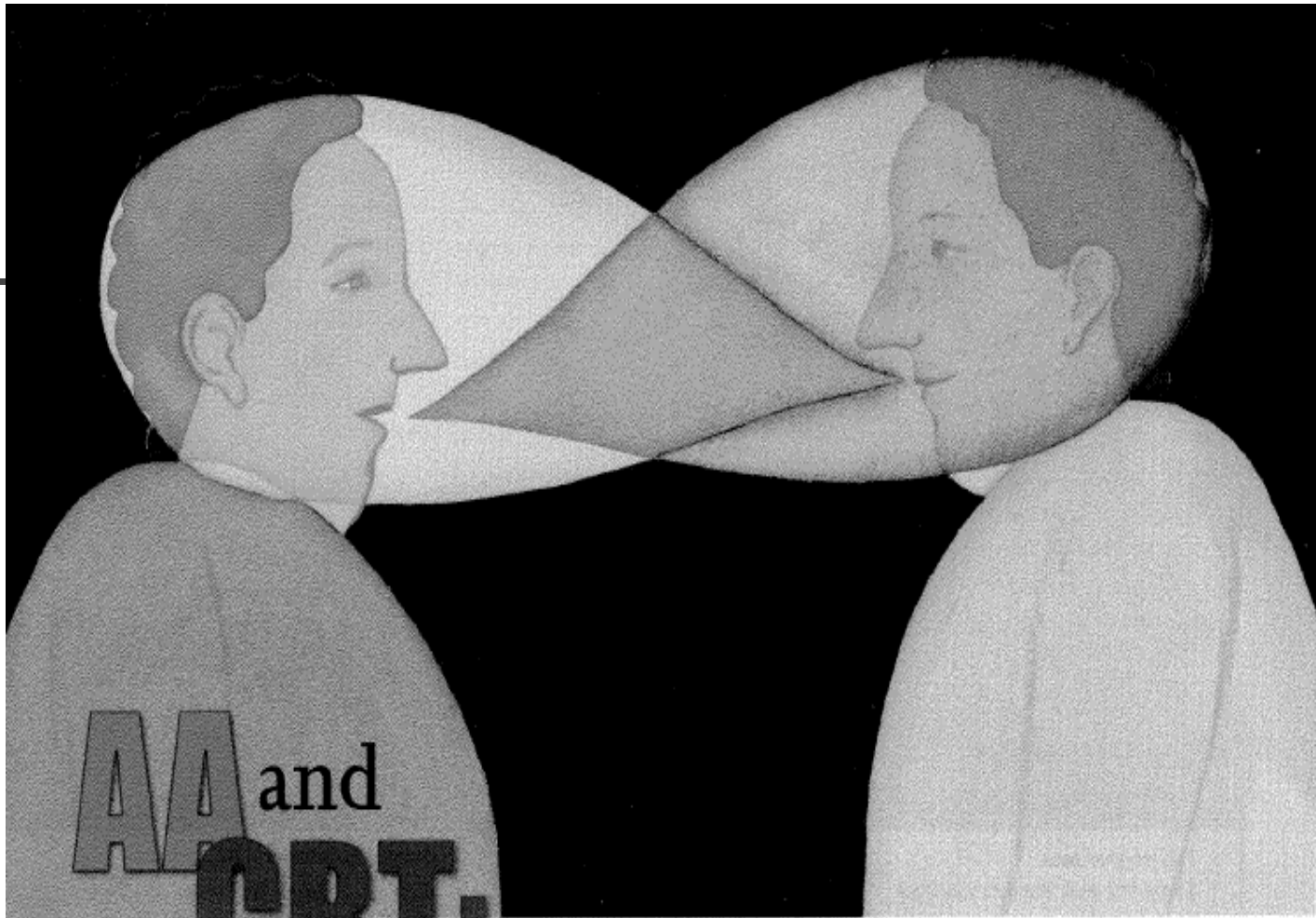
Acceptance

- Acceptance by patients that they suffer from the chronic and progressive illness of alcoholism
- Acceptance by patients that they have lost the ability to control their drinking
- Acceptance by patients that because there is no effective cure for alcoholism, the only viable alternative is complete abstinence from the use of alcohol

Surrender

- Acknowledgment on the part of the patient that hope for recovery (i.e., sustained sobriety) exists, but only by accepting the reality of loss of control and by having faith that some higher power can help the patient, whose own willpower has been defeated by alcoholism
- Acknowledgment by the patient that the fellowship of Alcoholics Anonymous (AA) has helped millions of alcoholics sustain their sobriety and that the patient's best chances for success are to follow the AA path

SOURCE: Adapted from Nowinski et al. 1992.



AA and

CBT:

One in the Same?

Common 12-Step phrases are geared to change thinking, behaviors

Brian Duffy, LMHC - NAADAC Addiction Professional May/June 2006

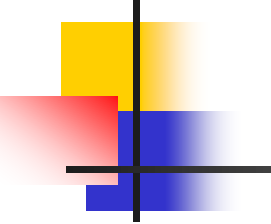


Table 1. Changing how we think—common phrases at AA meetings

- Identify, don't compare (with the speakers)
- This too shall pass
- It's the *first* drink that gets you drunk
- Keep it simple
- Learn to listen—listen to learn
- One day at a time
- We can do what I couldn't
- Don't try to figure it out (neither the disease nor the process of recovery)
- Live and let live
- Let go, let God
- I can't, He can, I think I'll let Him (the basic elements of the first three steps)
- Surrender to win (powerlessness)
- When the fun stopped, I couldn't
- Remember when

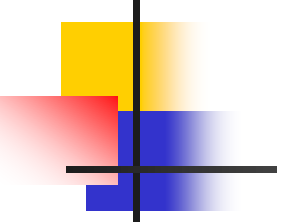


Table 2. Changing our behaviors—common phrases at AA meetings

- Bring the body and the mind will follow
- Just keep coming (to meetings)
- Fake it 'til you make it
- Right action leads to right thinking
- You are what you do; the rest is *just talk*
- It's not what you know—it's what you do
- Join a group
- Get a sponsor
- Get active with your home group
- Go on commitments with your group
- Talk to another alcoholic each day
- Ask for help
- Help another drunk—do service work
- Do the steps of recovery

Bill Wilson

Suggested Steps to Recovery

- Step 1 – Abstinence
- Steps 2 & 3 – rebirth of Hope
- Steps 4, 5 & 6 – learning to live with myself
- Steps 7, 8, 9 & 10 – learning to live with others
- Steps 11 & 12 – learning WHY I'm learning to live

Ken Minkoff

CCISC Comprehensive, Continuous,
Integrated Systems of Care* (1991 – 2002 rev. 2017)

- **Acute stabilization**
- **Engagement**
- **Prolonged (ongoing) stabilization**
- **Rehabilitation**
- **Recovery**

* **ROSC - Recovery-Oriented Systems of Care** – William White (2010)

Motivational Interviewing

Core Concepts

- Express empathy
- Develop discrepancy
- Avoid argumentation
- Roll with resistance
- Support self-efficacy

Miller and Rolnick (1991-2016)

12 Steps of AA/NA

Suggested Program

- Steps 2, 8, 9 & 10
- Steps 1, 4, 6, 7
- Steps 10, 11
- Steps 3, 7
- Steps 5, 9 & 12

Alcoholics Anonymous (1936)



Transtheoretical “Stages of Change”

Prochaska & DiClemente (1992)

12 Steps of AA/NA

- Pre-contemplation
 - Contemplation
 - Preparation
 - Action steps
 - Maintenance
 - Relapse or recycle
- “Step Zero” - getting ready to be ready...
(Dr. Arnold Washton)*
 - Steps 1 & 2
 - Steps 2, 6, 8 & 11
 - Steps 3, 4, 5, 7, 9, 12
 - Steps 6, 7, 10 & 11
 - Step(s) 1 or 12



Brief Therapy

Berg & DeShazer (1982)

- Define the *solution* (NOT the problem) – use the “miracle question”
- Identify *exceptions* – when is the problem NOT happening?
- “*Scaling questions*” to demonstrate progress toward the solution
- “*Cement*” the solution – how will you know the problem is *staying* solved?

AA/NA “slogans”

from the Fellowship

- “Don’t drink, go to Meetings, get a Sponsor, work the Steps!” ~
- “I ain’t what I oughta be and I ain’t what I’m gonna be...but thank God I’m not what I used to be!” ~ “Just for today, I’m not drinking...no matter WHAT!”
- “On a scale of one to twelve... how are you today?” ~ “No matter the problem, you’re 12 steps from the answer!”
- “You don’t have the Program until you give it away.” ~ “Recovery is a contact sport!”

10 Classic Cognitive Distortions

David Burns & Aaron Beck

AA Slogans which refute

1. All-or-nothing thinking

2. Over-generalizing

3. Mental filtering

4. Discounting positives

1. The *Serenity Prayer*

Progress, not perfection

2. Just for today, I'm not drinking – no matter what

3. What you already know – is what got you here!

4. Measure yourself by your best, not your worst - look at the donut, not the hole



Classic Cognitive Distortions (*con't.*)

David Burns & Aaron Beck

AA Slogans which refute

5. Jumping to conclusions –
“mind reading” & “fortune telling”

6. Catastrophizing

7. Emotional Reasoning –
“I feel, therefore it is!”
(with apologies to Descartes...)

8. Tyranny of the Shoulds –
mental “must-erbation”

5. “Learn to listen – listen to learn” *Serenity*: stop expecting, start accepting

6. “This too shall pass...”
“10 years from now, how much will it matter?”

7. Thoughts aren't things, and feelings aren't facts – they only have the power we give them.

8. The only thing we HAVE to do today is – not drink!



Classic Cognitive Distortions (*con't.*)

David Burns & Aaron Beck

AA Slogans which refute

9. Labeling

9. “Live and let live”;
“Don’t compare your insides with other people’s outsides.”; “If we compare, we despair.”

10. “Can’t stand-itis”

10. “This too shall pass”;
“Pain can’t be avoided... suffering is optional”

12 STEPS

A CBT TRANSLATION OF THE 12 STEPS

FUNCTION

1 We admitted we were powerless over alcohol and that our lives had become unmanageable

2 Came to believe that a power greater than ourselves could restore us to sanity

3 Made a decision to turn our will and our lives over to the care of God as we understood him

4 Made a searching and fearless moral inventory of ourselves

5 Admitted to God ourselves and another human being the exact nature of our wrongs

6 Were entirely ready to have God remove all these defects of character

7 Humbly asked him to remove these shortcomings

8 Made a list of all persons we had harmed and became willing to make amends to them all

9 Made direct amends to such people whenever possible, except when to do so would injure them or others

10 Continued to take personal inventory and when we were wrong promptly admitted it

11 Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out

12 Having had a spiritual awakening as a result of these steps, we tried to practice these principles in all our affairs

BALDWIN

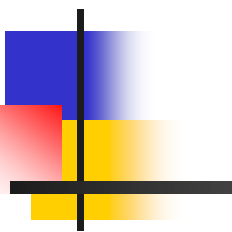
HYPOCHONDRIACS
ANONYMOUS



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“First step is the hardest. You’ve got to admit that you don’t have a problem.”

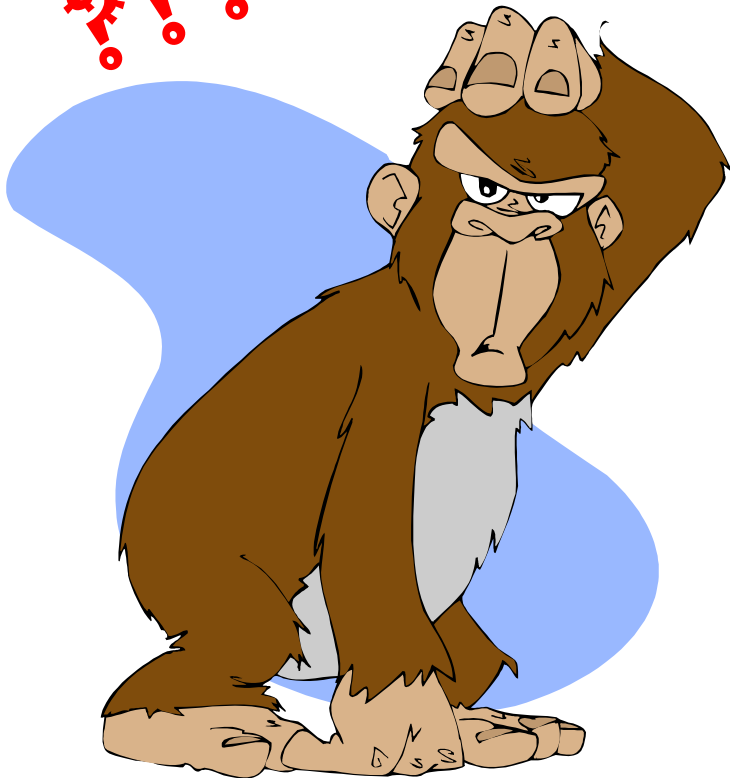
More CBT- a Thoughtful Approach to the Twelve Steps



For some of us, “**The Program**” has become something we either recommend out of habit, or avoid out of prejudice. The Steps become like the “Our Father” or the “Pledge of Allegiance” ~ something we can cite from memory, but really haven’t thought about for a long time.

Let’s take another look...

Polling Question



The PRIMARY function of the 12 Step Programs of AA, NA and similar fellowships is to get people to STOP their addictive behavior.

True

FALSE

To begin with, let's examine the idea that the 12 Steps have absolutely nothing to do with not drinking!

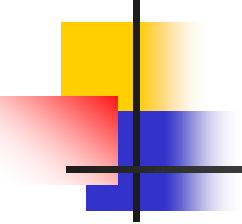
Working out my Life Plan:

As we move forward on our Journey, it's sometimes helpful to be guided by our Values. So let's take a look at what Values can look like. Be thoughtful – there are no right or wrong answers. (...and resist the temptation to make them all 10s!)

In your handouts

On a scale of 1 to 10, how important are each of these things to you today?

	(low)	(high)
(a) Getting in touch with how my life really is.	1	2 3 4 5 6 7 8 9 10
(b) Finding some hope that things will get better.	1	2 3 4 5 6 7 8 9 10
(c) Accepting help to change things for the better.	1	2 3 4 5 6 7 8 9 10
(d) Finding out who I really am – both <u>good</u> and bad.	1	2 3 4 5 6 7 8 9 10
(e) Letting go of things from the past I feel ashamed of.	1	2 3 4 5 6 7 8 9 10
(f) Figuring out what I want to change about ME.	1	2 3 4 5 6 7 8 9 10
(g) Finding some help to make those positive changes.	1	2 3 4 5 6 7 8 9 10
(h) Accepting that I've hurt people by my actions.	1	2 3 4 5 6 7 8 9 10
(i) Repairing my relationship with people I've hurt.	1	2 3 4 5 6 7 8 9 10
(j) Improving my honesty and integrity.	1	2 3 4 5 6 7 8 9 10
(k) Figuring out my Purpose in life – why am I here?	1	2 3 4 5 6 7 8 9 10
(l) Helping others by my example.	1	2 3 4 5 6 7 8 9 10



**“We admitted we were powerless
over alcohol - that our lives had
become unmanageable”**

Which words just “jump out” at you?
Do you suppose those are the same words
our clients have trouble with?

What happens if we turn it around: *“We
admitted that our lives were **unmanageable** –
because we kept **losing our struggle** with
alcohol.”*



“We admitted we were powerless over alcohol - that our lives had become unmanageable”

What our clients hear:

- “powerlessness” means I have no will power
- “unmanageable” means I can’t handle things...
- Put ‘em together, and it means “I’m bad!”
- Powerless = hopeless... I’m a victim...

What if they heard:

- My life is unmanageable because...
- ...I’m powerless over the laws of physics. Will power has nothing to do with it!
- “Denial” doesn’t mean I’m bad or stupid...I just have cause and effect backwards!

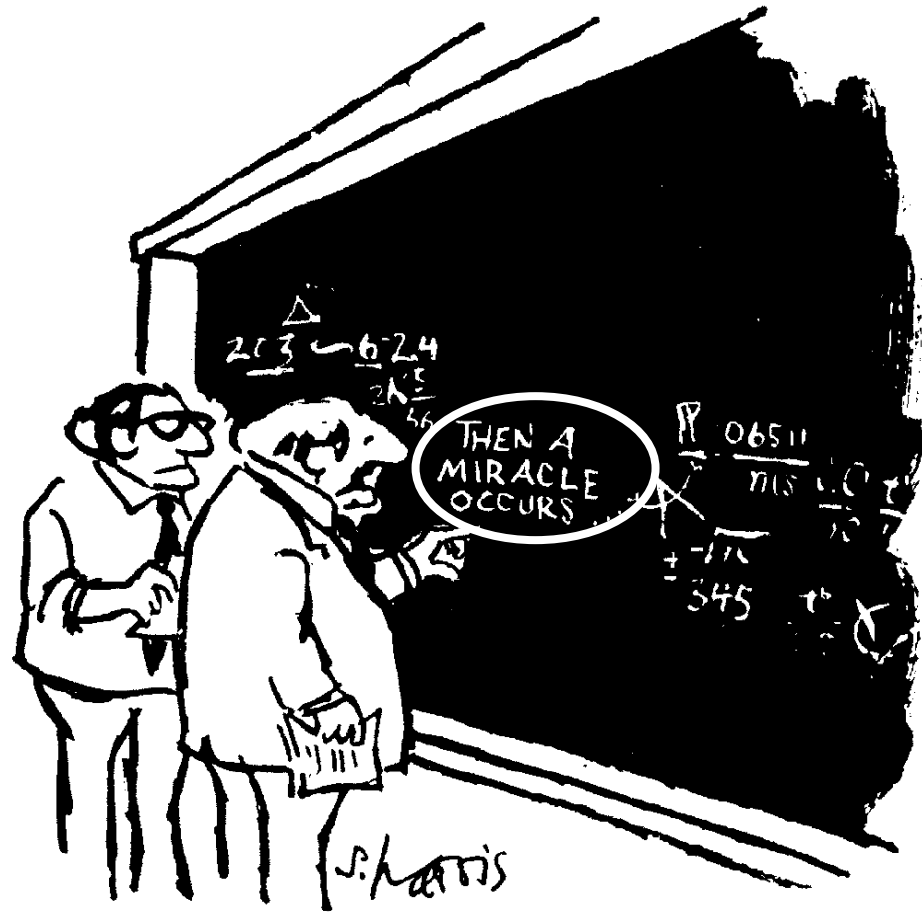


“Came to believe that a Power greater than ourselves could restore us to sanity.”

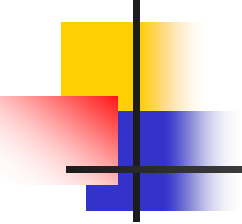
- “Oh no...not that ‘God crap’ again!”
“God abandoned me a long time ago...”
- “Sanity? So now I’m not only a drunk, but I’m crazy?!?! Yeah, right... I can’t wait to join this bunch!”

What if the most important words are
“CAME TO BELIEVE...?”

Math and the 12 Steps...



“I think you should be more specific here in step two...”



“Made a decision to turn our will and
our lives over to the care of God
as we understood Him.”

- “Don’t these people ever stop with the ‘God stuff’? If I want religion, I’ll go to church!”
- “God never understood *me* – why should I try to understand **HIM?!?**”
- “If I ‘turn my self over to God’, he’ll just punish me for all the awful things I’ve done.”

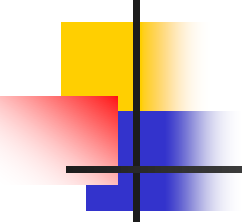
What if *“made a decision...”*
is the important part?



“Made a searching and fearless moral inventory of ourselves”

- Hmm... MORAL, searching, fearless... maybe next week...
- “Goodygoodygoody! I get to write down every lousy, awful, shitty thing I’ve ever done... where’s my pen?”

What if the important word is “*inventory*?”
In an inventory, you count everything, not just the bad stuff!
Think about your checkbook – do you only record the checks, but not deposits?



“Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

- “I just **KNOW** I’m the only person who’s ever done this stuff...”
- “I don’t want *anybody* to know what I’ve done...”
- “Maybe I’m one of those ‘poor unfortunates’ in the Big Book...”
- The Fifth Step is how we reclaim our *“response-ability”*
- I am taking ownership for what I have done. When I **own** something, *I* can decide what to do with it: put it behind me, throw it away, or carry it around with me forever. Until we own our faults, *they* own us!



**“Were entirely ready to have God
remove all these defects of character.”**

“Warning: your past in the rear-view mirror is closer than it appears...”

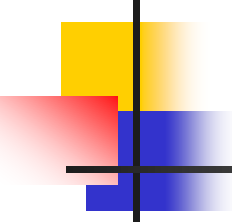
The key to the Sixth Step is not “defects of character”... it is READINESS. It is realizing that if we do not shed our old behaviors and ways of thinking, we will be forever squirming around in a Soul that is six sizes too small. And, like those “objects in the rear-view mirror”, those old habits will always be “closer than they appear”...ready to trip us up when we least expect it.



**“Humbly asked Him to remove
all our shortcomings.”**

*“Warning: your past in the rear-view mirror is **STILL**
closer than it appears...”*

OK...want to guess which are the two most important words in THIS Step? Here’s a hint: when was the last time we *“humbly asked”* for anything? If we are humble enough to realize we aren’t perfect, and wise enough to ask for what we need...how many of “our shortcomings” have already been removed?

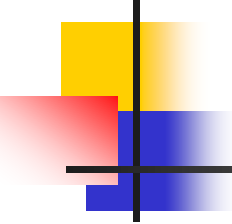


“Made a list of all persons we had harmed, and became willing to make amends to them all.”

“Made direct amends to such persons except when to do so would injure them or others.”

Instead of focusing on our guilt over “all the persons we had harmed” – the key to this Step might involve “becoming willing”, and then...

...*taking action* on our willingness. This is the “*response-ability*” stuff again. The Universe runs on balance - here’s the chance to *un-kink our Karma!*

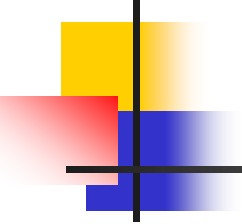


“Continued to take personal inventory and, when we were wrong, promptly admitted it.”

We tend to focus in on “admitted we were **WRONG**” and forget that an inventory counts *everything*... positive as well as negative.

“Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

Lots of us were put off by “the GOD stuff.” But when we think of it as **Good Orderly Direction**, the idea of meditation begins to make more sense

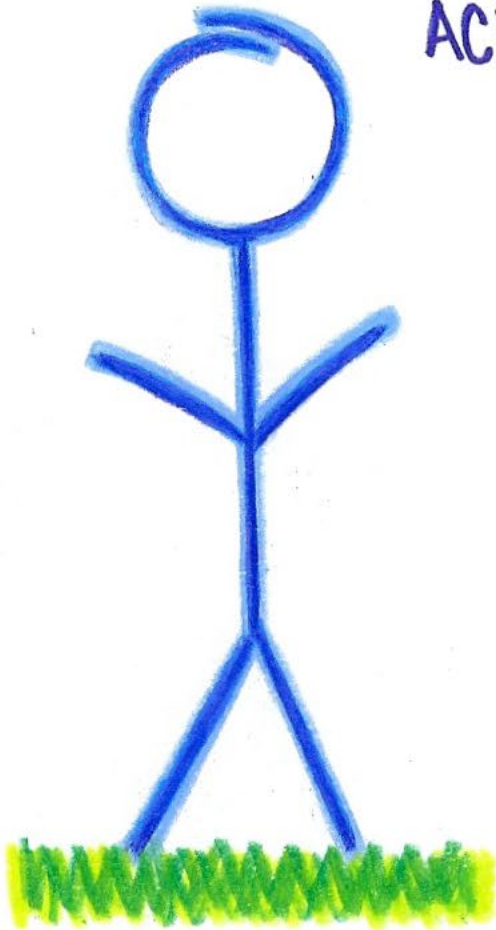


“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

It helps to read this one backwards: “having practiced these principles in all our affairs... we had a spiritual awakening... (*and*) tried to carry this message to alcoholics.”

Remember... “do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles.... we are willing to grow along spiritual lines.”

OUR PRIMARY PURPOSE
IS TO STAY SOBER AND
HELP ANOTHER ALCOHOLIC
ACHIEVE SOBRIETY.



AA LOGIC



Polling Question

Do you think this different emphasis on the 12 Steps could help them be more acceptable to your patients?

- a) Yes, definitely!
- b) Not sure, but I'd like to try it
- c) Probably not...

Dialectical Behavior Therapy

Marsha Linehan et al

Characteristics

- ❖ Manualized & certified (*training*)
- ❖ Specifically structured
- ❖ Skills building
- ❖ Homework (*skills cards, diaries etc.*)

Assumptions

- ❖ People are trying their best & want to change
- ❖ We didn't cause it and we have to fix it
- ❖ Insight is nice, but SKILLS work better
- ❖ All behaviors are reactions
- ❖ People do well when they can

“Villains Anonymous” Group Therapy



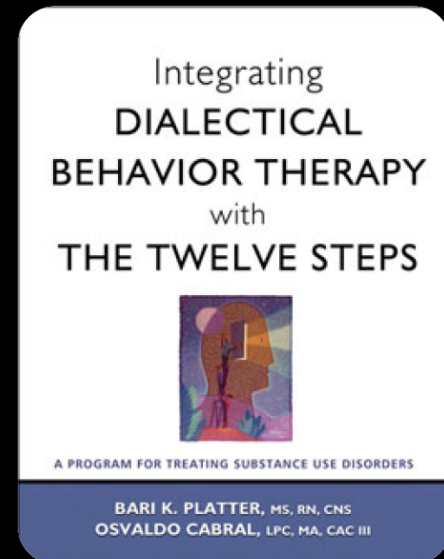
Hi. My name is Ralph...and I'm NOT a monster... my PO is making me come!

Integrating Dialectical Behavior Therapy with The Twelve Steps

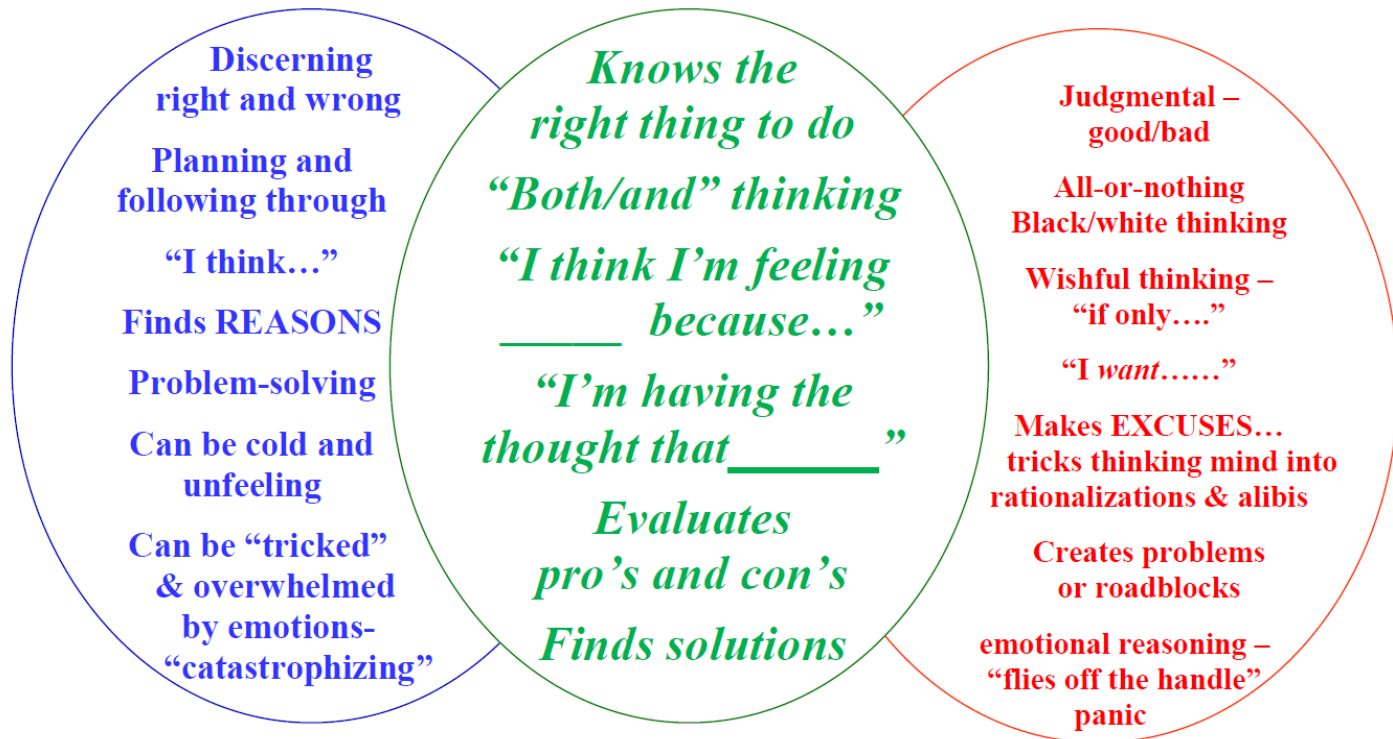
A program for treating substance use disorders

Bari K. Platter, MS, RN, PMHCNS-BC
Osvaldo Cabral, LPC, MA, LAC

Available from
Hazelden Publishing



Doing Better Today in Recovery : Two Brains – One mind



Rational(izing) Mind
Reasons become excuses

“WISE Mind”
RECOVERY MINDSET

Emotional Mind
“stinkin’ thinkin’”

In your handouts



"My name is John and I haven't had a think for 36 days."

DBT Skill Sets at a Glance

Core Mindfulness	Interpersonal Effectiveness	Emotion Regulation	Distress Tolerance
<p>What Skills Observe Describe Participate</p> <p>How Skills One-mindfully Non-judgmentally Effectively</p> <p>Reality Acceptance Radical Acceptance Turn the Mind Willingness Notice Willfulness</p> <p><i>In your handouts</i></p>	<p>Describe Express Assert Reinforce</p> <p>Mindful Appear Confident Negotiate</p> <p>Gentle Interested Validate Easy Manner</p> <p>Fair no Apologies Stick 2 Values Truthfulness</p>	<p>Accumulate positive experiences Build mastery Cope ahead of time treat Physical Illness Eat balanced meals Avoid mood-altering drugs Sleep balanced Exercise</p> <p>Validate Imagine Take small steps Applaud yourself Lighten your load Sweeten the pot</p> <ul style="list-style-type: none"> ★ Mindful to emotion ★ Behavior chain analysis ★ Opposite Action ★ Pros and Cons 	<p>Activities Contributing Comparisons Emotion opposites Pushing away Thoughts Sensations</p> <p>Imagery Meaning Prayer Relaxation One thing at a time Vacation Encouragement</p> <p>Temperature Intense physical exertion Paced breathing</p>

Core Functions

12-Step *core functions*

DBT

<i>12 Step Facilitation</i>	<i>DBT Core Skills</i>
Step 1 Reality	
Step 2 Hope	
Step 3 Surrender	
Step 4 Self-Assessment	
Step 5 Honesty & ownership	
Step 6 Rebuilding our relationship with ourselves	
Step 7 Rebuilding our relationship with ourselves	
Step 8 Rebuilding our relationship with others	
Step 9 Rebuilding our relationship with others	
Step 10 Personal Integrity	
Step 11 Direction in Life	
Step 12 Selflessly Helping	



Behavioral Interventions

Contingency Management

- ❖ Coins & key tags
- ❖ Celebrations of sobriety (*days, months, years*)
- ❖ Elevation to positions of service

Community Reinforcement

- ❖ Welcoming applause for new members
- ❖ Celebrations of sobriety
- ❖ Sponsorship

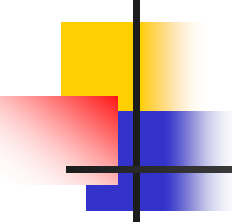


Acceptance is *not* Surrender

Acceptance and Commitment Therapy (ACT) in the Treatment of Substance Use Disorders

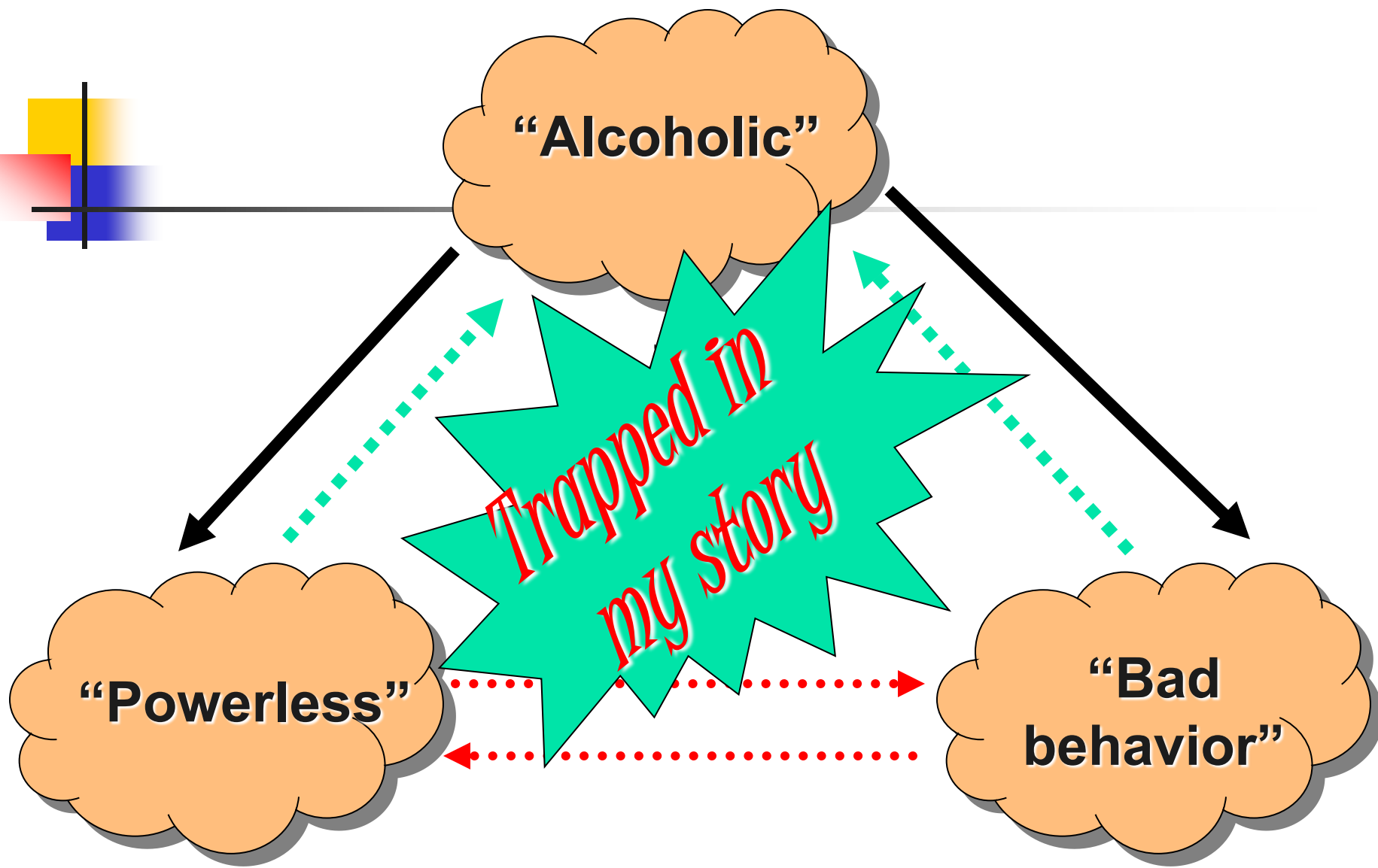
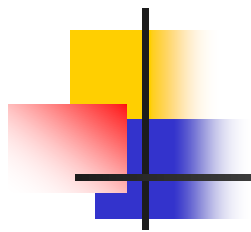
*Michael G Bricker MS, ICADC, LPC
(formerly) Yukon-Kuskokwim Health Corporation
Education, Training & Credentialing Coordinator
Bethel, Alaska*

*Excerpted from original presentation at the
Association for Contextual Psychology International Conference
Chicago June 2006*



ACT looks at how four cognitive processes keep us trapped in the problem: *FEAR*

- Cognitive *F*usion
- Unhelpful *E*valuation
- Experiential *A*voidance
- Excuses & *R*eason-giving



An RFT look at fusion in Step 1:



The answer is to *ACT*:

Accept those unwanted private experiences and external events for what they are, not what they appear to be,

Commit to a set of valued life directions that could revitalize a sense of purpose and meaning, and

Take action to build larger patterns of committed action consistent with those valued ends



Six ACT Core Processes

https://contextualscience.org/the_six_core_processes_of_act#.

- **Acceptance** doesn't mean you are okay with something. It doesn't mean you want the pain or struggle. Acceptance means that you open up and make room to experience the unpleasant thoughts and emotions and events of the human experience. You stop fighting with them. You don't engage with the struggle to get rid of the unpleasant sensations or discomfort. *Acceptance is an active verb – from the same Latin root as “capture”. Embracing reality without judgment.*
- **Cognitive Defusion** or just defusion – has to do with being able to recognize our thoughts as just that...They are just thoughts (words or pictures in the mind). Defusion allows you to be able to step back from your thoughts and not be consumed by them. *“Thoughts are not things” “It is what it is...not what it SAYS it is.”*



Six ACT Core Processes

https://contextualscience.org/the_six_core_processes_of_act#.

- **Contacting the Present Moment** has to do with “being in the now.” This principle means that you are focused on what is happening with you and/or in your environment right now and less-so with what has happened in the past or what may happen in the future. *“Be here now.” – Jon Kabat Zinn*
- **Self-as-Context** refers to “the observing self.” This is the part of you that is able to step back and watch what is happening within you. You can know that you are thinking and experience physical or emotional sensations. You can think about your thinking. *Thoughts without a thinker – detachment.*
“I’m having the thought that...”



Six ACT Core Processes

https://contextualscience.org/the_six_core_processes_of_act#.

- **Values** are what you most care about. Values have to do with what you want your life to be about, what you want to stand for, and what you ultimately experience as your true drive. Values help you to steer your behaviors toward what is meaningful to you. *Write your Epitaph – one sentence to sum up why you were here.*
- **Committed Action** - In ACT, it is important not to forget or downplay the part where you must take action on your values. Committed action is about taking effective action and behaving in ways that are guided by your values. This allows you to create a fulfilling and satisfying quality of life (Harris, 2009).
“Just Do It!” - Nike *In your handouts*

Polling Question

In ACT, which of the following is NOT part of the “FEAR” algorithm?

- a)* Cognitive *F*usion
- b)* Unhelpful *E*valuation
- A*cceptance of the disease
- d)* Excuses & *R*eason-giving





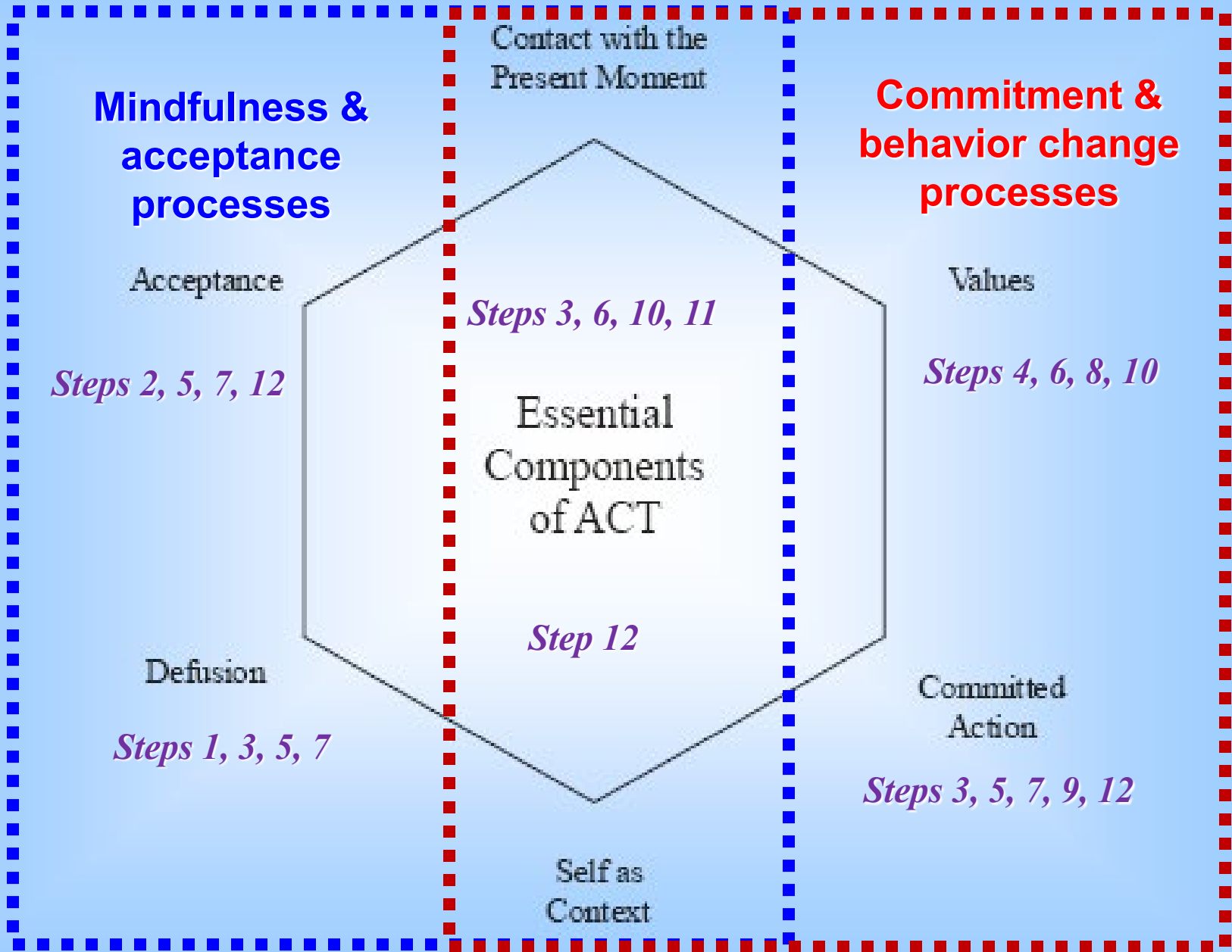
Some “bumper stickers”
inspired by ACT

Fears are not FACTS

Thoughts are not THINGS

Emotions are not EVENTS

Ridicule is not REALITY



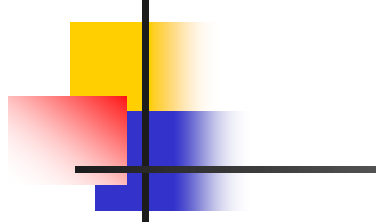
Core Functions

12-Step *core functions*

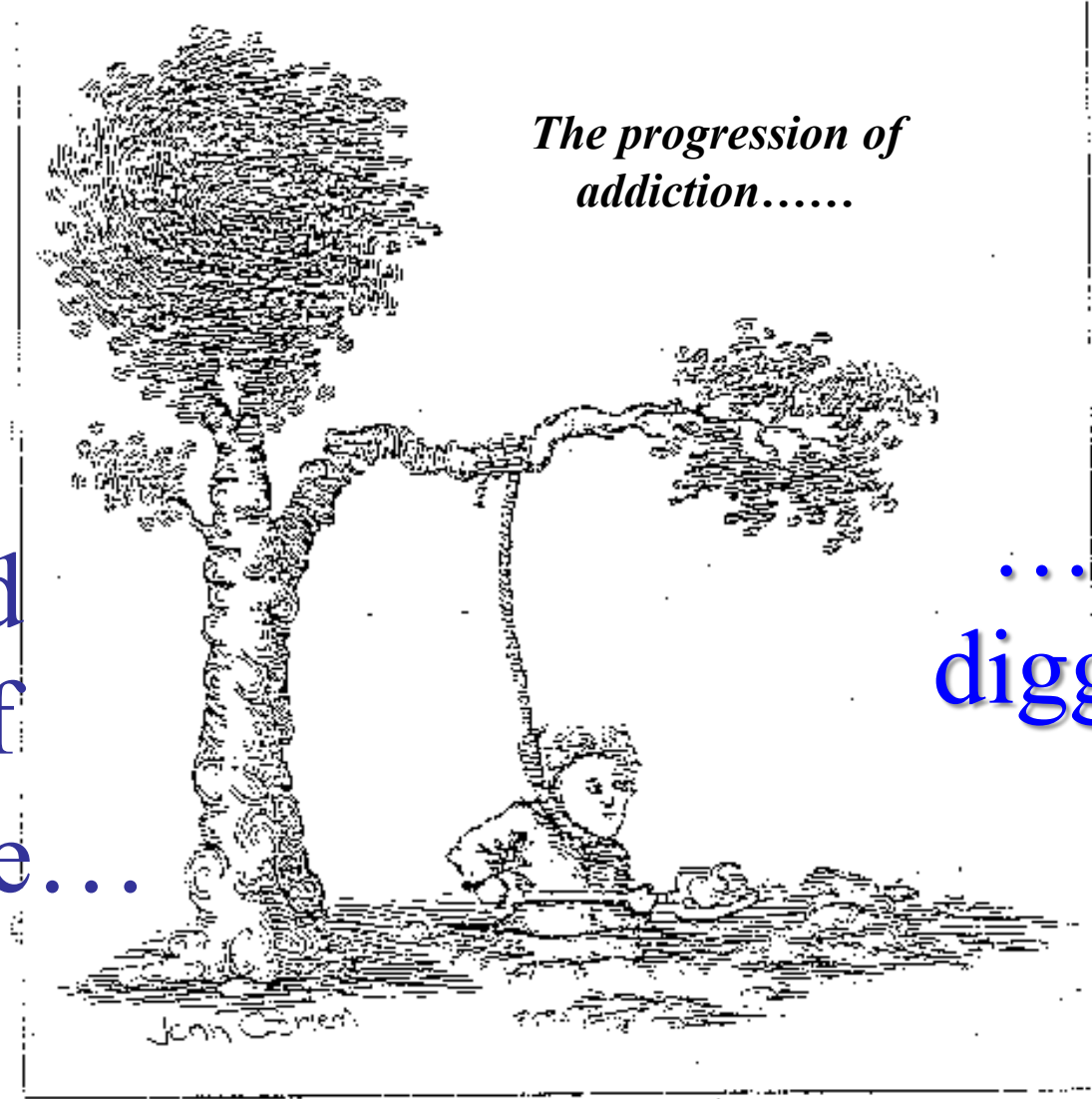
ACT

<i>12 Step Facilitation</i>	<i>ACT Core Tasks</i>
Step 1 Reality	Creative Hopelessness
Step 2 Hope	Control as the Problem
Step 3 Surrender	Applied Willingness
Step 4 Self-Assessment	De-fusing language
Step 5 Honesty & ownership	De-fusing & Valuation
Step 6 Rebuilding our relationship with ourselves	Values Assessment
Step 7 Rebuilding our relationship with ourselves	Applied Willingness
Step 8 Rebuilding our relationship with others	Values Assessment
Step 9 Rebuilding our relationship with others	Applied Willingness
Step 10 Personal Integrity	Values/Willingness
Step 11 Direction in Life	Values Assessment
Step 12 Selflessly Helping	Applied Willingness

ACT “Creative Hopelessness”



When
you find
yourself
in a hole...



*The progression of
addiction.....*

...stop
digging!!

From Evidence-Based Practice to... Practice-Based Evidence!

Wellbriety – the Red Road to Recovery



Alcoholism Treatment Quarterly

Publication details, including instructions for authors and subscription information:

<http://www.tandfonline.com/loi/watq20>

The Multicultural Wellbriety Peer Recovery Support Program: Two Decades of Community-Based Recovery

David Moore PHD^a & Don Coyhis^b

^a Argosy University, Seattle, Washington

^b White Bison, Colorado Springs, Colorado

Wellbriety and the Red Road draw on millennia of Native Culture and Wisdom

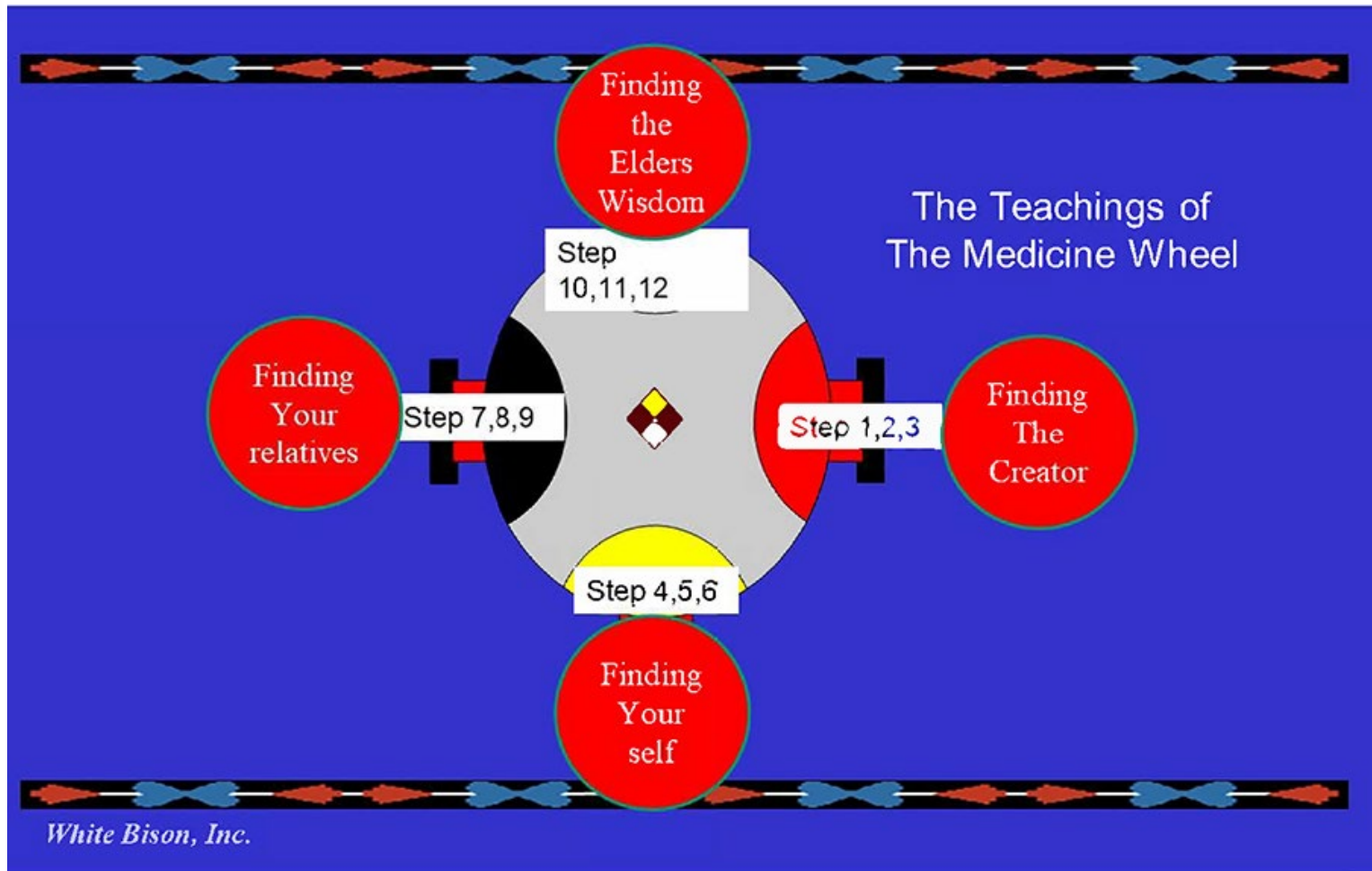
Wellbriety Means



- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- You must create a Healing Forest



Wellbriety 12 Steps on the Medicine Wheel





Wellbriety 12 Steps on the Medicine Wheel

EAST

FOCUS finding
the Creator

PRINCIPLES

Step 1 Honesty
Step 2 Hope
Step 3 Faith

SOUTH

FOCUS finding
ourselves

PRINCIPLES

Step 4 Courage
Step 5 Integrity
Step 6 Willingness

WEST

FOCUS finding
our relatives

PRINCIPLES

Step 7 Humility
Step 8 Forgiveness
Step 9 Justice

NORTH

FOCUS finding
the Elders' Wisdom

PRINCIPLES

Step 10
Perseverance
Step 11 Spiritual
Awareness
Step 12 Service

Laws of Change: 1. All change comes from within;
2. In order for development to occur, it must be preceded by
a vision; 3. A great learning must take place; 4. We must
create a healing forest.



The Twelve Steps of Wellbriety

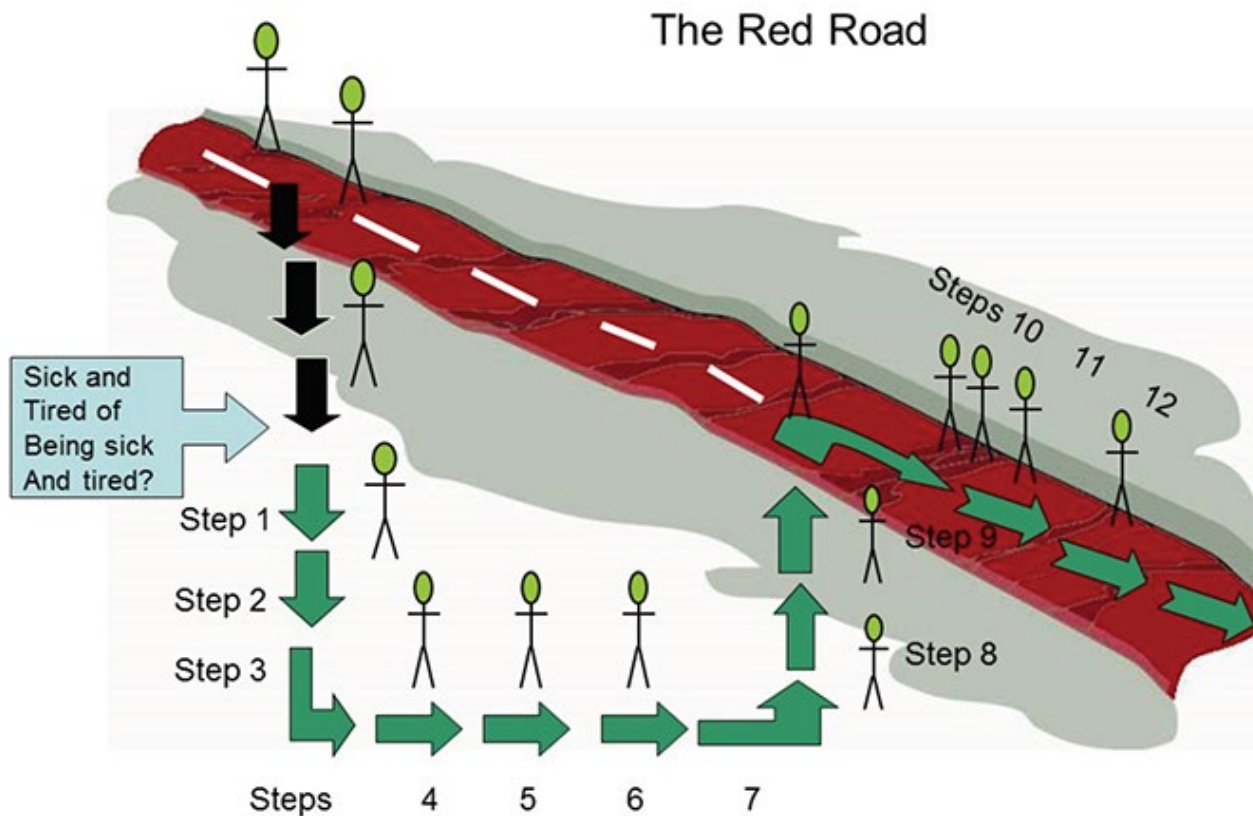
1. We admitted we were powerless over alcohol – that we had lost control of our lives.
2. We came to believe that a Power greater than ourselves could help us regain control.
3. We made a decision to ask for help from a Higher Power and others who understand.
4. We stopped and thought about our strengths and our weaknesses and thought about ourselves.
5. We admitted to the Great Spirit, to ourselves, and to another person the things we thought were wrong about ourselves.
6. We are ready, with the help of the Great Spirit, to change.



The Twelve Steps of Wellbriety

7. We humbly ask a Higher Power and our friends to help us change.
8. We made a list of people who were hurt by our drinking and want to make up for these hurts.
9. We are making up to those people whenever we can, except when to do so would hurt them more.
10. We continue to think about our strengths and weaknesses and when we are wrong we say so.
11. We pray and think about ourselves, praying only for the strength to do what is right.
12. We try to help other alcoholics and to practice these principals in everything we do.

From Evidence-Based Practice to... Practice-Based Evidence!





Support Together for Emotional &
Mental Serenity and Sobriety

<https://STEMSSinstitute.org/>



“Fun-damental” Laws of the Universe

1. **If nothing changes, nothing changes.**
2. **No matter where you go... there you are!** *The grass is always greener on the other side of the fence...and there's always another fence!*
3. **What we practice, we become.**
4. **Contrary to popular belief, the law of cause and effect has NOT been repealed.**
5. **Compared to nuclear winter, is this a big deal?**
6. **When what you're doing isn't working...the answer is never to do it HARDER!**
7. **NONE of us are getting out of this alive!**
8. **It's not the car you SEE that runs you over.**
9. **“You can't phuck with fysics” – *the laws of physics don't change, no matter how much you don't like them! Gravity doesn't care if you agree with it.***
10. **The best revenge is to live well.**

In your handouts



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“Fun-damental” Laws of the Universe (con’t)

11. **Your life is nobody else’s fault... but it is YOUR responsibility.**
12. **Nowhere in the book does it say that “life is FAIR!” *The Fair comes to town once a year...with rides and cotton candy.***
13. **Recovery is a contact sport.**
14. **The spot at the center of the Universe is already occupied.**
15. **TANSTAFL - There ain’t no such thing as a free lunch... *if it seems too good to be true, it probably is.***
16. **How do you eat an elephant?**
17. **Know what you think of yourself? Look at who you hang around with.**
18. **Nobody is “normal” ...that’s just a setting on your washing machine.**
19. **I’m sorry, but the job of Supreme Being has been offered to an applicant with superior qualifications.**
20. **By definition, all narcissistic wounds are self-inflicted!**
21. **“Not to decide...is a decision!” *Buddha***
22. **“Coincidence” is God’s way of staying anonymous**

Annotated by Mike Bricker (rev. 2021), with help from Earnie Larson, Robert A. Heinlein, and a Higher Power who chooses to remain anonymous.

Remember:

“It’s an honest Program...”



***Please type your
FULL NAME &
CREDENTIALS
in the chat box as
you want them to
appear on your
certificate***

Thank you...

*...for bringing hope,
help and healing
to the people
you serve!*





Promoting Dual Recovery since 1984

Michael G. Bricker MS, CADC-II, NCAC-2, LPC

The STEMSS[®] Institute

Support Together for Emotional and Mental Serenity & Sobriety



Consultation in
recovery from
substance use and
mental disorders

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