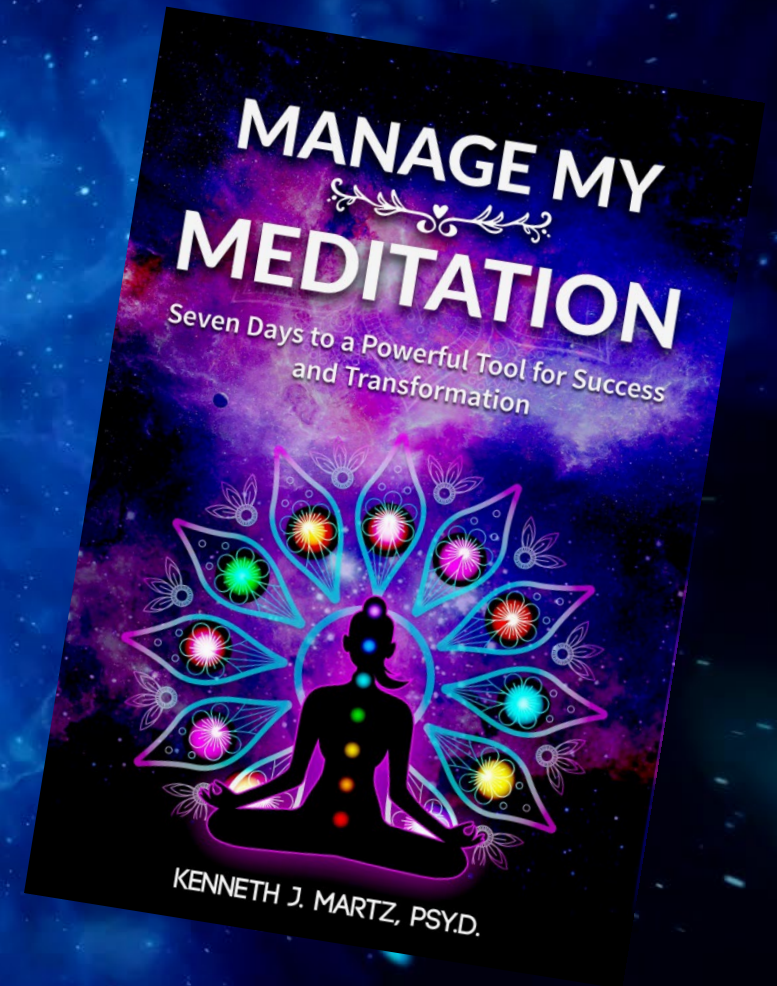


HEALING HEARTS, CALMING MINDS:

HARNESSING MEDITATION FOR ADDICTION RECOVERY

KEN MARTZ, PSY.D., ICGC-II, BACC

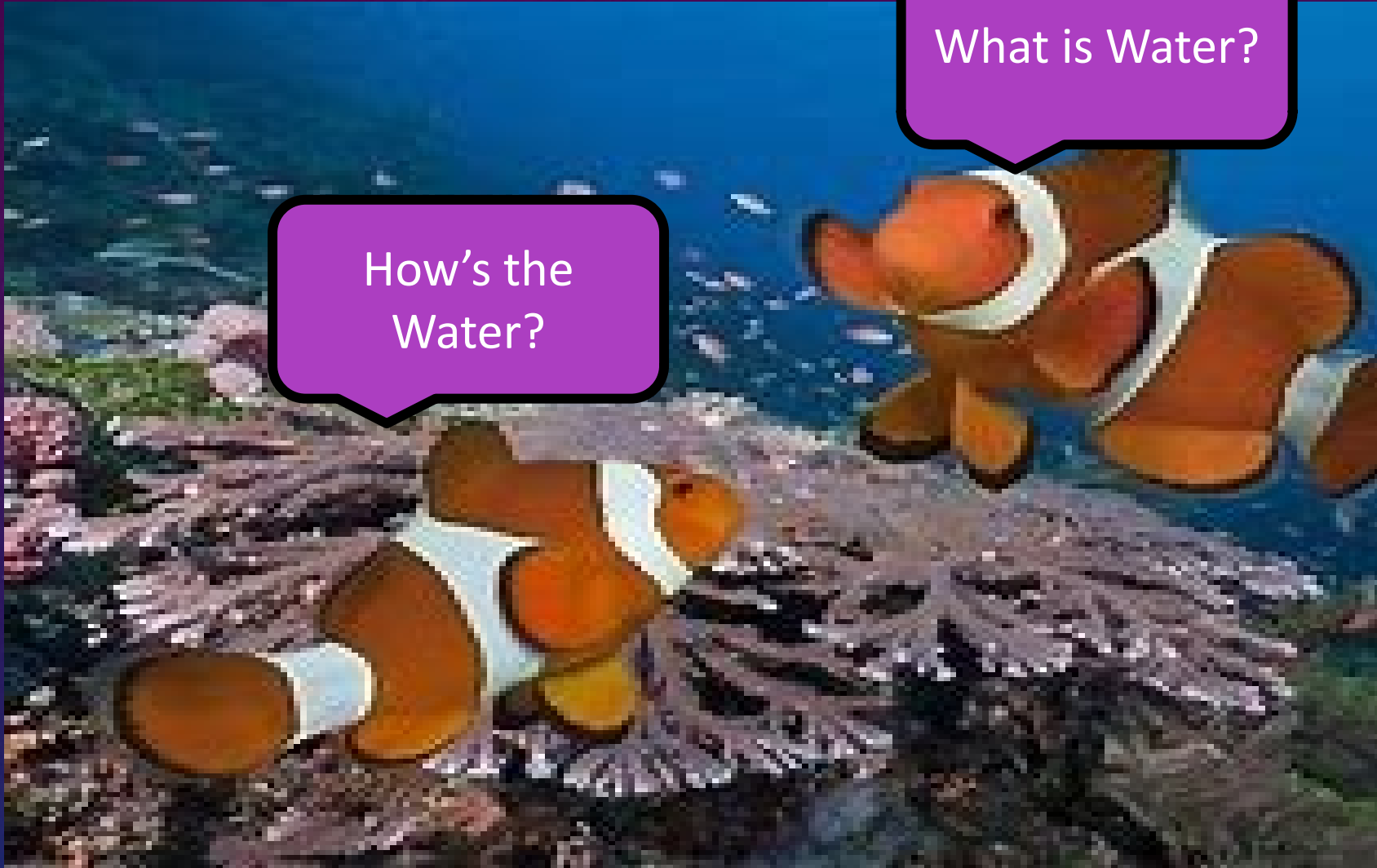




Webinar Presenter: Ken Martz, Psy.D.

Licensed Psychologist

- 25 Years experience in gambling disorder, substance use disorder and mental health treatment
- Former Special Assistant to the Secretary for the Pennsylvania Department of Drug and Alcohol Programs
- International bestselling author in addiction and mental health
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What is Water?

How's the
Water?

Introduction to Meditation

- **What challenges do you think about with meditation?**
- **In the next hour, you will learn how to meditate properly: How will the next 24 hours look and feel different?**



Goals

What are some of the best reasons to meditate?

What are the steps to meditation?

What is the Meditation Time Myth?

What are the two Keys to manage meditation challenges?

What are some of the approaches to meditation?

Applied meditation for Recovery

Why is meditation my favorite tool?

Who Meditates?

- 200 to 500 million people worldwide meditate in today's world.
- Famous actors and actresses who meditate
 - Hugh Jackman, Jennifer Aniston, Jet Li, Clint Eastwood, Angelina Jolie, Keanu Reeves, and Arnold Schwarzenegger.
- Singers
 - Madonna and Paul McCartney.
- Athletes,
 - Kobe Bryant and Michael Jordan.
- Famous leaders
 - Oprah Winfrey, Steve Jobs, Bill Gates, and George Lucas.

Breathing Awareness Exercise

Breathing Awareness Exercise

What Did You Notice?

Meditation Research

PHYSICAL BENEFITS

Meditation and the Brain

- Lazar, et. al (2005) Meditation experience is associated with increased cortical thickness
- Hoezel, et. al (2011) Mindfulness practice leads to increases in the regional gray matter density

Meditation and the Heart

- Kang-Ming, et. al (2020) Meditation practice improves short-term changes in heart variability

Meditation and Hormones

- Bottaccioli, et. al (2020) Psychoneuroimmunology based meditation training reduces salivary cortisol under basal and stressful conditions in healthy university students: Results of a randomized controlled study.

Meditation and Weight

- Spadaro, et. al (2017) Effect of mindfulness meditation on short term eating behaviors in overweight and obese adults a randomized controlled trial.

Meditation Research

MENTAL BENEFITS

Meditation and Concentration

- Basso, et. al (2019) Brief daily meditation enhances attention, memory, mood and emotional regulation in non-experienced meditators
- Chan, et. al (2018) States of focused attention and sequential action: A comparison of single session meditation and computerized attention task influences top-down control during sequence learning
- Colzato, et. al (2015) Meditation induced states predict attentional control over time
- Shields (2020) Deconstructing the effects of concentration meditation practice on interference control: the roles of controlled attention and inflammatory action
- Tsai & Chou (2016) Attentional orienting and executive control are affected by different types of meditation practice.

Meditation Research

EMOTIONAL BENEFITS

- Goyal, et. al (2014) Improves psychological stress and well being
- Hoge, et. al (2020) Treatment of anxiety
- Shanok, et. al (2020) Improves symptoms of anxiety and depression
- Stefan & Hofmann (2019) Meditation can enhance CBT for treating Anxiety Disorders.
- LaBelle, et. al (2023) Meditation improves recovery capital
- Hu (2023) Meditation reduces relapse rates

Meditation Research

APPLIED BENEFITS

Meditation and Work

- Barua, et. al (2019) Supports positive leadership, mediation, flow and task performance
- Birk, M. (2019) Supports leadership effectiveness
- Vella & McIver (2019) Reducing stress and burnout in work environment

Meditation and Love

- Fraga, J. (2020). Improves relationships
- Pandya. S. (2019). Meditation improves marital adjustment

History

5000 Years Old

Yoga Tradition



How to Meditate

BASIC STEPS

- Sit in a comfortable position with eyes closed.
- Move around until you feel comfortable, then settle into a position with the intention of remaining still.
- Choose a point of focus, like your breathing, a candle, or a word.
 - Using a word can quiet the mental chatter and distractions (Om, calm, etc.).
 - Using the breath allows the mind to be still as your meditation deepens.
 - Using a candle is useful for visual people, but having your eyes open may reduce concentration.
- Repeat the word or focus your attention on your breath for the desired length of time.
 - (You may begin with 5-10 minutes and slowly increase to 20-30 minutes twice a day)
- When (not if) you recognize that you are thinking, gently return your attention to your point of focus (word/breath/candle).
- As you do so, your body will naturally begin to relax without effort, and the thoughts will start to settle just like a snow globe settles.
- When finished, *slowly* release your attention and *slowly* move back into the room.
- Bring this “settled” feeling with you into your day.

How to Meditate

THREE THINGS TO EXPECT

- You will fall asleep,
- Distracting thoughts will enter your head or
- You will “slip into the gap (the mental pause between thoughts).” In this case, for a moment (or increasing times as your concentration improves), you will be sitting without any thought.

Brief Meditation Exercise

What Did You Notice?



The Time Myth

- I don't have time to meditate
- Set reasonable expectations of time: don't start with 30 minutes
- Meditation is time saving
 - Concentration
 - Effectiveness
 - Insight
 - Fewer mistakes
 - Better relationships

Troubleshooting

- Effortless
- Non-judgmental
- Practice

Other Meditations

- Candle Gazing
- Loving Kindness Meditation
- Walking Meditation

- Meditative Practices
 - Yoga
 - Tai Chi
 - Chi Gung (Chi Kung, Qigong)

Meditation and Addiction

1. **Reducing Cravings:** Mindfulness helps individuals observe cravings without reacting impulsively, enabling better coping with triggers and reducing the urge to relapse.
2. **Stress Reduction:** Mindfulness practices like deep breathing and meditation alleviate stress, which is often a trigger for addictive behaviors.
3. **Emotional Regulation:** Mindfulness enhances emotional awareness, empowering individuals to manage emotions positively rather than turning to substances for relief.
4. **Improved Self-Awareness:** Mindfulness encourages self-reflection, helping individuals understand the root causes of addiction and make conscious choices for recovery.
5. **Enhancing Coping Skills:** Mindfulness equips individuals with healthier coping mechanisms to manage life's challenges, reducing the need to resort to addictive substances.

Meditation and Addiction (5 More)

1. **Increased Resilience:** Regular mindfulness practice fosters mental strength and adaptability, essential for overcoming setbacks and avoiding relapses.
2. **Better Decision Making:** Mindfulness cultivates better judgment and impulse control, enabling individuals to make more conscious and rational choices during recovery.
3. **Acceptance and Letting Go:** Mindfulness encourages acceptance of past mistakes and the ability to let go of self-judgment, supporting a positive mindset for recovery.
4. **Strengthening Social Connections:** Mindfulness enhances empathy and compassion, fostering healthier relationships and support systems during the recovery process.
5. **Relapse Prevention:** Mindfulness practices build skills to recognize early signs of relapse, empowering individuals to intervene before a full-blown relapse occurs.

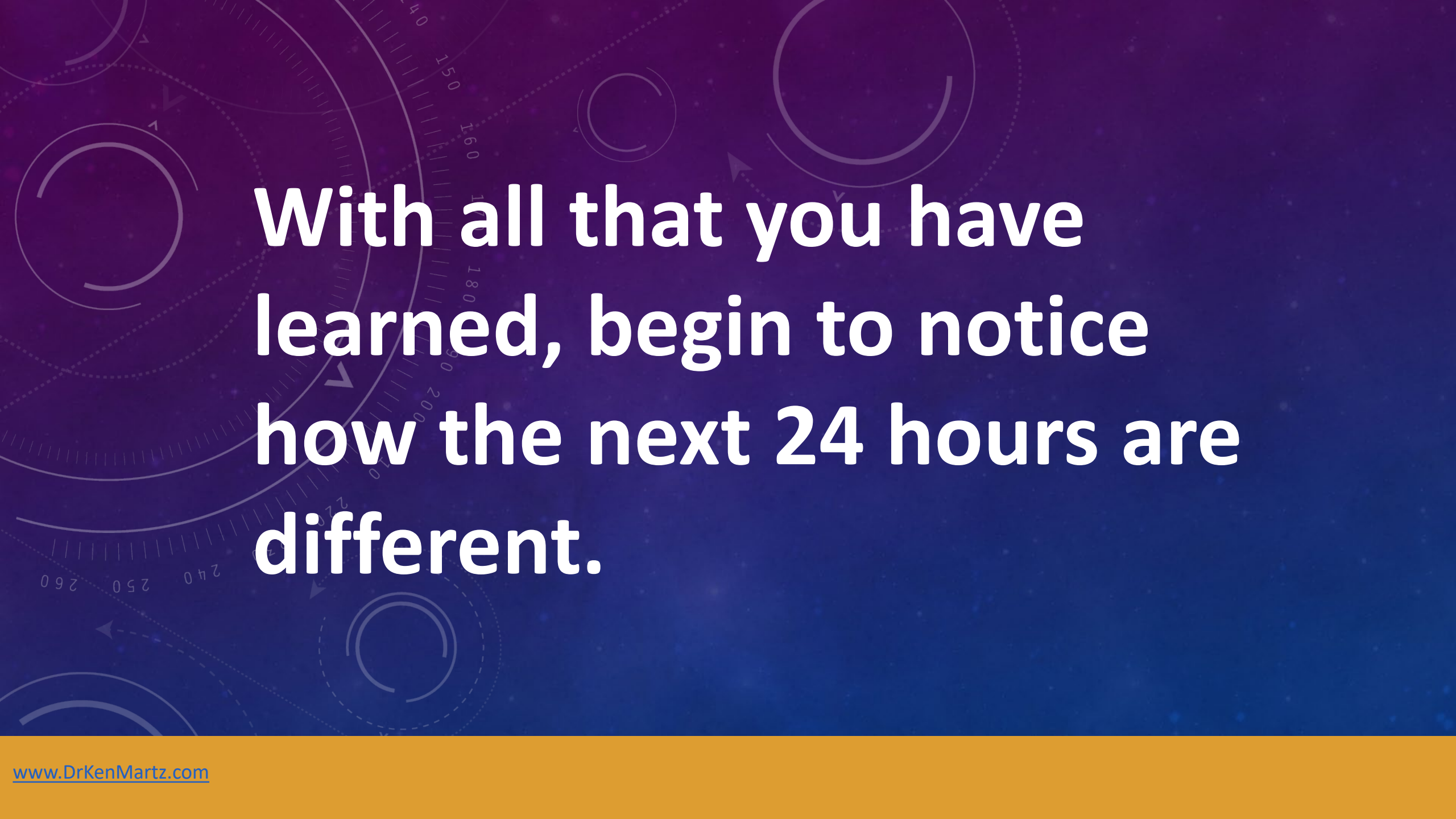


Goals

- What are some of the best reasons to meditate?
 - Established, evidence-based tool
- What are the steps to meditation?
 - Get comfortable. Breathe.
- What is the Meditation Time Myth?
 - Meditation is time saving.
 - We don't have time NOT to meditate
- What are the two Keys to manage meditation challenges?
 - Effortless and Nonjudgmental
- What are some of the approaches to meditation?
 - Loving Kindness, Tai Chi
- Applied meditation for Recovery
 - Relapse prevention, Stress Reduction
- Why is meditation my favorite tool?
 - It helps improve so many things in my life. I have seen and felt the benefits, and want it more.

The background features a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams in a lighter blue color. These include circular gauges with numerical scales (e.g., 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) and various circular arrows indicating clockwise or counter-clockwise rotation. Some diagrams consist of concentric circles, while others show partial arcs or dashed lines.

Questions...

The background features a dark blue gradient with faint, overlapping circular patterns and numerical scales. Some of the visible numbers include 40, 150, 160, 180, 90, 200, 240, 250, and 260. The text is centered in a large, bold, white font.

**With all that you have
learned, begin to notice
how the next 24 hours are
different.**

Thank You



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Free Tools
<https://tiny.one/MTOOLS>

