

Framework for facilitating a brief Mindfulness Practice as an intervention in addiction medicine: a trauma-informed approach.

Category: Workshop

Abstract Body

Framework for facilitating a brief Mindfulness Practice as an intervention in addiction medicine: A trauma-informed approach. The skill of stepping back and noticing our experience from a different perspective can be beneficial for the wellbeing of ourselves and our patients. However, the concept of integrating mindfulness into our busy routines is elusive to many providers.

This will be a hands on training to enable providers to gain comfort in the facilitation of a brief mindfulness practice in an addiction medicine individual or group setting using a trauma informed approach.

In this interactive presentation we will explore the benefits and potential harms of mindfulness practice as it pertains to the population of patients we encounter in Addiction Medicine practice. We will review a trauma informed approach to minimize the risk of re-traumatization of our patients. Participants will have a chance to engage in a mindfulness practice, facilitate a brief practice and gain comfort in guiding a reflective exercise after the practice.

Key Words

- Behavioural Interventions
- Psychological Interventions
- Recovery
- Trauma

Learning Objective # 1

Participants will learn the potential harms of mindfulness practice for people in recovery from substance use disorders, through a trauma informed lens which will enable them to use appropriate language in their guidance and empower their patients with tools self-regulate if iatrogenicity arises.

Learning Objective # 2

Participants in this workshop will gain hands-on experience of a brief mindfulness practice and explore potential personal benefits and benefits to their patients.

Reference # 1

Relative Efficacy of Mindfulness-Based Relapse Prevention, Standard Relapse Prevention, and Treatment as Usual for Substance Use Disorders Addict Sci Clin Pract. 2018; 13: 14. Published online 2018 Apr 18

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5907295/#:~:text=In%20addiction%20to%20targeting%20craving,in%20negative%20affect%20and%20craving>

Reference # 2

The mindful brain and emotion regulation in mood disorders Norman A S Farb 1, Adam K Anderson, Zindel V Segal Can J Psychiatry . 2012 Feb;57(2):70-7

link: <https://pubmed.ncbi.nlm.nih.gov/22340146/>

Lead Author

Jill Bailey

Addiction Physician | Homewood Health Centre