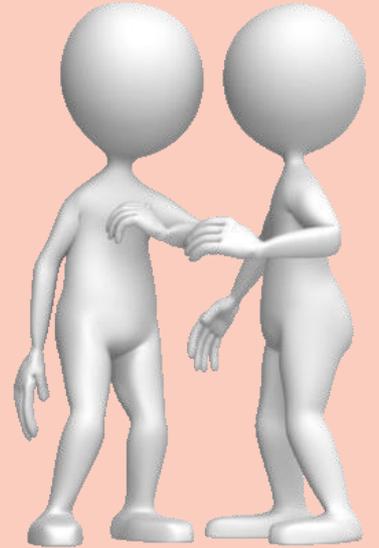


COMPASSIONATE CURIOSITY AND OUR CLIENTS



OBJECTIVES

- ◇ Participants will learn 2 statistical facts about substance use during pregnancy
- ◇ Participants will learn 2 steps in the cycle of substance use disorder
- ◇ Participants will learn 2 effects of the brain with substance use
- ◇ Participants will learn 2 features of compassionate curiosity

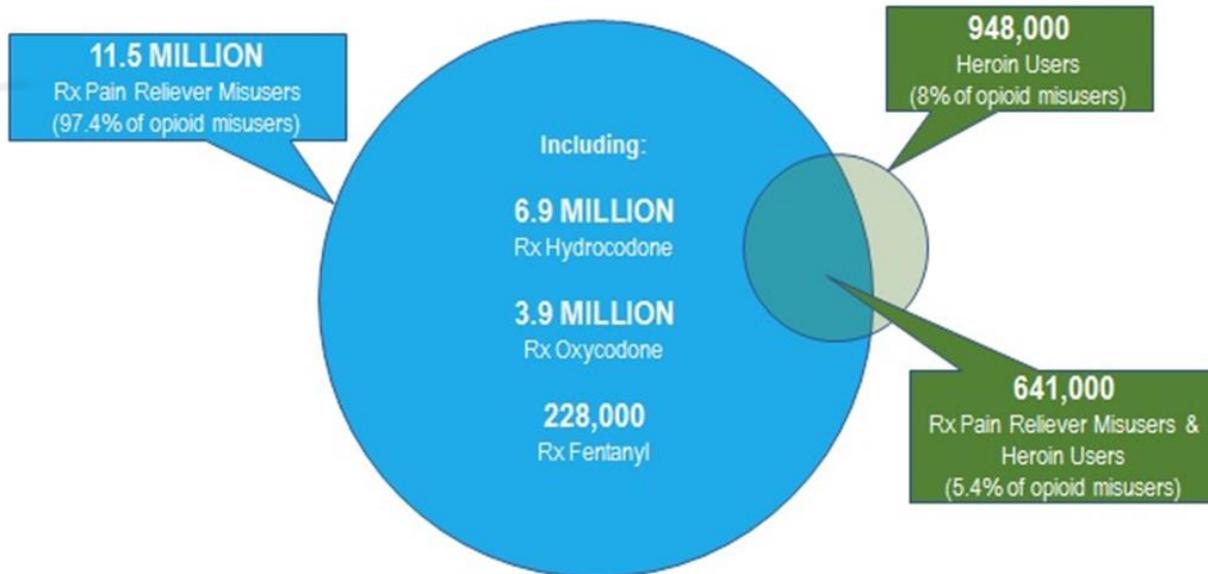


OPIOID'S GRIP: MILLIONS CONTINUE TO MISUSE RX PAIN RELIEVERS

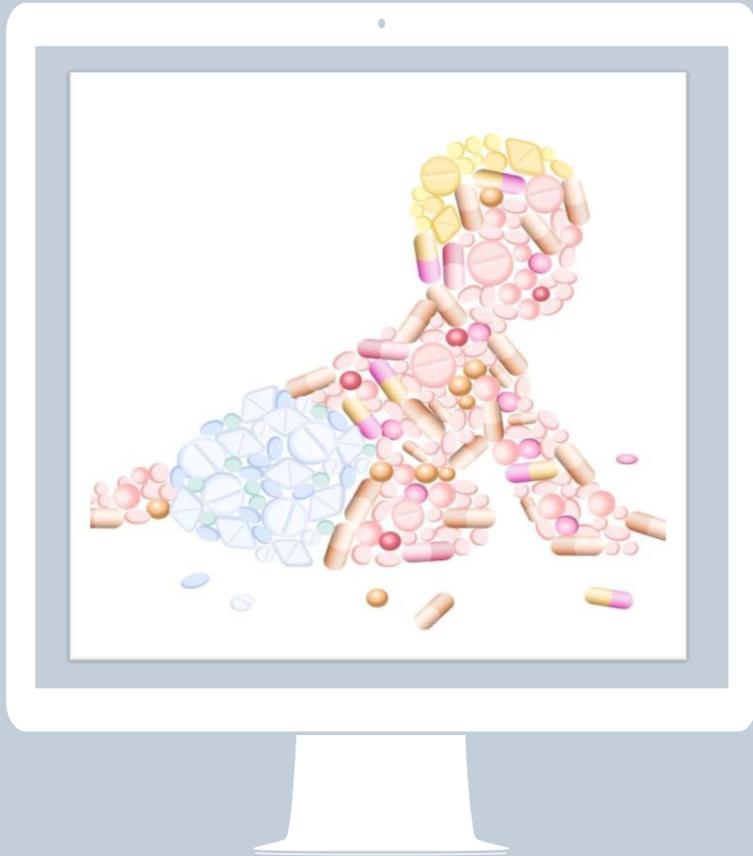
PAST YEAR, 2016, 12+



11.8 MILLION PEOPLE WITH OPIOID MISUSE (4.4% OF TOTAL POPULATION)



 SAMHSA



STATISTICS.....

- ↑ 95 – 286%
- Every 19 minutes
- ER Visits ↑
- \$10,000,000



What is in Their History?

- ❖ Childhood physical assault
- ❖ Childhood sexual assault
- ❖ Post Traumatic Stress Disorder



Bridging the Divide(2017)



WHAT LENS DO I USE TO LOOK AT MY CLIENT



“Your reality is as you perceive it to be. So it is true, that by altering this perception we can alter our reality.” ~ William Constantine

WHAT ABOUT US?

- ❖ What is our history?
- ❖ What is our current status?
- ❖ How compassionate are we with ourselves?

- ❖ C = Curiosity
- ❖ O = Openness
- ❖ A = Acceptance
- ❖ L = Love

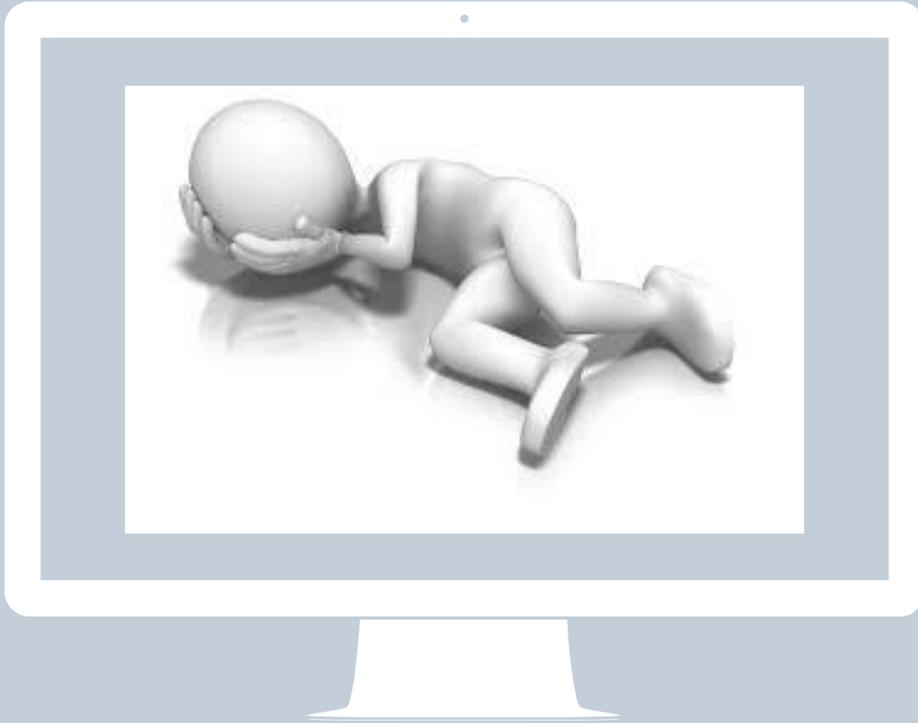


COMPASSIONATE CURIOSITY

- ◇ Recognize anxieties
- ◇ Circuits are embedded in the brain
- ◇ Transform relationship



- ◇ What does this mean for our client relationships?
 - ◇ Mindful awareness
 - ◇ Neuroplasticity
 - ◇ Fear and resentment
 - ◇ Substance use



WHY DO WE ASK.....

WHY

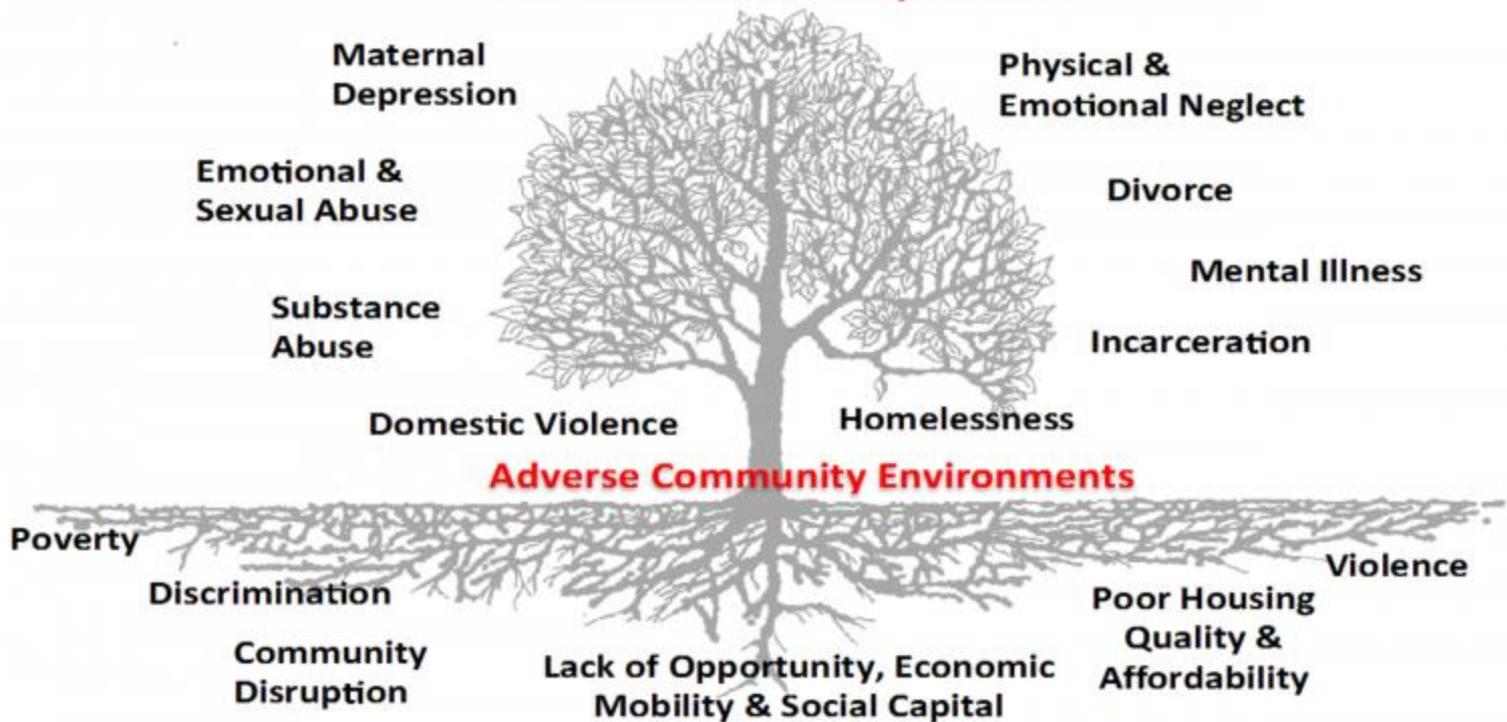
WHY

WHY



The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

the

ACE

adverse childhood experience
study



ACES can have lasting effects on....



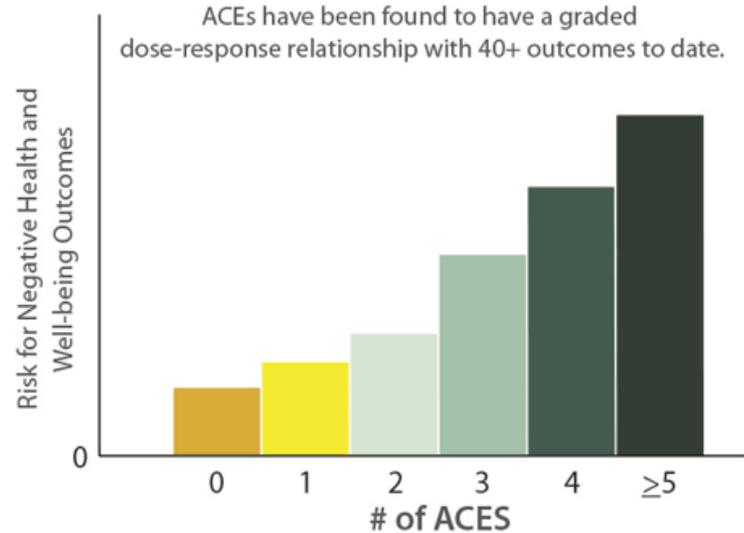
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



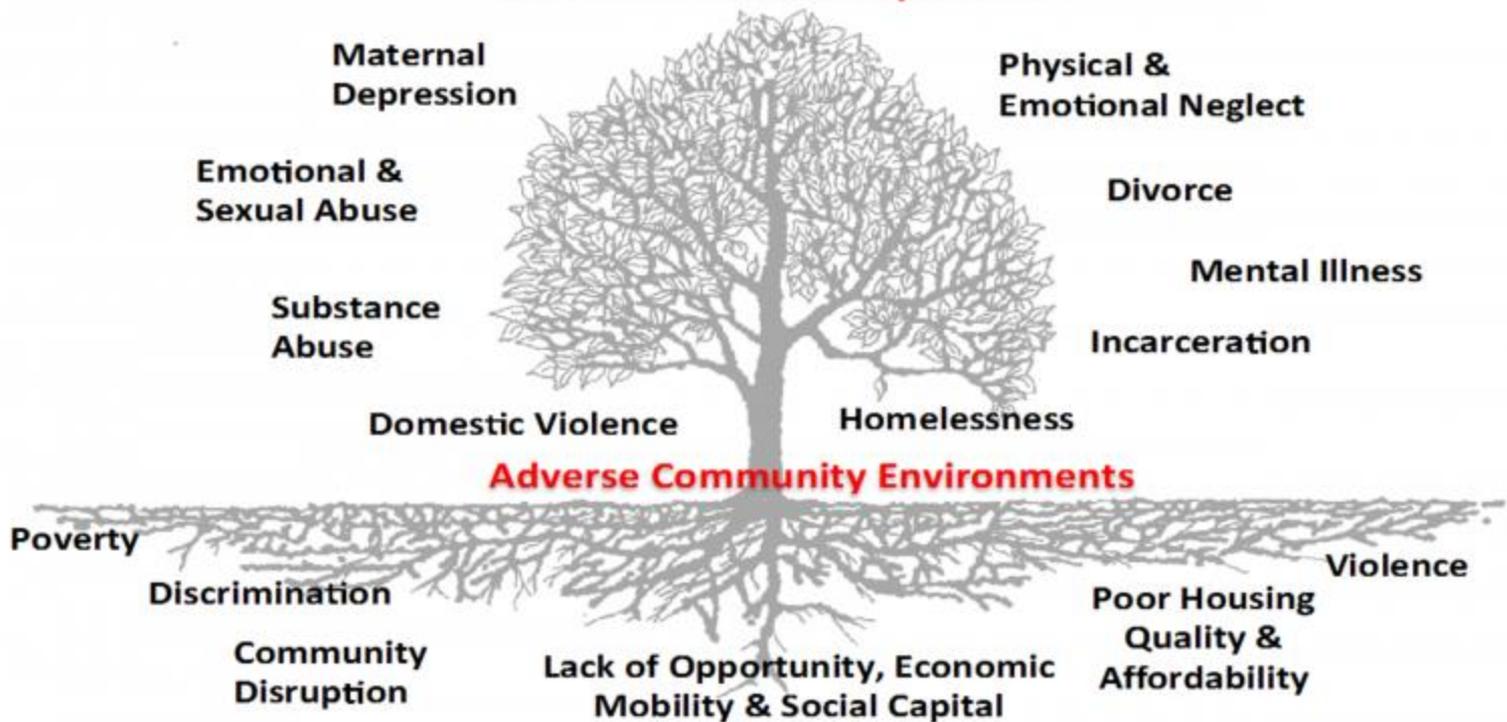
Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

STRATEGIZE

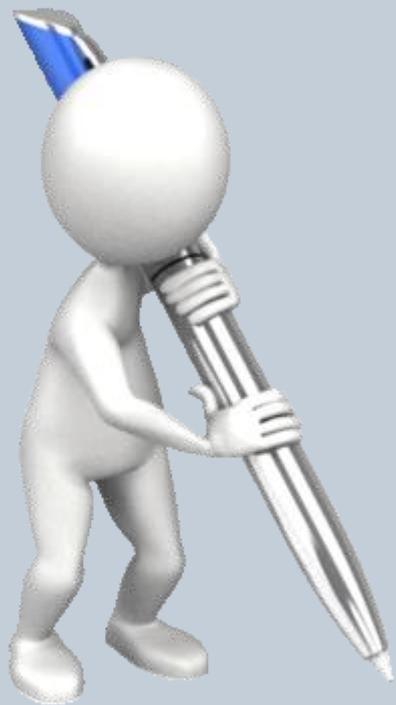
What can we do
within our
environment and
interactions to
improve potential
trauma triggers?





STRATEGIZE

What can we do within our environment and interactions to improve potential trauma triggers?



WHAT IS COMPASSION

Brene Brown

Dalai Lama

Nikki Rollo

Jinpa

Kristen Neff

ROADBLOCKS TO COMPASSION

- ◇ Being personally overwhelmed
- ◇ Little receipt of compassion in our own life
- ◇ Self absorbed
- ◇ Desensitization to suffering
- ◇ Judgment of self and others
- ◇ Fear of being hurt

“Compassion is an antidote and healing agent for shame.” (Rolla, 2017)



COMPASSIONATE CURIOSITY

Unconditional Regard

Change is about us not them

Clarity of purpose

Lens of what happened to them

Who are we being?

She is not my problem to fix

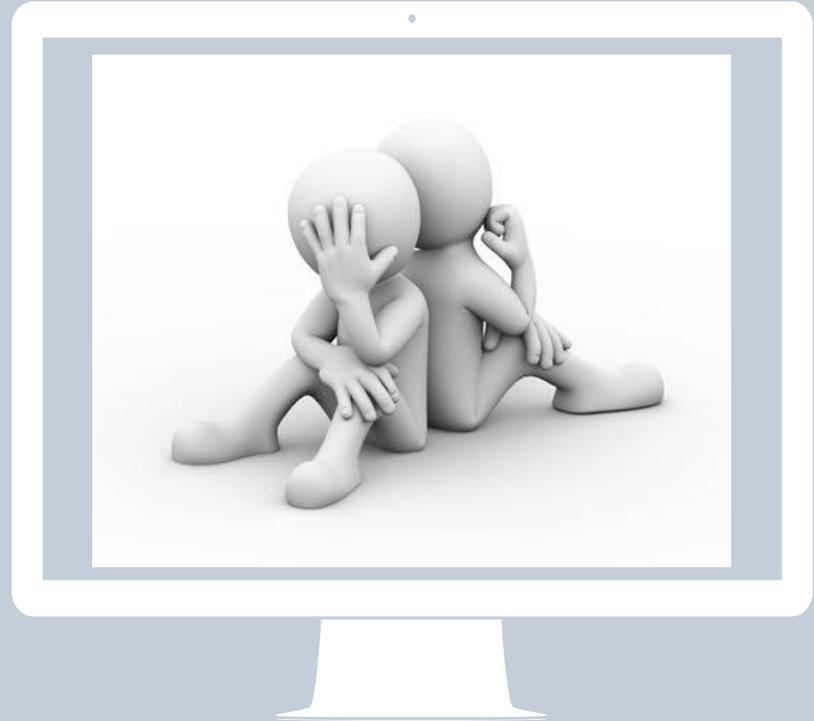
CORE COMPETENCIES OF COMPASSION

1. Intention
2. Take notice
3. See worth and goodness
4. Engagement
5. Joining the client
6. Imagine the suffering
7. Loving kindness



DOING BETTER

- ❖ Lift person up
- ❖ Notice what is working
- ❖ Identify strengths
- ❖ Don't rush





**Observing
Cultural Humility
Multiple Viewpoints
Empathy-based**

KINDNESS

Can be a trigger

NOW FOCUS

Connecting in the here
and now

BE DIFFERENT

Clients expect us to do
what others have done

PRENATAL FOCUS

Baby kicking

ANSWERS

Are within the client
already

WE ARE ALL CRACKED

Connecting in the here
and now



Why Does this help?

- ❖ Caring attention invigorates feelings
- ❖ What feels safe to them?
- ❖ Nervous System gets triggered



- ❖ Empowers them to lead to their own solutions





Any questions?

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