

Evidenced-Based Complimentary Modalities of Treatment

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Objectives for today:

1. Educate participants on evidenced-based complimentary modalities for use in patient and self-care.
2. Demonstrate methods of using evidenced-based complimentary therapies for patient and self-care.
3. Participants will be allowed to practice and participate in these therapies.

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Animal-Assisted Therapy

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Outline

- Animal-Assisted Therapy – Monika
- Reiki Therapy – Larry
- Meditation – Monika
- Break
- Music Therapy - Kirsten
- Play Therapy - Kirsten
- Guided Imagery – Larry
- Conclusion & Bedtime!

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Animal Assisted Treatment

- This complementary treatment can be adapted for numerous conditions.
- The goal is to improve the social, emotional, and or cognitive functioning of a client.
- Animals can help improve self-efficacy, coping skills, and overall quality of life.
- Animal therapy with canines can improve symptoms relating to trauma, stress, anxiety, and anger.
- There have been several studies that demonstrate that animals can improve our well-being.
- Animals can help us with their unconditional and nonjudgmental acceptance to meet emotional needs and social support.
- When coupled with a variety of widely used evidence-based practices, CBT, Adlerian, and solution-focused therapy

(Katherine, 2021)


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Animal Assisted Therapy- Co-occurring Disorders

- For co-occurring substance use, despite demographics or substance of choice, incorporating canines improved treatment success (Katherine, 2021).
- In inpatient adolescent substance use treatment settings animals have shown to have the ability to reduce negative mood related symptoms
- Adults in recovery can benefit through the ability to socialize with certified therapy dogs and their human handlers, specifically adult men (Scott and Kiran, 2021).
- In a study published last year evaluating this treatment for those struggling with co-occurring schizophrenia and substance use, it was found that utilizing therapy dogs for this population can lower blood pressure and cortisol levels and increase oxytocin. Lower cortisol and higher oxytocin levels can directly impact the occurrence of psychotic symptoms (Montfort et al., 2022)
- Animals can also improve daily living skills and social interaction for those in this population

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Organizations:




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VISIT
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Equine-assisted Therapy

- Much of the therapy is working on techniques and learning to communicate with the horse.
- In working with horses, participants reported higher rates of self-efficacy. This gives a sense of purpose and meaningful engagement
- Clients reported happiness and a sense of calm when engaging in this therapy.
- This approach also helps individuals give something else to focus on, rather than being stuck in our minds

Diaz et al., 2022



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Animal Assisted Therapy with Children

- Chronic abuse and neglect in early childhood has severe negative implications for the child's sense of self and others, which can cause difficulties in social functioning.
- Those who have experienced maltreatment are likely to have lower levels of oxytocin.
- Integrating animals into this process can help break down barriers that are making it difficult for the child to regulate themselves and connect with others.
- When an animal is involved, therapists are likely to be perceived more positively, and they allowed for a sense of relational presence. The client and the therapist work together to care for the animal, it gives them something to discuss, and they can play
- These children reported higher feelings of safety and more comfortability in a therapy setting when a dog was there.
- For those who have suffered trauma, working with animals may also help them become compassionate toward themselves, accepting and respecting their own loss and emotional pain.
- Adolescents struggling with cooccurring substance use disorders and mental health disorders presented as more receptive to group interventions when animals were involved.

Trujillo et al., 2020

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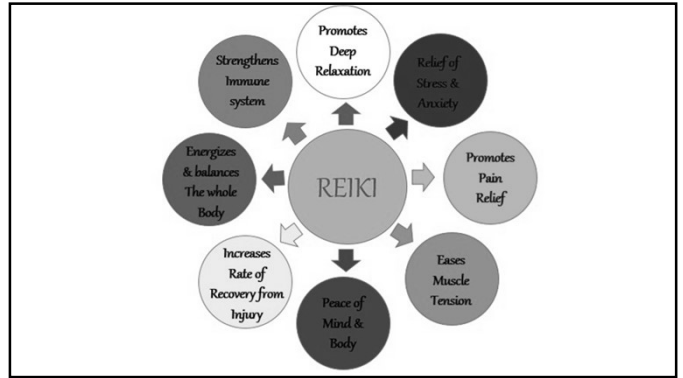
Reiki



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Rei - "God's Wisdom or the Higher Power"
 Ki - "life force energy"
 Reiki - "spiritually guided life force energy."

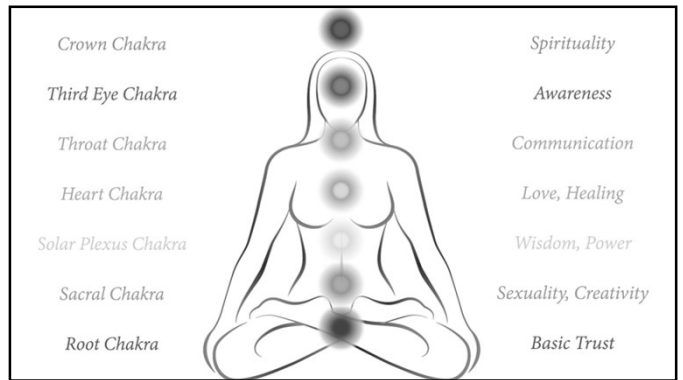
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Timeline:
 Early 1900's: Mikao Usui, created Reiki.
 1914: Matiji Kawakami, created the healing style Reiki Ryoho.
 March 1922 – Usui Sensei, mystical experience on Mount Kurama in which he was given the Reiki energy and from this he developed his style of Reiki called Usui Reiki Ryoho.

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Timeline:
 After WWII: Hawaya Takata, brings Reiki to the West.

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Meditation Practice
<https://www.youtube.com/watch?v=U9YKY7fdwyg>

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Meditation

- Focuses on increasing awareness and improving our perspective
- In a meta-analysis, Lutz et al., (2019) found that when incorporating relaxation strategies (mindfulness, yoga, meditation), after 1 year 30-60% of participants maintained their sobriety.
- Mindfulness meditation helps an individual to be in the moment without judging or reacting to the situation. For those struggling with cravings, this process can help them separate themselves from the craving until it passes.
- This process can also help us increase feelings of compassion for others.

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USING THE BREATH TO FOCUS THE MIND

Incorporating Meditation into Practice

- Guided Imagery
- Progressive Muscle Relaxation
- Mindfulness
- Focused Breathing
- Yoga Practices
- Art Therapy Techniques

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Mindfulness-Based Relapse Prevention

- Mindfulness based relapse prevention is an intervention that integrates mindfulness meditation with traditional relapse prevention techniques.
 - Mindfulness-Based Cognitive Therapy (Syeda & Andrews, 2021)
- These interventions can help reduce post-traumatic stress disorder symptoms severity and improve overall functioning.
- Incorporating this technique can be particularly beneficial for women

Somohano et al., 2022

- Mindfulness helps to bring awareness to the present moment through a nonjudgmental lens, rather than fixating on past or present.
- In research conducted by Deen et al., those who report lower levels of mindfulness also report higher rates of anxiety and depression perpetuating relapse

Deen et al., 2022

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Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so. Begin by taking a deep breath and noticing the feeling of air filling your lungs. Hold your breath for a few seconds.

(Brief pause)

Release the breath slowly and let the tension leave your body.

Take in another deep breath and hold it.

(Brief pause)

Again, slowly release the air.

Even slower now, take another breath. Fill your lungs and hold the air.

(Brief pause)

Slowly release the breath and imagine the feeling of tension leaving your body.

Now, move your attention to your feet. Begin to tense your feet by curling your toes and the arch of your foot. Hold onto the tension and notice what it feels like.

(5 second pause)

Release the tension in your foot. Notice the new feeling of relaxation.

Next, begin to focus on your lower leg. Tense the muscles in your calves. Hold them tightly and pay attention to the feeling of tension.

(5 second pause)

Release the tension from your lower legs. Again, notice the feeling of relaxation. Remember to continue taking deep breaths.

Next, tense the muscles of your upper leg and pelvis. You can do this by tightly squeezing your thighs together. Make sure you feel tenseness without going to the point of strain.

(5 second pause)

Sample Progressive Muscle Relaxation

(Therapist aid LLC, 2017)

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Meditation- Yoga

- Yoga is a practice that combines meditation with poses or pose routines and has been found to be effective for chronic pain management in individuals struggling with problematic substance usage. It can also be effective in reducing depression and anxiety symptoms.
- Yoga techniques improve mental and physical health through downregulation of the sympathetic nervous center. This is triggered in a stressful event.
- This system constantly being triggered leads to dysregulation of this system, which can contribute to issues such as substance use.
- Yoga's pain management benefits include chronic low back pain, fibromyalgia, chronic headache, chronic neck pain, chronic fatigue syndrome, and somatoform disorders, among others. As well as psychological issues such as depression and anxiety.
- Yoga is great because it is noncompetitive, you don't need any equipment, and it can be accommodating for all skill levels and ages.

Lutz et al., 2019

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Example Deep Breathing Visualization

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Prepare
Sit or lie down in a comfortable position. Close your eyes or let your gaze soften. Take three slow, deep breaths. Follow the steps below, lingering for a couple minutes on each step.

R
Recognize
Let yourself feel at ease in the present moment. Slowly take in your surroundings. Recognize your thoughts, feelings, and physical sensations. Name your feelings out loud or silently to yourself.

A
Allow
Observe your experience as if watching a movie. Let your thoughts, feelings, and sensations come and go as they are. Let go of any judgment—it is okay to feel however you are feeling. You may tell yourself, "This is how it is right now."

I
Investigate
What words are going through your mind? What emotions are you feeling, and where are they coming from? How are these feelings experienced in your body? Name the most vulnerable part of yourself and reflect on what it needs, such as acceptance, forgiveness, love, or belonging.

N
Nurture
Be kind toward your experience. Give yourself a comforting message, such as "I love you," "You are okay," or anything else you need. Think of a friend, family member, pet, or spiritual figure, and imagine their love flowing to you. Let in healing and compassion until you feel calm and centered.

Conclude
Take three slow, deep breaths. Continue to be mindful and kind to yourself throughout your day.

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Music Therapy and Substance Use Treatment

- Common symptomology in substance use include loneliness, low self-esteem, an inability to communicate and the loss of a sense of control
- Point towards the appropriateness of creative arts therapies as a treatment method particularly because creative arts expression is effective when verbal expression is difficult
- Music therapy provides a broad range of effects for people with SUDs, from neurobiological to social and cultural levels
- The social and interpersonal benefits of engaging in music help provide communal experiences that offer opportunities for connection and expression

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On a Neurobiological Level

- Music that provokes peak experiences stimulates neural reward and emotion systems similar to those that are activated by drugs of abuse
- Music has the potential to promote positive mood states, including euphoria, and to enable emotional regulation
- Buffers against the risk of relapse that is associated with negative mood states
- Music can promote the release of dopamine to positively affect the reward system

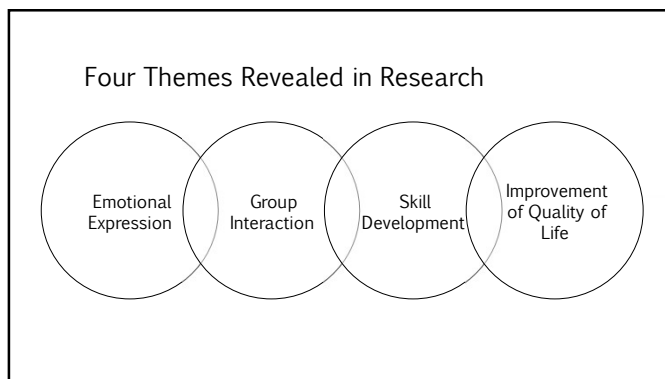
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Music Therapy

"Music therapy can make the difference between *withdrawal* and *awareness*, between *isolation* and *interaction*, between *chronic pain* and *comfort* — between *demoralization* and *dignity*."

- Barbara Crowe

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Implementing Music Therapy

- Drum circles
- Music making
- Music games
- Writing lyrics
- Analyzing lyrics
- Discussing music
- Songwriting
- Playing with instruments

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Sand Tray Therapy

A symbolic mode of play.

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Community Drumming

- Or drum circles, can function particularly well to encourage inclusion
- Everyone has something to offer the circle and anyone is welcome
- Drum circles allow for sharing and support of one another through the in-the-moment creation of authentic music
- Each player is accepted for whatever they contributes; unique rhythms, energies, and styles are all valued for what they add to the community.

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Sand Tray Therapy



An expressive and projective mode of psychotherapy involving the unfolding and process of intra and interpersonal issues through the use of specific sand tray materials as a nonverbal medium of communication, led by the client

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Participants?

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Creativity & Safety

- Adding a sensory-based, creative process to the treatment of SUD's could have massive benefits due to the neurological and developmental changes that take place with trauma and substance abuse
- Expressive and experiential modalities offer a solution to clients with SUD's who have difficulty verbalizing
- Provide an outlet while creating safety
- Assist in lowering defenses through bypassing the cognitive and accessing right-brain processing.

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Sand Tray Therapy & Symbolism

- When constructing trays, clients use metaphors to represent and express their inner world
- These metaphors not only help the client make sense of their world, but help develop solutions to problems
- Clients discover, change, or create meaning
- Create new narratives, schemas, and behaviors
- Through placing miniatures in the sand, the counselor is invited into the world of the client and sees a picture of their internal processes

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Processing Questions

- What is the title of your tray?
- What does this tray represent?
- What was it like for you to put this tray together?
- Who are the figures in the scene?
- What figure do you identify with, if any?
- Can you describe your tray to me?
- What might this figure say to the others?
- What might happen next?
- Tell me more about what's happening in this scene
- What did you think about the experience?
- What feelings occurred during the experience?
- What's going through your mind as you look at your tray?

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Reasons Why

- Expression of nonverbalized emotional issues
- The kinesthetic quality of sand and touch
- Provision of therapeutic distance for clients
- Providing a setting for therapeutic metaphors
- Effectiveness in overcoming client resistance
- Helping clients control the counseling experience

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Guided Imagery



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Volunteers?

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Guided imagery is a type of focused relaxation or mediation.

Focused relaxation involves concentrating on a specific object, sound, or experience in order to calm your mind.

In guided imagery, you intentionally think of a peaceful place or scenario.

The goal is to promote a calm state through relaxation and mindfulness.

The idea is that your body reacts to your own thoughts.

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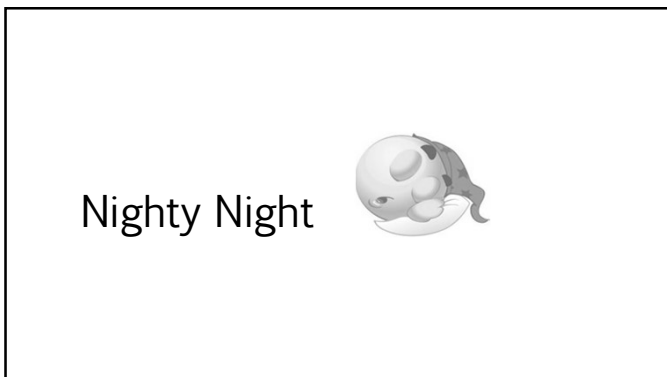
Benefits:

- *Reduce Anxiety and Stress
- *Improve Sleep
- *Pain Reduction
- *Reduced Symptoms of Depression

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