

National Capital Region Substance Use Disorder Symposium

Mindfulness Practices for Health: SUD Workshop

Presented by: Lynne Vance and Stephanie Gottschalk

Virtual Workshop via Adobe Connect

September 22, 2021

Time: 1300 - 1630

Description:

Evidence has shown that SUD's are driven by dysregulation of neurocognitive processes and an imbalance in the autonomic nervous system. Mindfulness and mindfulness-based practices (like Qigong) have been shown to target these areas resulting in significant therapeutic effects on various aspects of health and wellbeing, including SUD's and relapse prevention.

The first part of this workshop will go in depth into what mindfulness is, how to practice it, its benefits for healthcare and SUD's, and specific techniques that participants can use for themselves and their patients.

The second part of the workshop will deal with Tai Chi and Qigong as not only an exercise, but also as a mindfulness meditation. This part of the workshop will familiarize participants with some basic forms of Tai Chi and Qigong that can be used with their patients.

Agenda:

1300-1445 "Mindfulness"

1445-1500 BREAK

1500-1630 "Tai Chi Basics"

Objectives:

By the end of the training, attendees will be able to:

- 1) Define mindfulness and describe its benefits for patients with SUD
- 2) Utilize basic mindfulness techniques for self-care and care of patients
- 3) Understand the basics of breathing for Tai Chi and Qigong
- 4) Recognize basic forms that can be used with most patients
- 5) Understand how to "prescribe" the type of Tai Chi or Qigong that the patient may need