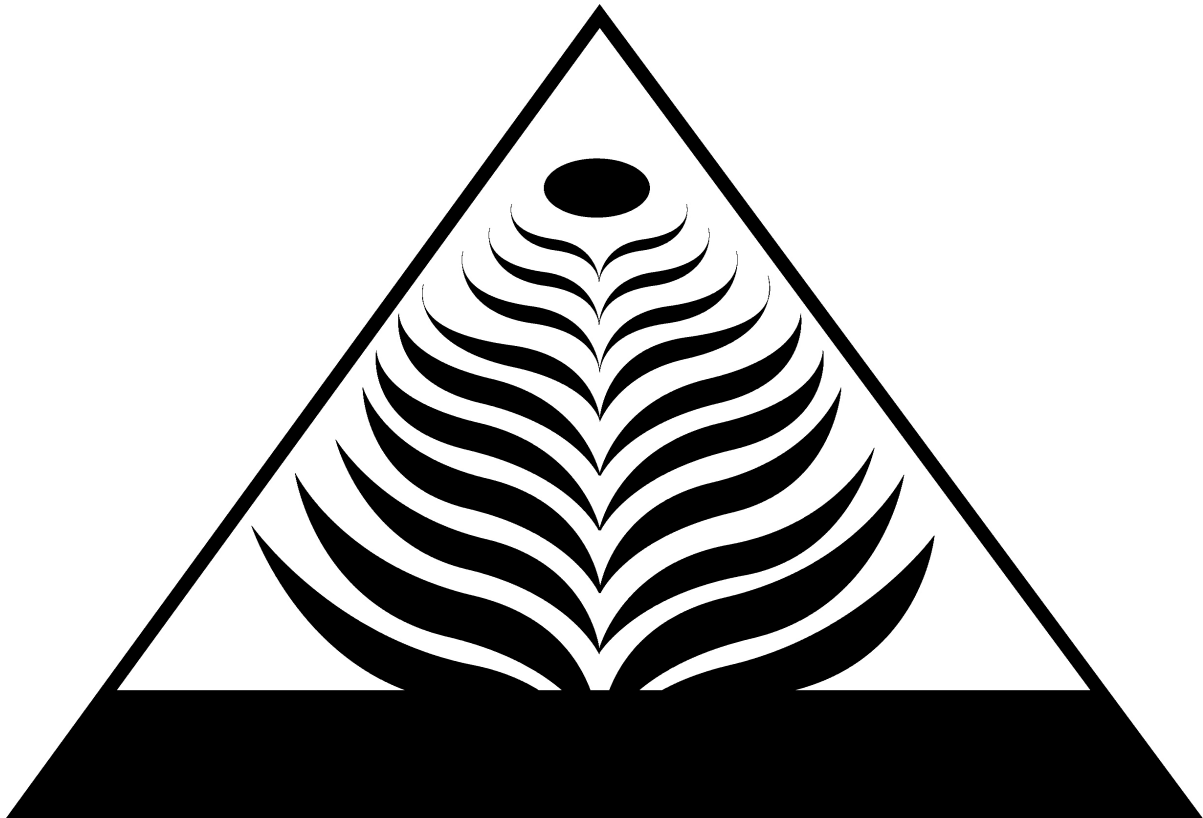


Healer Within Foundation

5th Saturday Gathering on the Cloud

HealerWithinFoundation.org

UNDERSTANDING ADDICTION



Integrating Mind – Body – Health with Success

Annette Franks, M.Ed., CWC

Motivational Speaker ~ Corporate Wellness Coach ~ IIQTC TCE Senior Trainer

Radiant Health Retreats in Costa Rica

AnnetteFranks.com

***Understanding the Brain Disease of Addiction
and the Importance of Qigong and Tai Chi Practices
in the Addiction Recovery Process.***

Saturday July 30, 2022 3 – 4:30 PM EST

Addiction is one of the most ‘Treatable Untreated’ diseases in the United States. This free online event is designed to help us understand the brain disease of addiction and the impact Addictions have on our Families, Businesses and Culture today. We will explore the Psychological and Physiological Dynamics involved in the Addiction Process and explore treatment modalities and resources including Qigong and Tai Chi Practices that can enhance the Addiction Recovery Process. Handouts included. Visit AnnetteFranks.com for more information.

***This is a free online event.
100% of all money donated goes directly to the Healer Within Foundation.
If you would like to make a DONATION please visit:***

HealerWithinFoundation.org

***Annette Franks also gives each participant receiving this handout permission to share this handout freely with others.
Visit AnnetteFranks.com also for more detailed free information in addressing the problem of Addiction in families, our communities and our world.***

Addiction is Treatable!

Let’s work together to understand the brain disease of Addiction and to understand the steps and resources needed for persons to seek the help they need to get this disease in remission and live a full life of freedom and joy and serenity.

Thank You for Helping Us All Make a Beautiful Difference in the World.

Addiction is Not a Choice: Addiction is a Biopsychosocial Disease

Article by Annette Franks, M.Ed., CWC AnnetteFranks.com

In 2011, The American Society of Addiction Medicine (ASAM) redefined addiction and released the following Short Definition of Addiction in its Public Policy Statement:

“Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors. Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one’s behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.”

While ASAM also has a Long Definition of Addiction, it appears clear from even the Short Definition, **ADDICTION IS NOT A CHOICE**. In a 2016 Keynote Address at the Addiction Studies Institute (ASI) in Columbus, Ohio, David Mee-Lee, MD noted a major thrust of the new ASAM definition is that **it is not the substances a person uses that makes them an addict, nor is it even the quantity or frequency of use. It is about what happens in a person’s brain when they are exposed to rewarding substances or rewarding behaviors. He noted these substances and behaviors “turn on” the reward circuitry in the brain and related brain structures.** Dr. David Mee-Lee is a Psychiatrist and Chief Editor of all editions of ASAM’s criteria, including “The ASAM Criteria – Treatment Criteria for Addictive, Substance-Related and Co-Occurring Conditions”, Third Edition (2013).

In his Keynote, Dr. Mee-Lee also noted “Addiction is not just a brain disease. It is biopsychosocial in the etiology of addiction; the way addiction manifests itself and affects people and families; and in promoting treatment that is holistic and person-centered that touches the physical, mental, social and spiritual aspects in clients. **There are genetic and biochemical origins to addiction. But there are psychiatric and psychological underpinnings to addiction as well as public health principles that contribute to addiction** e.g., the more available a drug and the lower the price, the more widespread are the health and social costs of addiction to those drugs. **Who crosses the line into addictive illness depends on their own recipe of biopsychosocial factors.** Some people can have little genetic predisposition and family history of addiction, but succumb to overwhelming psychosocial factors.”

Dr. Mee-Lee also noted **we need a holistic, multidimensional perspective in understanding and treating addiction and described assessment dimensions of the American Society of Addiction Medicine’s (ASAM) Criteria that are holistic, biopsychosocial and multidimensional.** Today, from ASAM to leading experts in the field of Addiction, there is a continued recognition addiction is not a choice or lack of discipline or lack of willpower. **As individuals, family members and communities, we need to educate ourselves about this disease and begin to grasp the biopsychosocial nature of addiction and the holistic, biopsychosocial and multidimensional needs in the recovery process. Collectively we can address and treat perhaps America’s most ‘Untreated Treatable’ disease.**

~Continued~

Annette Franks, M.Ed. AnnetteFranks.com

The Need to Reduce the Stigma and Shame of Addiction

In NAADAC's Fall 2015 Publication "Advances in Addiction & Recovery" Nora Volkow, M.D., Director of the National Institute on Drug Abuse addressed the need to reduce stigma and shame in her article "Can the Science of Addiction Help Reduce Stigma?" Dr. Volkow stated "People suffering from addictions are not morally weak; they suffer a disease that has compromised something that the rest of us take for granted: the ability to exert will and follow through with it. The desire to be rid of the drug and its destructive influence on their life and health and relationships is usually quite sincere, but the ability to follow through on the choice to not use the drug has been compromised by their disease. I have seen all too often how the cycle of relapse and the shame and self-disappointment this disease produces can rob a person of hope and even, in extreme cases, the will to continue living."

Dr. Volkow is a Research Psychiatrist and Scientist and a leading Pioneer in the field of Addiction and Addiction Research. She's named one of Time Magazine's "Top 100 People Who Shape the World" and "Innovator of the Year" by U.S. News & World Report. In her article, she also notes "The extreme brain changes characteristic of addiction are by no means automatic, even in people who use drugs regularly. Factors contributing to an individual's unique vulnerability or resilience – both to experimenting with drugs initially and to the progressive brain changes associated with addiction – include family history of substance abuse, exposure to drugs in early adolescence, exposure to stressful environments and life circumstances across development and adulthood, and certain mental illnesses. Of those who are exposed to drugs, we roughly estimate that about 10 percent will become addicted. The non-inevitability of addiction is a point frequently emphasized by people challenging the brain disease model, with the faulty reasoning that it cannot be a disease because the condition is initiated by a decision to take a drug, which is viewed as voluntary behavior, and also because most individuals never escalate their drug taking. However, this is no different from many other diseases that also have complex genetic, environmental, and developmental origins, may be triggered by voluntary behaviors or their omission, and may only affect a small subset of those at risk."

Bringing Addiction Research Closer to Home

*As a Clinician in the field of Addiction, when a family or family member schedules a consultation because they believe someone close to them struggles with addiction, the first thing I ask them is to **clearly describe the concrete signs and symptoms they see that concerns them**. Some people even write it out in advance and bring it with them. Initially, I want to know what they see, when they see it, how long they have suspected the abuse and also how it is personally affecting everyone involved. The initial information helps formulate a plan for an appropriate intervention and treatment plan. Then I take a brief family history. **The goal in exploring family histories is to help families begin to take the stigma and shame out of their present situation. Addiction often runs in families and can manifest in various ways. So often no one has openly talked about the family history of addiction or reached out for the help they need. It's important to begin to break the silence, the shame and the stigma around addiction.** Thus, I draw a simple diagram of the family members and extended family members and I ask which of the biological family members have experienced the following:*

- *A history of alcohol or other drug abuse (prescription or non-prescription), smoking and/or other tobacco use.*

~Continued~

Annette Franks, M.Ed. AnnetteFranks.com

- A history of possible behavioral addictions (such as work, gambling, shopping, video games, internet gaming, compulsive spending, compulsive cleaning, compulsive doing with an inability to sit and just relax, sexual promiscuity, infidelity and/or marital affairs, compulsive use of social media and/or internet use, cybersex, pornography)
- A history of eating disorders (such as obesity, bulimia, anorexia, repeated dieting and weight fluctuations).

I also ask for any known family history of mental illnesses, depression, anxiety, neurological disorders, ADHD, low blood sugar and/or diabetes. For me, additional family background information may indicate other possible genetic vulnerabilities limiting a person's ability to manage easily a healthy balanced life style.

When I create the family history visually with the family in my office, it often shows a history of possible addiction(s) and helps families realize active addiction has probably been going on in their family for decades. **In working with families, I believe it is important to help them understand that what is happening in their present lives is not something to feel shame or guilt over. Rather, it is more productive to help families understand the need to break the silence and cycle of addiction that perhaps has either lay dormant, been masked as something else or has been active and secretly shoved under the rug for possibly generations. Today, we can choose to reach out for help and break the cycle of addiction in our families.** Keeping family secrets and harboring shame or guilt over the current situation, does not help addicted persons and families get the treatment they need. Guilt and shame keep us emotionally and physically exhausted and stuck. **Reaching out for support gives us hope and helps us move forward towards the intervention, treatment and recovery process.**

If a family chooses to follow through with a treatment plan designed specifically to address their needs, we work together with a team of treatment resources to break the cycle of addiction in their family. Understanding the Brian Disease of Addiction, Education and Support, Self-Care and 12-Step Programs, Reaching Out to appropriate Treatment Resources and Qualified Addiction Professionals are important in helping persons and families suffering from active addiction.

For more free information on 'Understanding Addiction' 'When Someone Close to Us has an Addiction' 'The Intervention Process' 'Addiction and the Recovery Process' and Addiction Resources and Links visit www.AnnetteFranks.com and click on FREE WELLNESS MATERIALS.

Hope for the Future through Research, Education and Proactive Prevention

The National Institute of Health (NIH) awarded over \$11 million dollars recently to the Jackson Laboratory to create a new Center for Systems Neurogenetics of Addiction (CSNA) to **study how genes that influence brain function cause risk for addictions.** J. David Jentsch, Empire Innovation Professor of Psychology at Binghamton University and part of the team of investigators awarded the NIH grant, said **"Ideally, we would like to identify people that are at risk and prevent their development of an addiction before it leaves its indelible mark on them."**

While the CSNA Research is in process to identify people at risk, we can continue to be proactive in our own education and prevention as individuals, families and communities.

Proactive Prevention in Our Own Families involves:

1. Educating our selves and our families about the brain disease of addiction and the biopsychosocial nature of addiction as well as the holistic, biopsychosocial and multidimensional recovery process needed to treat the disease.

~Continued~

Annette Franks, M.Ed. AnnetteFranks.com

2. *Exploring our own family history and genetics and discuss openly the possible risks involved to our children and young adults if addiction is present in our own family background.*
3. *Talking about real life issues and concerns in our families and developing open communication and healthy communication skills.*
4. *Learning to experience, value and manage in healthy ways a wide range of feelings deeply.*
5. *Developing healthy conflict management skills and life management skills.*
6. *Learning integrative mind-body-health practices like Qigong, Tai Chi and Yoga.*
7. *Creating and maintaining family rules, rituals and responsibilities that help family members feel deeply connected to each other in healthy and sustainable ways.*
8. *Establishing and maintaining healthy boundaries, limits and goal setting within the family.*
9. *Spending quality time with family members engaging in present moment activities where we are both emotionally and physically present.*
10. *Limiting outside distractions like work, phone calls, social media, and/or internet use when spending time with family.*
11. *Scheduling quality time and meals together on a regular basis without TV or other distractions.*
12. *Playing, Praying and Laughing together often as a Family.*
13. *Savoring Quality Present Moment time together with every family member regularly.*
14. *Attending a Church or Spiritual Organization as a family on a regular basis and creating a solid Spiritual Foundation with your family.*
15. *Creating and maintaining Life Balance and Health Physically, Emotionally, Intellectually and Spiritually as a Family.*

Together We Can and Will Continue to Make a Difference!

Active Addiction is Treatable and Preventable.

Let's Continue to Work Together as Individuals, Families and Communities.

AnnetteFranks.com

Annette Franks, M.Ed., CWC

© 2016 ANNETTE FRANKS

Annette Franks, M.Ed. is a Motivational Speaker, Corporate Wellness Coach and a Licensed Professional Counselor. She has over 35 years counseling and consulting experience working with individuals, couples, families and Companies.

Annette has Consulting and Coaching Practices in Columbus, Ohio and Punta Gorda, Florida. She teaches Integrative Mind-Body-Health and Addiction Classes at The Addiction Studies Institute in Columbus, Ohio as well as Florida Gulf Coast University's Continuing Education Program. She conducts Empowerment Seminars, Counselor and Corporate Training and Professional Development Programs and Addiction Seminars throughout the United States and Canada. Annette also leads Life Enrichment Retreats integrating Mind-Body-Health practices in Costa Rica and Punta Gorda, Florida. She has a background in the fields of Addiction, Psychology, Gestalt Psychotherapy Practices, Integrative and Functional Medicine Practices, Holistic Health Care Modalities, Medical Qigong and Tai Chi Practices and Permaculture Design.

Visit AnnetteFranks.com to download her free Health and Wellness Materials.

References and Resources Cited

ASAM – The American Society of Addiction Medicine. Public Policy Statement. Short Definition of Addiction. Adopted by the ASAM Board of Directors April 19, 2011. ASAM.org.

2016 Addiction Studies Institute sponsored by The Ohio State University Wexner Medical Center – Talbot Hall. Columbus, Ohio. AddictionStudiesInstitute.com Keynote Address July 22, 2016. "Addiction: It Isn't All A Brain Disease – Getting Back To Biopsychosocial" David Mee-Lee, MD, Senior VP for The Change Companies. ChangeCompanies.net

Advances in Addiction and Recovery: The Official Publication of NAADAC, the Association for Addiction Professionals.

Fall 2015 Vol.3, No.3. "Can Science of Addiction Help Reduce Stigma?" by Nora D. Volkow, MD, Director of the National Institute on Drug Abuse.

Annette Franks, M.Ed., Author. AnnetteFranks.com Free Health and Wellness Materials on Addiction & Recovery, Life Balance & Health, Self-Empowerment, and Creating Healthy Families and Healthy Relationships.

"New NIH-Funded Study to Identify Risks for Vulnerability to Drug Addiction" Addiction & Recovery eNews September 2, 2016. NAADAC.ORG NAADAC: The Association for Addiction Professionals. Article Linked to Medicalxpress.com 8-23-16.

ADDICTION - A Brief Overview

According to the American Medical Association, addiction is a Brain Disease. Addiction is a primary, progressive, chronic and fatal brain disease that affects the majority of our country either directly or indirectly. Addiction has many different forms, ranging from addiction to addictive substances, addictive events and/or addictive behaviors. The brain chemistry in addictive persons causes them to progressively crave and seek mood altering substances, mood altering events and/or mood altering behaviors.

Addictive substances can include alcohol, mood altering prescription and non-prescription drugs, caffeine, nicotine, sugar, food and/or chewing tobacco. Addictive events and behaviors can include working, compulsive spending, gambling, shopping, cleaning, computer use, texting, video games, cybersex, viewing pornography, frequenting strip clubs, sports, watching TV, sexual affairs, sexual promiscuity, unhealthy relationships and/or obsessive thoughts. Over time and with continued use of the mood altering substances, events and/or behaviors, the brain disease of addiction progresses and the cravings and seeking out behaviors progressively get worse.

Addictive persons seek things outside of themselves in attempts to self medicate their own brain chemistry and thus, when they use, they temporarily feel more comfortable physiologically and psychologically. Though use of addictive substances only provides temporary relief initially, the cycle of addiction continues to progressively get worse as the addictive person continues to fuel their addiction through mood altering substances, events, and/or behaviors.

Without education and understanding of this brain disease and an appropriate recovery process, addictive persons usually continue a quest for wholeness outside themselves through their addiction(s). In time, fueling addiction(s) gradually becomes the focus of their lives while the important people in their lives slowly begin to take a back row seat.

For more Free Information on Addiction, Signs and Symptoms of Addiction, the Intervention Process and the Addiction Recovery Process, visit www.AnnetteFranks.com.

Some Basics To Help The Addiction Recovery Process

- 1. Seek Education about the Brain Physiology of Addiction.**
- 2. Understand Two Major Psychological Symptoms of this Disease: Denial and Blame.**
- 3. Understand the Major Physiological Factor: Cravings.**
- 4. Learn about Twelve Step Recovery Support Groups and Sponsorship.**
- 5. Learn and Work the Twelve Steps. Get a Twelve Step Program Sponsor.**
- 6. Learn about the Professional Resources Available for Treating Addiction.**
- 7. Understand the Principles of H.A.L.T:**
 - Develop Healthy Eating Habits and Good Nutrition.**
 - Learn to Experience and Manage Emotions Appropriately.**
 - Reach Out for Support and Build Healthy Support Systems versus Isolate.**
 - Get at Least 7-8 Hours of Sleep a Night.**
- 8. Regular Exercise and Integrative Mind-Body-Health Practices like Yoga, Qigong & Tai Chi.**
- 9. Meditation – Prayer – Quiet Time – Spend Time in Nature.**
- 10. Listening to Soothing Music and/or Playing a Musical Instrument.**

Annette Franks, M.Ed.

614-785-1066

www.AnnetteFranks.com

© 2003 ANNETTE FRANKS

GROUNDING PYRAMID

In the ADDICTION RECOVERY PROCESS

Integration ▲ Authenticity ▲ Freedom ▲ Empowerment



VERSUS Active Addiction

***Obsessed with Addiction ~ Armored & Defensive
Self Destructive Vicious Cycle ~ Powerlessness ~ Unmanageability***

Annette Franks, M.Ed., CWC

614-785-1066 © 2008 ANNETTE FRANKS

www.AnnetteFranks.com

ADDICTION

A Primary, Progressive, Chronic and Fatal Brain Disease.

The two major symptoms that worsen as the disease progresses are DENIAL and BLAME. Denial is characterized by the inability to look at themselves, their own roles and destructive behaviors. Addiction fools it's victims into believing they are all right and everyone and/or everything else is the problem. An Addicted person does not see the addiction as the problem.

FAMILY PSYCHOLOGICAL FACTORS

In Claudia Black's legendary 1982 book, "It Will Never Happen to Me," Dr. Black discusses Three Rules children, adolescents and adults learn growing up with addiction: 'Don't Talk, Don't Feel, Don't Trust.' Understanding these three psychological factors and the family roles each family member takes on are important in working with families during an intervention process.

A BRIEF LOOK AT FAMILY ROLES

Addict	Chief Enabler	Co-Addict	
Hero	Scapegoat	Mascot	Lost Child

HEALTHY FAMILIES

Healthy families learn it is important to talk about real issues and concerns that need to be addressed.

Healthy families experience a wide range of feelings deeply and feel safe to share their feelings with other family members.

Healthy families learn how to trust others and know deep inside themselves people are there for them emotionally and physically. They can experience emotional intimacy and genuine authentic contact with others.

DYSFUNCTIONAL FAMILIES

Dysfunctional families learn not to talk about real issues. They avoid issues that need to be addressed.

Dysfunctional families learn not to express their feelings because it is not emotionally safe. In time, many begin to numb their feelings altogether.

Dysfunctional families learn over time not to trust anyone. They begin to believe deep inside no one is really there for them, thus, they have trouble with emotional intimacy and genuine contact with others.

www.AnnetteFranks.com

WHAT WE LEARN IN HEALTHY FAMILIES

When we are raised in healthy families we learn to feel safe in the world.

We develop a positive sense of self and our worth and a positive sense of others. We begin to understand a healthy flow of energy between our selves and others.

We recognize the importance of both giving and receiving and learn to both graciously give and receive.

We learn in healthy families about rules, rituals and responsibilities that enhance our lives in positive ways.

We feel connected to our selves, our families and our community settings.

We develop an inner knowing that we are valuable, worthy and lovable period.

We begin to develop a sense of a higher purpose and a desire to have purpose and meaning in our lives.

We begin to develop a sense of Universal Love.

We are not afraid to embrace our truth, speak our truth and live from our truth.

We develop an inner knowing that helps us to see things more clearly and to live from that clarity.

We feel connected to the Divine within ourselves and in the Universe.

WHAT WE LEARN IN DYSFUNCTIONAL FAMILIES

When we are raised in dysfunctional families we usually do not develop a clear sense of self and others. We have difficulty with the flow of energy between self and others and struggle around issues of giving and/or receiving.

Due to poorly defined, too rigid or absent boundaries around family rules, rituals and responsibilities, we develop a poor image of ourselves that we often mask in various ways.

We do not feel valuable, worthy and lovable unconditionally. We live more from a place of conditional love and worth versus understanding unconditional love and our true worth. We develop a sense of our worth based on external conditions and, thus, end up feeling inadequate. We spend a lot of time and energy trying to prove or justify ourselves to others and using masks to hide ourselves versus feeling good about ourselves for who we are inside and feeling comfortable around others.

We usually have trouble being alone.

We don't feel deeply connected to ourselves, to those around us or to our community settings.

Our relationships with others are usually shallow. Regardless of how many people we fill our lives up with, we often end up feeling alone and empty inside. Even though we will seek closeness, we are afraid of letting people get emotionally close to us and we end up sabotaging our relationships.

We frequently seek fulfillment outside of ourselves and end up externally driven by the belief that happiness is about how much we have and/or can achieve. We are more prone to developing addictions in desperate searches for wholeness outside of ourselves.

We have difficulty trusting ourselves, trusting our own intuitiveness and, consequently we have trouble truly trusting others.

If we allow ourselves to sit and ponder for moment, we question what life is really all about and have difficulty developing a sense of purpose and meaning in our lives.

Annette Franks, M.Ed.

Motivational Speaker ~ Corporate Wellness Coach

Life Enrichment Retreats and Seminars

136 Northwoods Blvd. Columbus, Ohio 43235 (614) 785-1066

www.AnnetteFranks.com

© 2001 ANNETTE FRANKS

LEARNING TO LIVE IN THE PRESENT MOMENT

Are you here right now physically, emotionally, mentally and spiritually?

Are you fully present where you are when you are there?

Remember to Breathe Fully. To fully breathe means to breathe deeply into your lungs enough to make your stomach slightly move out. **Breathing fully heightens our ability to be more emotionally present. Shallow breathing numbs our emotional awareness and inner experiences, thus numbing our quality of life.**

Practice daily this breathing exercise until breathing fully becomes subconscious: Lie down on your back and place a book on your stomach. Breathe in slowly and deeply enough using the air in your lungs to push the book up and down on your stomach. Your chest should not be rising at all, only your stomach will be rising as you slowly breathe the air into your lungs deeply. Practice this exercise for at least five minutes a day.

Another breathing exercise is to focus on your breath as it goes in and goes out. Keep your mouth slightly open, breathing in and out through your mouth also. As you breathe, focus on each breath bringing in positive healing energy and cycling through your system and as you breathe out visualize your breath releasing out any negative toxins and energies. Focus on breathing in and breathing out.

Drink Plenty of Clear Water Daily. Start each day with a big glass of water and remember to drink it throughout the day. **Water and air are vital for Life, without them we die. If we have an insufficient amount of water in our body we deplete ourselves and our cells and thus deplete our natural flow of energy.** Remember to be very loving and generous to your body by drinking lots and lots of water and breathing fully.

Ground Yourself. Grounding yourself is a way to mindfully distribute the energy in your body evenly. **Grounding helps us to be more present mentally, emotionally, and physically, thus enhancing our ability to respond to life in an authentically genuine and spontaneous way.** There are several ways to ground your self. One way is to visualize a bright white round ball of energy beaming inside your head. As you focus on this light, slowly visualize rays from this bright white ball of energy dropping down through your body into your feet. As the radiance from the ball of white light descends slowly towards your feet, pay attention to the parts of your body the light is moving through. Notice your body as the light rays descend through each part. As the light splits and radiates slowly into your legs and into your feet, visualize the light then descending into the earth, grounding you to the earth. Another way to ground yourself is to notice your feet and feel them as they touch the ground. Wiggle your toes, notice your energy in your feet. Breathe deeply. Make sure your stomach slightly moves out as you breathe deeply. Now notice your hands, make contact with your hands by bringing your hands together or by touching your legs with your hands. Notice and feel the contact with your hands and then notice your breathing again. Focus on your breathing, breathing deeply slowly in and out.

Increase Your Awareness and Be Here Now. All we really have is the present moment. The past is gone and mere memories and the future has not yet unfolded. The future actually never unfolds, the future is always the future. **We can plan plans, it is important though to not live in our plans. We must learn to live in this moment for this moment is all there is, right here right now.** I encourage you not to miss the present by being somewhere else in the past or the future. In the present, savor all that is around you by mindfully paying attention. Increase your awareness and carefully notice what's going on around you and inside of you. Be aware of your body and your eight contact functions (seeing, smelling, tasting, hearing, touching, thinking, talking and movement). Mindfully notice your body postures, gestures, voice tone, eye contact and breathing patterns while you are in contact with others. Be aware of your inner sensations, feelings and experiences. Are you comfortably present? Enjoy and savor each moment fully by being aware of yourself more fully and more aware of who and what is around you. Notice - Notice - Notice. **Living in the present moment is a way of being fully where we are when we are there. It's about showing up for life with our bodies, minds, emotions and soul!**

Annette Franks, M.Ed.

www.AnnetteFranks.com

© 1997 ANNETTE FRANKS

UNDERSTANDING OUR OWN PROCESS

Self Exploration Exercises

In order for us to effectively communicate with another person, it is important that we understand our own internal process. The more we know our selves and our own process, the more we are able to be authentic and build emotional intimacy with another person. Authentic contact and emotional intimacy are building blocks for healthy relationships. Authentic contact and emotional intimacy begin with our own understanding of our selves and our own internal process.

Simple Version of Understanding Our Own Internal Process

X = Any Life Situation or Event that is happening to you and/or around you.

When 'X' happens, ask yourself three questions:

What do I think about this?

What am I feeling right now?

What do I need or want to do right now?

If you are not clear with how you think, feel or need in any given situation, then go on to ask yourself some of the more in-depth questions until your internal process becomes more clear to you.

More In-depth Version of Understanding Our Internal Process

When 'X' is happening, ask yourself the following questions:

- *What are my thoughts and/or perceptions about the situation/event?*
- *What am I aware of in my physical body?*
- *What inner sensations am I aware of inside of me? (ie: Lump in throat, tightness in chest, shallow breathing pattern, tingly sensations in stomach, tension in neck/ back muscles, etc.)*
- *What feelings am I aware of experiencing in the moment?*
- *How is my body experiencing these feelings?*
- *Am I aware of trying to deflect, numb, minimize or avoid experiencing my feelings around this situation in the moment?*
- *Am I comfortable staying with my feelings around this situation or do I notice myself trying to change the feelings quickly?*
- *Am I able to comfort and/or soothe the feelings in a natural way if I am uncomfortable?*
- *What do I want or need at this moment from this situation?*
- *Am I aware of trying to resist, avoid or deflect from moving toward what I want or need to do with this situation/event?*
- *What messages have I received in the past about this situation/event that may be limiting or blocking my experiences today?*
- *Do I need to form new beliefs and/or messages around this situation/event that may help me in the future?*
- *If so, what new messages/ beliefs may help me in the future?*

Annette Franks, M.Ed., CWC

Corporate Wellness Coach ~ Motivational Speaker ~ Life Enrichment Retreats

136 Northwoods Blvd. Columbus, Ohio 43235 614-785-1066

www.AnnetteFranks.com

© 2001 ANNETTE FRANKS

PRINCIPLES of the EMPOWERMENT PROCESS

Self-Awareness

- *Am I aware of my thoughts, my feelings and my wants and needs?*
- *Do I experience authentic contact with myself?*
- *Am I able to experience a wide range of feelings deeply?*
- *Am I aware of the way I embrace and/or resist my feelings?*
- *Am I aware of my breathing patterns, voice tone, eye contact, gestures, and body movements?*
- *Am I aware of how I communicate my thoughts, my feelings and my wants and needs with others?*
- *Am I clear and direct in the way I communicate with others?*
- *How aware of my five senses am I (seeing, hearing, tasting, touching, and smelling)?*
- *Am I aware of my surroundings in the environments I am in at the time I am there?*
- *Do I pay attention to details in my environmental surroundings?*

Self-Responsibility

- *Do I know how to assertively address what I need or would like in important situations?*
- *Am I comfortable feeling my uncomfortable feelings?*
- *Am I able to soothe in healthy ways my painful and uncomfortable feelings?*
- *Do I get stuck in wanting to blame others and/or view myself as a victim?*
- *Is it easier for me to stay angry and upset at someone then to experience and work through my hurt and uncomfortable feelings?*
- *Am I an optimist or a pessimist in my overall view of life situations?*
- *Do I see challenge and opportunity in most difficult situations I encounter or do I experience helplessness, hopelessness, discouragement, overwhelm and/or frustration in most situations?*
- *Am I able to mobilize my energy towards my wants and needs or do I typically wait or wish for others to meet my wants and needs for me?*
- *Have I developed healthy support systems and friendships I trust?*
- *Do I reach out to my support systems when I need them?*
- *Are my support systems there for me when I need them?*

Self-Empowerment

- *Am I fully where I am when I am there: physically, emotionally, and mentally?*
- *Do I experience my own thoughts, my feelings and my wants and needs in the moment?*
- *Do I live in the present moment and experience myself authentically?*
- *Am I able to authentically show up for others?*
- *Do I honor my own process authentically while I honor the other people around me?*
- *Am I able to share my uncomfortable feelings with others in a way that honors my own inner truth while I honor the integrity of the other person?*
- *Am I able to sit quietly with myself and experience calmness and contentment?*
- *Do I feel my life has purpose and meaning?*

Annette Franks, M.Ed.

136 Northwoods Blvd. Columbus, Ohio 43235 614-785-1066

www.AnnetteFranks.com

© 2003 ANNETTE FRANKS

THE INTERVENTION PROCESS

"Love in Action with Honor and Integrity"

Annette Franks, M.Ed.

www.AnnetteFranks.com

Interventions are actually "Love in Action with Honor and Integrity." Since Interventions are often considered a scary process and emotionally difficult for family members and friends close to the person with the Brain Disease of Addiction, I'd like to reframe the Intervention Process as actually a "Love in Action" Process. Some people call it "Tough Love." **Love in Action means we are willing to stop "Enabling" the Disease Process from continuing to progressively worsen and we become willing to understand the Disease, Intervention and Treatment Processes.** We actually are demonstrating love to the person with the Brain Disease of Addiction when we prepare for an Intervention. Interventions help the person with Addiction begin to get the help they need to treat their Brain Disease. Remember, the brain disease of addiction fools its victims into believing they are OK and everyone and everything else is actually the problem. Therefore, it's up to us to help them break through their denial.... they can't see the real problem.

Denial and Blaming Others are the two major symptoms of this disease. The Brain Cravings keep them stuck in searching for wholeness outside of themselves through their Addiction(s). It's a dark cycle of self destruct.... Denial, Blaming Others and Cravings. We are coming together to help the person effected by the Brain Disease of Addiction to break through their Denial Process and we are encouraging them with our written and verbal experiences of their Disease Process to see more clearly how their disease effects us and their own lives. With our own inner strength, love and integrity, we share clearly and honestly and authentically our thoughts, feelings and experiences.... Love in Action.

Remember, addiction is the MOST TREATABLE, Untreated Disease in America. We are coming together to "Help" the Person with Addiction break through their Denial and to "Help" them see how their Brain Disease is effecting their lives and the lives of all those around them. "Love in Action" means we stop "Enabling" their Disease and we are actually "Helping" them by preparing and providing them with the actual Steps for them to choose to get Professional help and Treatment for their Brain Disease of Addiction. **Successful Interventions can and do make a Difference.**

The following are Steps we can take to put "Love in Action with Honor and Integrity." Think Positive and Believe in the Process:

STEPS in the INTERVENTION PROCESS

- #1 EDUCATE YOURSELF ABOUT THE DISEASE OF ADDICTION.***
- #2 TAKE CARE OF YOURSELF.***
- #3 ATTEND ALANON MEETINGS IN YOUR AREA.***
- #4 REACH OUT FOR SUPPORT***
- #5 GET PROFESSIONAL HELP WITH SOMEONE WHO UNDERSTANDS THE BRAIN DISEASE OF ADDICTION AND THE IMPACT ADDICTION HAS ON FAMILIES.***
- #6 FIND OUT ABOUT THE RESOURCES AVAILABLE FOR TREATMENT IN YOUR AREA - OUTPATIENT AND INPATIENT TREATMENT CENTERS . Many Treatment Centers are listed on AnnetteFranks.com under Free Wellness Materials "Addiction Resources and Links".***
- #7 GET A LIST OF THE TWELVE STEP MEETINGS IN THE AREA WHERE THE PERSON WITH ADDICTION LIVES . Many Twelve Step Meeting Resources are listed on AnnetteFranks.com under Free Wellness Materials "Addiction Resources and Links".***
- #8 CHECK ON THE ADDICTED PERSON'S INSURANCE PROVIDER'S COVERED NETWORK OF ADDICTION TREATMENT PROVIDERS - FIND OUT AHEAD OF TIME WHICH TREATMENT CENTERS ARE COVERED BY THEIR INSURANCE PLAN. PLAN AHEAD THE TREATMENT OPTIONS - BE PREPARED AHEAD OF THE INTERVENTION WITH THESE OPTIONS.***
- #9 KEEP A LOG OF EXACT DETAILS OF YOUR CONCERNS REGARDING THE ADDICTED PERSON'S BEHAVIORS - BE SPECIFIC. SHARE EXACT AND SPECIFIC DETAILS OF THEIR BEHAVIORS THAT CONCERN YOU AND SHARE HOW YOU FEEL EMOTIONALLY ABOUT THEIR BEHAVIOR. BE SPECIFIC WITH DETAILS AND BE HONEST ABOUT HOW THEIR BEHAVIOR IS EFFECTING YOU EMOTIONALLY.***
- #10 ASK OTHER PEOPLE CLOSE TO THE PERSON WITH ADDICTION TO KEEP A LOG ALSO WITH THE EXACT DETAILS OF THEIR CONCERNS. WRITING OUT SPECIFIC DETAILS HELPS EACH PERSON FOCUS ON THE EXACT REALITY AND SEVERITY OF THE DISEASE OF ADDICTION AND IT'S IMPACT ON EVERYONE.***

#11 READ ALL THE ADDICTION MATERIALS ON THE WEBSITE [AnnetteFranks.com](http://www.AnnetteFranks.com). ALL THE MATERIALS ARE FREE TO READ AND/OR DOWNLOAD AND ARE AVAILABLE TO EVERYONE WITH INTERNET ACCESS . Topics include "Understanding Addiction" "When Someone Close to Us Has Addiction" "Signs and Symptoms of Addiction" "The Intervention Process" "Addiction Resources and Links" "Addiction and the Recovery Process" "Life Balance & Health" "Understanding Our Own Process" "Self Empowerment"

#12 EDUCATE ALL THE PEOPLE WHO ARE ALSO CLOSE TO THE PERSON WITH THE BRAIN DISEASE OF ADDICTION.

#13 SCHEDULE AN APPOINTMENT WITH AN INTERVENTIONIST OR A PROFESSIONAL WHO CAN HELP YOU WITH THE INTERVENTION.

#14 CONTINUE TO TAKE CARE OF YOURSELF AND CONTINUE TO EDUCATE YOURSELF ABOUT THE BRAIN DISEASE OF ADDICTION.

#15 THINK POSITIVELY AND PRAY DAILY THAT THE PERSON WITH THE BRAIN DISEASE OF ADDICTION WILL CHOOSE TO TAKE RESPONSIBILITY FOR THEIR DISEASE AND CHOOSE TO FOLLOW THE APPROPRIATE TREATMENT MODALITIES TO ARREST AND TREAT THEIR DISEASE.

#16 REMEMBER MILLIONS OF AMERICANS ARE IN SUCCESSFUL LONG TERM RECOVERY FROM THE BRAIN DISEASE OF ADDICTION. ADDICTION IS THE MOST TREATABLE UNTREATED DISEASE IN AMERICA.

INTERVENTIONS CAN & DO MAKE A DIFFERENCE.

Think Positive and Believe in the Process.

ADDICTION RESOURCES

UNDERSTANDING ADDICTION

Recommended Reading Resources

- "Being Sober: A Step by Step Guide to Getting to, Getting Through, and Living in Recovery"*
Harry Haroutunian, MD Physician Director, Professional and Residential Programs, Betty Ford Center
- "The Science of Addiction: From Neurobiology to Treatment"*
by Carlton K. Erickson
- "Alcoholics Anonymous Big Book"* by AA Services
- "Broken"* by William Cope Moyers
- "Addictive Thinking: Understanding Self-Deception"*
by Abraham J. Twerski, M.D.
- "Loss of Innocence"* by Ron and Carren Clem
and the Award Winning Documentary *"Saving Carren"* DVD
- "Addiction and the Recovery Process"* Handout by Annette Franks
Download Free at www.AnnetteFranks.com

UNDERSTANDING FAMILY DYNAMICS OF ADDICTION

Recommended Reading Resources

- "It Will Never Happen to Me"* Claudia Black
- "My Dad Loves Me, My Dad Has a Disease"* Claudia Black
- "Family Matters: The Principles and Roles of Family"* Terry Kellogg
- "Broken Toys, Broken Dreams"* Terry Kellogg
- "Boundaries and Relationships: Knowing, Protecting and Enjoying the Self"* Charles Whitfield
- "Healing the Child Within"* Charles Whitfield
- "Co-Dependence: Healing the Human Condition"* Charles Whitfield
- "Co-Dependent No More: How to Stop Controlling Others and Start Caring for Yourself"* Melody Beattie
- "The New Co-Dependency: Help and Guidance for Today's Generations"* Melody Beattie (2009)
- "Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives"* Pia Mellody
- "The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love"*
(Combines New York Times Best Seller *"Adult Children of Alcoholics"* and *"Struggle for Intimacy"*)
Janet Geringer Woititz
- "The Alcoholic Family in Recovery: A Developmental Model"* Stephanie Brown

To Download Free Wellness and Recovery Materials on

"Understanding Addiction"

"Signs and Symptoms of Addiction"

"Addiction and the Recovery Process"

"When Someone We Know Has An Addiction"

"The Intervention Process"

and other Health and Wellness and Recovery Materials and Resources

visit www.AnnetteFranks.com

ADDICTION WEBSITES for 12 STEP MEETINGS

www.aa.org – Alcoholics Anonymous

www.na.org – Narcotics Anonymous

www.nar-anon.org – Nar-Anon

www.al-anon.alateen.org – Al-Anon and Alateen

www.adultchildren.org - Adult Children of Alcoholics

www.ca.org - Cocaine Anonymous

www.debtorsanonymous.org - Debtors Anonymous

www.foodaddictsanonymous.org - Food Addicts Anonymous

www overeatersanonymous.org - Overeaters Anonymous

www.gamblersanonymous.org - Gamblers Anonymous

www.nicotine-anonymous.org - Nicotine Anonymous

www.sexaa.org – Sex Addicts Anonymous

www.slaafws.org – Sex and Love Addicts Anonymous

www.saa-recovery.org – Sex Addicts Anonymous

DRUG SCREENS AVAILABLE

Dominion Diagnostics

www.DominionDiagnostics.com

PROFESSIONAL INTERVENTIONISTS

Stephanie Krznarich 614-216-7841 Central Ohio Area

Paul Gallant 1-800-276-1975 United States

www.PaulGallant.com

ADDICTION STUDIES INSTITUTE

The Greater Columbus Convention Center Columbus, Ohio

www.addictionstudiesinstitute.com

FOUNDERS' DAY WEEKEND

Held at University of Akron every Summer - Over 10,000 people from all over the World come together every year in June to Celebrate at The Birthplace of AA in Akron, Ohio

www.akronaa.org

FOUNDERS' DAY WEEKEND

HEALTH & WELLNESS MATERIALS

To Download FREE Copies Visit

www.AnnetteFranks.com

ADDICTION & RECOVERY

Understanding Addiction
Signs and Symptoms of Addiction
When Someone Close to Us
has an Addiction
The Intervention Process
Addiction and the Recovery Process
Texting and Addiction
Addiction Resources and Links

LIFE BALANCE & HEALTH

Creating Balance in Our Lives
Creating Joy in Our Lives
Learning to Live in the
Present Moment
Grounding: The Art of Being Present
Meditation
Medical Qigong and Tai Chi
Health Resources and Links

SELF EMPOWERMENT

Understanding Our Process
Three Principles of Empowerment
Empowering Our True Selves
Enhancing Our Self Esteem
Clearing the Energy of Our Past
Eliminating Language Barriers
Exploring Our Life Purpose

HEALTHY RELATIONSHIPS

Enhancing Our Communication
The Art of Dating
Enhancing Our Relationships
The Elements of Desire
Managing Conflict with Love
Creating Healthy Families
Savoring Quality Time Together

Annette Franks, M.Ed., CWC

Corporate Wellness Coach

“Integrating Mind-Body-Health-Success”

Conferences ~ Retreats ~ Consultations

614-785-1066

For More Information on

**Annette’s Holistic Health and Wellness Week & Weekend Retreats
in Costa Rica & Punta Gorda, Florida Visit www.AnnetteFranks.com**

Annette Franks, M.Ed., CWC

**Motivational Speaker ~ Corporate Wellness Coach ~ Holistic Health Advisor
136 Northwoods Blvd. Suite B-2 Columbus, Ohio 43235 (614) 785-1066**

www.AnnetteFranks.com

Annette Franks, M.Ed. is a Corporate Wellness Coach and Holistic Health Advisor from the Institute of Holistic Health Careers and is a Licensed Professional Counselor licensed by the State of Ohio Counselor and Social Worker Board. She has over 35 years counseling and consulting experience working with individuals, couples, families and companies. Annette has Private Consulting and Coaching Practices in Columbus, Ohio and Punta Gorda, Florida. She is on Faculty at Florida Gulf Coast University's Continuing Education Program in Punta Gorda. She conducts Personal Empowerment, Radiant Health and Mindful Living Seminars and Retreats as well as Counselor and Corporate Training Programs Internationally integrating Mind-Body-Health Principles and Practices with Success. She has an extensive background in the fields of Psychology, Positive Psychology and Gestalt Psychotherapy Practices, Energy Medicine, Holistic Health Care Modalities, Medical Qigong and Tai Chi Practices, Addiction and Permaculture Design.

Annette was a Speaker for the Hazelden Women Healing Conferences presented Internationally by the Hazelden Foundation and has been on Faculty at The Gestalt Institute of Central Ohio and The Addiction Studies Institute at The Ohio State University Department of Addiction Medicine - Talbot Hall. She served on the Advisory Board of Directors for The Institute of Addiction Studies at The Ohio State University Department of Addiction Medicine for 15 years and she also served as the President of the Executive Board of Directors for the Gestalt Institute of Central Ohio, a three-year intensive Gestalt Psychotherapy Training Program for Master and Doctorate Level Practitioners.

Annette leads week long Vacation Retreats on "Radiant Health ~ Mindful Living" open to the public at Pura Vida Spa in Costa Rica and weekend retreat getaways in Punta Gorda, Florida. The Retreats focus on Integrative Holistic Mind-Body Health Practices and utilize Annette's Extensive Background in the Fields of Psychology, Energy Medicine and Integrative Mind-Body Health Practices including evidence-based Medical Qigong and Tai Chi Practices. Annette is an IIQTC Senior Trainer and a Certified Qigong and Tai Chi Teacher from the Institute of Integral Qigong and Tai Chi (IIQTC).

She is Certified as an Integral Energetics Practitioner from the IIQTC in Santa Barbara, California and studied in China with Dr. Roger Jahnke, OMD (author of "The Healer Within" and "The Healing Promise of Qi") and Master Zhou Jin Bo courses on WuDang Hun Yuan Qigong and 18 Form Taiji.

Annette's Background in Integrative Medicine and Holistic Health Practices mirror the Ethics and Principles of Permaculture 'Care of People, Care of the Earth, Care for Our Future'. She values Sustainable Living Practices and has completed the Permaculture Design Course Certification from Midwest Permaculture as well as Permaculture Homesteading with Andrew Faust at Omega Institute's Center for Sustainable Living.

Annette is a dynamic speaker and teacher keeping on the cutting edge of Research in Integrative Holistic Mind-Body Health Practices and Sustainable Living Practices. She has a passion for life and for learning and it shows in her daily life and all her Seminars and Retreats.

“RADIANT HEALTH ~ MINDFUL LIVING A Retreat Vacation in Costa Rica

with

Annette Franks ~ Antoinette Horn ~ Lori Candon

August 13 - 20, 2022

At Pura Vida Retreat and Spa in Costa Rica

*Pura Vida Spa is considered “Heaven at the Top of the World”
Tropical Splendor * Delicious Healthy Organic Cuisine * Astonishing Nature
It’s located on a Private Estate atop a Mountain in Costa Rica’s Alajuela
Province just 25” Minutes from the San Jose Airport (SJO).*

*The Vacation Retreat is designed for Proactive Participation in Our Own Health
and Wellness Integrating Principles of Mind-Body-Health with Success.
Surrounded by a Natural Paradise Setting we relax and unplug from our normal
busy lives and technology and engage in Meditation, Gentle Yoga and Vitality
Enhancement Practices, Medical Qigong and Easy Tai Chi Practices, Integrative
Mindful Movement and Dance. We explore Life Balance and Healthy Lifestyle
Principles of Functional Medicine. No Prior experience is necessary for any of the
classes. Join us alone or with someone.*

Rates include Room, Three Meals per Day and Entire Retreat Conference.

Rates Range from \$1866 per Person Double Occupancy to \$2520 Single Occupancy.

Visit PuraVidaSpa.com to View Rooms.

*Pura Vida Spa also has several Excursions available for an additional cost for White Water Rafting,
Zip lining, Waterfall Gardens, Skywalk and Wild Life Boat Tours and exploring San Jose.*

*Amazing Holistic Health Body Work Sessions, Additional Yoga Classes and
a Solar Heated Salt Water Pool are also available at Pura Vida Spa.*

Visit AnnetteFranks.com for the Retreat Video, Schedule and Travel Details.

To Register Call Annette Franks at 614-785-1066

or Email Annette at AnnetteFranks@live.com

50% Minimum Deposit Required to Reserve Your Room. Retreat Balance Due 7-10-22.

“TAI CHI AND QIGONG IMMERSION”

A Retreat Vacation in Costa Rica

with

Annette Franks ~ Henderson Smith ~ Lori Candon

August 20 - 27, 2022

At Pura Vida Retreat and Spa in Costa Rica

Pura Vida Retreat and Spa is considered “Heaven at the Top of the World”

*Tropical Splendor * Delicious Healthy Organic Cuisine * Astonishing Nature*

*It's located on a Private Estate atop a Mountain in Costa Rica's Alajuela Province
just 25" Minutes from the San Jose Airport (SJO).*

*The Vacation Retreat is designed for Proactive Participation in Our Own Health and Wellness
Integrating Principles of Mind-Body-Health with Success.*

*Surrounded by a Natural Paradise Setting we relax and unplug from our normal busy lives
and technology and engage in Meditation, Qigong and Vitality Enhancement Practices,
Tai Chi Practices and Integrative Mindful Movement and Dance Practices.*

No Prior experience is necessary for any of the classes.

Join us alone or with someone.

Rates include Room, Three Meals per Day and Entire Retreat Conference.

\$1675 per Person Tentlow Double Occupancy - \$1925 Single Occupancy

\$1866 per Person A-Frame Room Double Occupancy - \$2306 Single Occupancy

\$1890 per Person Vista and Kiva Lower Rooms Double Occupancy - \$2354 Single Occupancy

\$1925 per Person Kiva Upper Double Occupancy - \$2425 Single Occupancy

\$1973 per Person Tri Level Double Occupancy - \$2520 Single Occupancy

Visit PuraVidaSpa.com to View Rooms. Additional Room Types are Available.

*Pura Vida Retreat and Spa also has several Excursions available for an additional cost for White
Water Rafting, Zip lining, Waterfall Gardens, Skywalk and Wild Life Boat Tours and exploring
San Jose. Amazing Holistic Health Body Work Sessions, Yoga Classes and a Solar Heated Salt
Water Pool are also available at Pura Vida Spa.*

Visit AnnetteFranks.com for the Retreat Video, Schedule and Travel Details.

**To Register Call Annette Franks at 614-785-1066 or
email Annette at AnnetteFranks@live.com.**

50% Minimum Deposit Required to Reserve Your Room. Retreat Balance Due 7-15-22.

Rooms are Limited. Retreat Cancellation Policy Information on AnnetteFranks.com

AnnetteFranks.com

Healer Within Foundation

5th Saturday Gathering on the Cloud FUTURE 2022 Online Events

Visit HealerWithinFoundation.org to Register.

All Donations Support the Healer Within Foundation.

Annette Franks, M.Ed. Presenter

**Corporate Wellness Coach IIQTC Certified Tai Chi and Qigong Teacher IIQTC Senior TCE Trainer
"Integrating Mind-Body-Health with Success"**

Understanding Alzheimer's Disease: Research, Prevention and Reversing the Progression.

Saturday October 29, 2022 3 – 4:30 PM EST

In this free online event we will explore the symptoms of Alzheimer's Disease and the evidence-based research around lifestyle interventions that can help prevent and reverse symptoms of cognitive decline. Alzheimer's Disease is a threat to health and independent living and this class explores healthy living tips from the latest research for our brains and bodies.

We will also practice Vitality Enhancement Methods and Integral Qigong Practices designed to relieve stress and improve mental focus and clarity. Handouts included.

The Amazing Health Benefits of Sleep and Nature

Saturday December 31, 2022 3 – 4:30 PM EST

In this free online event we will explore the natural cycles of the body and the important role sleep plays on our health. We will explore circadian rhythm patterns and the role natural light exposure and nature have on our overall health and longevity. This class incorporates evidence-based mindfulness and breathing practices including Vitality Enhancement Methods and Integral Qigong Practices designed to enhance our health and help us improve our sleep and circadian rhythms. Handouts included.

NOTES

BENEFITS OF QIGONG AND TAI CHI IN THE ADDICTION RECOVERY PROCESS

By Annette Franks, M.Ed., LPC AnnetteFranks.com

*“The ‘outside’ is surface consciousness,
the ‘inside’ is the true sense of real knowledge hidden below.”*

“The Secret of the Golden Flower: The Classic Chinese Book of Life” translated by Thomas Cleary

In his book “The Healing Promise of Qi: Creating Extraordinary Wellness through Qigong and Tai Chi,” Dr. Roger Jahnke states Qigong and Tai Chi are internal Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity and improve circulation thereby enhancing the practitioner's overall health.² As a Certified Qigong and Tai Chi Teacher, it is evident in my classes that the practices of Qigong and Tai Chi are indeed meditative practices promoting mind-body awareness in the present moment. Focusing on postural alignment, breathing techniques and slow graceful movements help practitioners gently focus inward, enhancing their connection to themselves and to the present moment. Qigong and Tai Chi practitioners usually report feelings of serenity, reduced stress and improved health outcomes from their ongoing practice. In my Career as a Licensed Professional Counselor, however, I continue to witness persons with active addiction struggle to be present in the moment with their own mind-body awareness and connection. Most appear to breathe shallow, numbing their emotions and possessing a pre-occupation on something external. In my opinion, active addiction actually seduces people away from being fully present in the present moment diminishing their mind-body connection. Persons with active addictions appear to be on a desperate search for wholeness outside of themselves. Feelings of serenity are seemingly rare to non-existent. While Qigong and Tai Chi practitioners tend to focus inward during their mind-body practice eliciting feelings of serenity; persons with active addiction appear to be restless and discontent focusing outward on something external. Thus, to help persons with the brain disease of addiction, the ongoing practice of Qigong and Tai Chi may be greatly beneficial in increasing their practice of present moment awareness and mind-body focus while also serving to strengthen their mind-body connections, reduce their stress and help promote internal serenity.

In 2001, the American Academy of Pain Medicine, the American Pain Society, and the American Society of Addiction Medicine jointly defined addiction: “Addiction is a primary, chronic, neurobiologic disease, with genetic, psychosocial, and environmental factors influencing its development and manifestations. It is characterized by behaviors that include one or more of the following: impaired control over drug use, compulsive use, continued use despite harm, and craving.”³

*Addiction is a primary, progressive, chronic and fatal brain disease that I believe affects the majority of our country either directly or indirectly. Addiction has many different forms, ranging from addiction to addictive substances and/or addictive behaviors. As addictions progress, addicted persons become more and more focused on the addictive substance and/or addictive behaviors. They lose their ability to fully live and experience a quality of life that allows them to connect fully to themselves and to the people around them in the present moment. Addicted persons slowly lose the ability to manage their emotions and their life in responsible ways. For persons with active addiction, keeping the addiction active becomes a primary focus while the people around them begin to lose their value and importance in the addicted person's life. In essence, with their primary focus on their addictive substance and/or behaviors, persons with active addictions stop living a quality life feeling connected to themselves and to those around them and merely end up existing.*⁴

*As we also take the time to understand more fully the neuroscience of the brain disease of addiction and the neuroplasticity of the brain, it appears the mind-body practices of Qigong and Tai Chi may be a great benefit for those persons in the addiction recovery process. In the 2010 Neuropsychopharmacology Review, researchers Koob and Volkow reported that "Drug addiction is a chronically relapsing disorder that has been characterized by (1) compulsion to seek and take the drug, (2) loss of control in limiting intake, and (3) emergence of a negative emotional state (eg, dysphoria, anxiety, irritability) reflecting a motivational withdrawal syndrome when access to the drug is prevented."⁵ Koob and Volkow go on to state in their "Neurocircuitry of Addiction" Review that all drugs of abuse activate the mesolimbic dopamine system (MDS) in the brain. The MDS main areas of the brain are the ventral tegmental area (VTA), nucleus accumbens (NAcc) and the frontal and prefrontal cortex.⁶ Further understanding of the MDS shows that these areas of the brain are responsible for many brain functions. In brief, the VTA makes up a key part of the brain's reward system, the NAcc processes information related to motivation and reward and the prefrontal cortex is involved in planning and other higher level cognition.⁷ In his book, *The Science of Addiction*, Dr. Carlton Erickson states the current view with regard to the neurobiological theories of dependence is that addiction is a type of synaptic plasticity (neuroadaptation) that occurs within the limbic portion of the brain and especially within the mesolimbic dopamine system (MDS).⁸ According to Dr. Erickson, neuroscientists believe that the function of these MDS neurotransmitter systems is disrupted, due to genetic 'miswiring,' long-term exposure to a drug, or (more likely) a combination of genetic heritability, drug exposure, and environmental influences.⁹ Research theories suggest changes in the brain sensitivity to drugs occur over time (neuroadaptation) and that the long term drug exposure apparently leads to gradual dysregulation of the MDS neurotransmitter*

systems while the genetics theory suggests the MDS may already be dysregulated at birth creating a genetic tendency to develop the disease.¹⁰

While both reviewing the current research on addiction and the health benefits of Qigong and Tai Chi, it appears reasonable to suggest that due to the dysregulatory changes in the mesolimbic dopamine system in the brains of persons with active addiction, the continued focus and practice of Qigong and Tai Chi may be beneficial in enhancing the neuroplasticity of the brain in positive ways during the addiction recovery process. As noted earlier, research supports the ongoing practice of Qigong and Tai Chi can help reduce anxiety and stress and help to strengthen the mind-body connections and increase mental clarity and present moment awareness.

Dr. Roger Jahnke reports some of the top reasons to practice Integral Qigong and Tai Chi are:¹¹

1. Qigong and Tai Chi initiate the “relaxation response,” which is fostered when the mind is freed from its many distractions. This decreases the sympathetic function of the autonomic nervous system, which reduces heart rate and blood pressure, dilates the blood capillaries, and optimizes the delivery of oxygen and nutrition to the tissues.
2. Qigong and Tai Chi induce alpha and, in some cases, theta brain waves which reduce heart rate and blood pressure, facilitating relaxation, and mental focus; this optimizes the body’s self-regulative mechanisms by decreasing the activity of the sympathetic nervous system.
3. Qigong and Tai Chi moderate the function of the hypothalamus, pituitary, and pineal glands, as well as the cerebrospinal fluid system of the brain and spinal cord, which manages pain and mood as well as optimizing immune function.
4. Qigong and Tai Chi coordinate and balance right/left brain hemisphere dominance promoting deeper sleep, reduced anxiety, and mental clarity.

In Summary, due to the changes in the mesolimbic dopamine system of the brain in persons with addiction, initiating the relaxation response, promoting deeper sleep, reducing anxiety, increasing mental clarity, focusing on breathing techniques and present moment awareness and strengthening the mind-body connections may all be extremely beneficial reasons to utilizing Qigong and Tai Chi practices as a beneficial aid in the addiction recovery process. Participating in weekly Qigong and Tai Chi classes may also serve to build an ongoing supportive community and feelings of connection for persons in the recovery process of the brain disease of addiction.

1. Cleary, Thomas. Translated. "Secret of the Golden Flower: The Classic Chinese Book of Life. New York: Harper One, 1991.
2. Jahnke, Roger. "The Healing Promise of Qi: Creating Extraordinary Wellness through Qigong and Tai Chi" San Francisco: Contemporary Books, 2002.
3. The American Academy of Pain Medicine, The American Pain Society, and The American Society of Addiction Medicine. "Definitions Related to the Use of Opioids for the Treatment of Pain" 2001.
4. Franks, Annette. "Understanding Addiction" Article. www.AnnetteFranks.com website, 2003.
5. Koob, George and Volkow, Nora. "Neurocircuitry of Addiction" Review. *Neuropsychopharmacology Reviews*. (2010) 35, 217-238.
6. Koob, George and Volkow, Nora. "Neurocircuitry of Addiction" Review. *Neuropsychopharmacology Reviews* (2010) 35, 217 -238.
7. Carter, Rita. "The Human Brain Book" New York: Dorling Kindersley Limited, 2009.
8. Erickson, Carlton. "The Science of Addiction: From Neurobiology to Treatment" New York: W.W. Norton & Company, 2007.
9. Erickson, Carlton. "The Science of Addiction: From Neurobiology to Treatment" New York: W.W. Norton & Company, 2007.
10. Erickson, Carlton. "The Science of Addiction: From Neurobiology to Treatment" New York: W.W. Norton & Company, 2007.
11. Jahnke, Roger. Adapted From Dr. Jahnke's "Top Seven Reasons to Practice Integral Qigong and Tai Chi" posted on the Institute of Integral Qigong and Tai Chi (IIQTC) Website 2011. www.IIQTC.org. Dr. Jahnke is the Author of "The Healing Promise of Qi: Creating Extraordinary Wellness through Qigong and Tai Chi" and "The Healer Within: Using Traditional Chinese Techniques to Release Your Body's Own Medicine."

Annette Franks, M.Ed., CWC is a Corporate Wellness Coach and a Certified Tai Chi and Qigong Teacher from the Institute of Integral Qigong and Tai Chi (IIQTC) as well as an IIQTC Tai Chi Easy Senior Trainer. She is a Member of the National Qigong Association and has an Extensive Background in the Fields of Psychology, Addiction, Energy Medicine and Integrative Mind-Body Health Practices. She is Certified as an Integral Energetics Practitioner from the IIQTC in Santa Barbara, California and studied in China with Dr. Roger Jahnke and Master Zhou Jin Bo. Annette has worked in the field of Addiction and Mental Health as a Counselor since 1979 and taught at the Addiction Studies Institute at The Ohio State University Department of Addiction Medicine – Talbot Hall for 25 years. Annette has Consulting Practices in Columbus, Ohio and Punta Gorda, Florida. She leads week long Radiant Health ~ Mindful Living Retreats and Tai Chi and Qigong Immersion Retreats in Costa Rica at Pura Vida Retreat and Spa.

Visit www.AnnetteFranks.com to view the Costa Rica Retreat Video or to download Annette's Free Health and Wellness Materials on Addiction, Addiction and the Recovery Process, Life Balance and Health, Self-Empowerment and Creating Healthy Relationships.

Annette Franks, M.Ed., CWC

Corporate Wellness Coach - Motivational Speaker

IIQTC Certified Qigong and Tai Chi Teacher

IIQTC Senior Trainer

614-785-1066

www.AnnetteFranks.com

Life Enrichment Retreats - Seminars - Consultations

Columbus, Ohio Costa Rica Punta Gorda, Florida