

Workshop on Beyond - Mindfulness - Based Stress Reduction for the Treatment of Co-Occurring Disorders with Substance Use Conditions and for Improved Stress Management and Reduction of Reactivity

Workshop Presenter: Anthony R. Quintiliani, Ph.D., LADC, Licensed Psychologist - Doctorate and Licensed Alcohol and Drug Counselor
Contact: anthony1@gmavt.net - From The Eleanor R. Liebman Center for the Study and Practice of Secular Buddhism, located in Monkton, Vermont.
Examine www.mindfulhappiness.org - site map - based on your interests.

Feeling stressed out? Can't get a good night's sleep? Worrying a lot? Feel lonely, angry, like giving up your efforts? Can't seem to stop your automatic negative thoughts? Feel stuck in past suffering, or fearful about the future? Experiencing serious work or school stress and performance problems? Having physical stress reactions that impact your health and happiness? Wish you could find ways to experience more joy and meaning in your life?

Sometimes discover your only way to experience brief relief from suffering is to self-medicate with substances, food, anger, sexual activity or cutting? If any of these biopsychosocial-spiritual conditions are true for you, **these mindfulness and happiness life skills might be very helpful to you.**

Dr. Quintiliani has over 40 years of successful professional experience in schools, community clinics and higher education. He is the former Clinical Director of The Howard Center, MHSAS, Past President of the Vermont Psychological Association, Past Chair of the VPA Continuing Education Program, and Clinical Instructor for The University of Vermont (Graduate Counseling Program) and The Southern New Hampshire University (Graduate Program in Community Mental Health). He has also been a past instructor for The Ohio State University and Saint Michael's College in Vermont. He continues to provide training workshops, consultation, and supervision in co-occurring disorders, applied mindfulness, stress reduction, meditation, personal and organizational self-improvement.

Dr. Quintiliani is the Head Teacher at The Eleanor R. Liebman Meditation Center in Monkton, VT (see contact and blog site information above). He has served as a primary mindfulness/meditation trainer for both the South Burlington Schools and the Essex Junction Schools. He has a very long, successful work history providing clinical services to public/private schools.

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General Outline for the extended workshop (2 - 3 days) — Including experiential learning activities/practices and discussion on applications for Depression, Anxiety, Trauma, Substance Use Disorders, Diabetes, Eating Disorders, Stress Reactivity and ADHD appears below.

Dr. Quintiliani is a contributor to the published training manual from the South Burlington School Program. He published his own Book/CD set on *Mindful Happiness* (Available from Barnes & Noble - textbook search, Amazon, and Red Barn Books in Shelburne, VT. Dr. Quintiliani also produced an extensive CD on *Mindful Expression Through Meditation Practices*. He is a well-known public speaker in Vermont, New England, as far West as San Diego, California, and as far South as Alexandria, Virginia.

(What Dr. Quintiliani calls “Beyond - MBSR” practices)

Neuroscience and Outcome Research Support

MBSR and Beyond - Why needed

What is Mindfulness? What is Concentration? What is Meditation?

The Brain’s Happiness and Suffering Zones - PFC, Reward, Limbic, etc.

Fear-Threat, Resource Attachment, and Affiliative Systems

Delay Discounting and the Self-Medication Model - Habit Development

10 Breathing Techniques to Calm or Stimulate the Mind and Body

Mindful Movement - Yoga, Qi Gong, Tai Chi, Walking Meditation

Facial Emotions, The Half-Smile and Proprioceptive Brain Feedback

First Person Acupressure

Calming Art, Music, Mediterranean Diet-Nutrition

Relaxation Training

Progressive Muscle Relaxation

What Does Serious Practice Look Like?

Remaining in “The Middle Way” - and its Meaning

Advanced Breathing Techniques - Negatives Out & Positives In

Advanced Breathing Techniques - Multi-Sensory Happiness

Primary and Secondary Suffering

Urge Surfing Skills for Addictions

4-Ds - Deep Breathing, Drink Water, Do Alternative Behaviors, and Delay

Gratitude and Random Acts of Kindness Practices - Anonymous?

Compassion and Self-Compassion Practices

Self-Care Practices and the Use of Cues

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Four Body Scan Practices (MBSR, Sensory, Thich Nhat Hanh, 10-Point)

YOUR Personal Self-Development Plan
Core Mindfulness Components for Clinical Practice - "CABS"
Quintiliani's "CABS-VAKGO-IS-Rels" System of Human Behavior
CBT-M Practices for CODXs
Distress Tolerance Skills - DBT
De-centering Skills - MBCT
Loving Kindness Meditation - With or Without our Meditation Beads
Mindfulness-Based Eating Practice
Somatic Awareness in Counseling and Therapy
Summary of Emotion Regulation Skills
Deeper Review of Self-Medication Process
Measurement and Intervention in Physical and Emotional Pain
Mindfulness-Based Recovery Pathways
Uses of RAIN Procedure
Breathing Practice - Sixteen Ways from Thich Nhat Hanh
Pebble Meditation - Thich Nhat Hanh
Practicing Basic Spirituality
Do the Five Best Friends - Smile, Sit, Stand, Walk, and Rest Lying Down
The Subject and Object of Observation - Who is Watching?
Vipassana Practices

Specific Mind Training for Happiness

Stop or Reduce ALL Self-Medication Habits
Daily Mindfulness, Meditation and/or Yoga
Happy, Pleasant, Safe Place Imagery
Happiness Planning and Pleasant Events Schedule
Personal Use of Creativity
Being Humble and Self-Respecting
Cultivating Personal Hope
Over-Attachment to Sense-Pleasures and Suffering
Extreme Avoidance Conditioning and Suffering
Calming Negative and Difficult Emotions (The Dalai Lama, P. Ekman, D. Goleman and Others)
Practicing Advanced Spirituality
Obtaining and Giving Social-Emotional Support
Paying More Attention to Positives (4)
Practice Self-Validation if Successful and Self-Compassion if Not
Paying More Attention to Your Strengths NOT Weaknesses
Pray more if religious

Cultivating Optimism
Give and receive meaningful hugs
Seek Out and Practice Humor
Reframe and Restructure Negative Thoughts, Emotions, and Experiences
Regular Daily Exercise
Radical Acceptance Practices
Meditation on Personal Suffering (J. Kornfield, S. Salzberg, J. Goldstein)
Forgive Others When Ready
Mindful Journal Writing - Only Positive Content
Helpful Thought Insertion
Positive and Helpful Mantra Self-Talk
Non-Evaluative Stance
Savoring Practices
Satisfaction with What You Now Have
“Seeding Technique” from Hypnosis - Non-Trance State
Accepting that You Are Good Enough Now
Use of Emotional Coping Cards and Cues
Advanced Facial Emotions Practices - With Brain Feedback
Self-Care Practices - And the “Beaded Anchor Cues” (Copyrighted)
Depth Loving Kindness Meditation (Tulku Thondup)
What is Impermanence? What is Selflessness? What is Emptiness?
Following a Serious Spiritual Path

NOTE: These skills are NOT generally cognitive in nature. Although specific intention, attention, mindful awareness, and concentration are highly involved, the mind-training mindfulness skills above are both “being” and “doing” practices. They are embodied; they are embodied via regular practice leading to brain plasticity. **These practices are highly integrative but DO NOT replace professional clinical or medical care.**

Note: This workshop on “Beyond Mindfulness-Based Stress Reduction” skills has been presented many times in the New England regional area.