



THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

TRAUMA-SENTITIVE MINDFULNESS-BASED RECOVERY MAINTENANCE

with Angela Thomas Jones, LCMHC, MLADC, LCS, CCFP, RYT

A 1 HOUR WEBINAR EVENT

PRESENTATION: The field of western psychology and addiction treatment is moving towards a more holistic approach to illness, intervention, and recovery. The merging of this process with eastern culture influenced therapies is changing the way the field views clinician, client, evidenced-based practice, current and future research direction. Though it has its roots in Buddhist meditation, a non-religious practice of mindfulness entered the American mainstream in recent years. Thousands of studies have documented the physical and mental health benefits of mindfulness in general and is inspiring programs to adapt Mindfulness based models for schools, prisons, hospitals, veterans centers, and beyond. The relevance as a recovery maintenance skill for addictions is particularly significant because it is a skill of self-awareness- the first step into recovery. Mindfulness skills can assist in unraveling the complexity that often comes with addiction in the form of co-occurring symptoms. This workshop will briefly review the research, relevance to effective trauma-sensitive practices, and provide three mindful practices with a script to try for yourself and with your clients or students.

PRESENTER: **Angela Thomas Jones, LCMHC, MLADC, LCS, RYT, CCFP;** Motivated by lived experience, in 2018, Angela co-founded a grassroots effort to implement effective practices for clinician self-care to improve quality patient care & safety. She is Certified as a Compassion Fatigue Professional and specializes in Trauma-sensitive Mind/Body practices and licensed in NH as a Clinical Mental Health Counselor and Master Licensed Alcohol and Drug Counselor as well as a Clinical Supervisor with 30 years of experience. As Co-Chairperson for the Ethics Committee of the NH Association for Alcohol and Drug Abuse Professionals, she spearheaded re-defining the function and role of the Ethics Committee based on research from the American Psychological Association identifying the Stress-Distress Continuum (2006) and the National Academy of Medicine's Call to Action for Clinician Well-being. Her tenure with NH Department of Corrections lead her to develop an evidence informed 4-step process called **HomeBase** as an easy to do and simple self-care tool effective for the practitioner as well as patients; a win-win approach. Since 1991, she has contributed to the New England Institute of Addiction Studies, is an Adjunct Professor for Plymouth State University Counseling Graduate Program and travels nationally teaching on the topic of Clinician Well-being. In 2009, she published a literature review; Trauma-Sensitive Yoga Practice after completing Post-Graduate Certification in Traumatic Studies at The Trauma Center of the Justice Resource Institute founded by Dr. Bessel van der Kolk, MD.

Fee: NHADACA Members: Free, Non-Members: \$15

For registration information contact: 603-225-7060, training@nhadaca.com

1 Contact Hour Available

Certified Prevention Specialist Category: 6

LADC/MLADC Categories of Competence: 7 & 18

CRSW Performance Domain: 4



NBCC: LICSW/L-MFT/LCMHC (Category A) & Psychologist Category A

(NH Alcohol & Drug Abuse Counselors Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No 6754. Programs that do not qualify for NBCC credit are clearly identified. NHADACA is solely responsible for all aspects of the program).

Schedule

On Demand