



ATTC HHS REGION 10
Northwest



Thank you for joining us! The webinar will begin shortly.

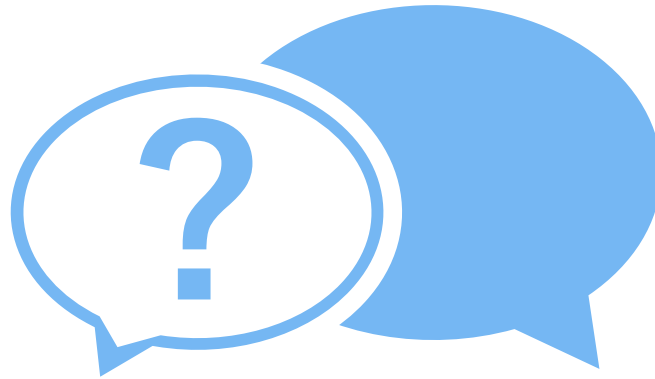
Northwest ATTC presents:

Mindfulness-Based Relapse Prevention for Addictive Behavior

- **Participants are automatically muted during this presentation**
- **Got questions?** Type them into the chat box at any time and they will be answered at the end of the presentation.
- An ADA-compliant recording of this presentation will be made available on our website at: <http://attcnetwork.org/northwest>

Questions?

Please type them in the chat box!



Surveys

Look for our surveys in your inbox!

We greatly appreciate your feedback! Every survey we receive helps us improve and continue offering our programs.

It only takes **1 minute** to complete!



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Your certificate will be emailed within a week to the address you registered with.

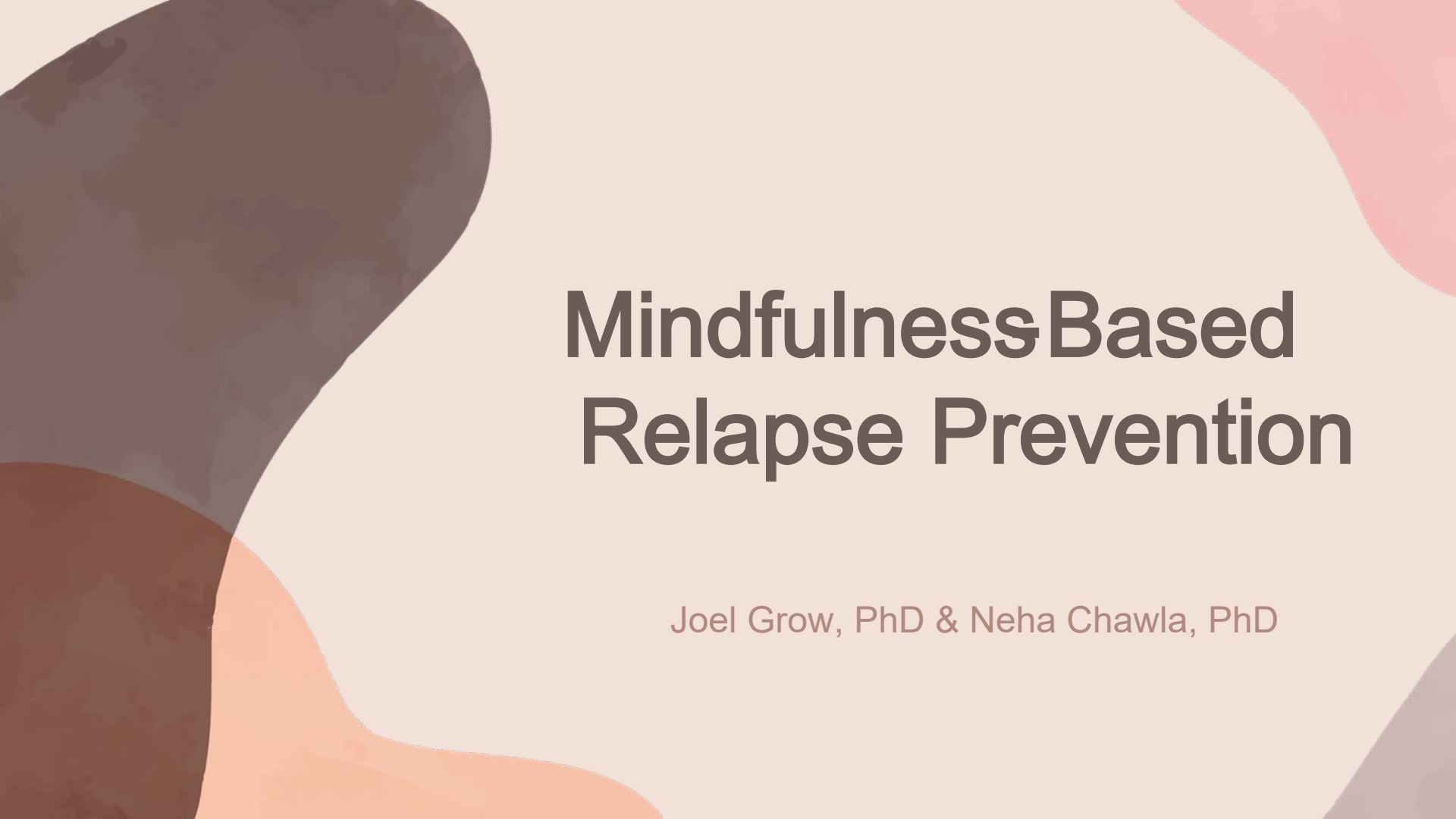
Today's Presenters



Neha Chawla, PhD is a clinical psychologist, founder and director of the Seattle Mindfulness Center, and Clinical Instructor in the Department of Psychology at the University of Washington. She provides mindfulness- and acceptance-based psychotherapy and is a co-creator of Mindfulness-Based Relapse Prevention (MBRP) and co-author of *Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide*.

Joel Grow, PhD, is a clinical psychologist, mindfulness facilitator, and clinical instructor in the department of psychology at the University of Washington. A member of the development team for the Mindfulness-Based Relapse Prevention (MBRP) program, he continues to lead MBRP groups and trainings, and co-authored the MBRP clinician's guide. He is also a certified teacher of Mindful Self-Compassion (MSC).

Erinn McGraw, BFA, is an instructional designer and public health communicator at the University of Washington's Addictions, Drug & Alcohol Institute. Her work involves various forms of information dissemination to engage the public in health topics on substance use treatment, recovery, health support, and prevention. She co-leads the *Empathy Lens* project (empathylens.org) which offers free anti-stigma images related to substance use recovery, treatment, and community support.



Mindfulness Based Relapse Prevention

Joel Grow, PhD & Neha Chawla, PhD

Road Map

- ✧ Background
- ✧ Program Structure and Approach
- ✧ Facilitation Style and Inquiry process
- ✧ Core Intentions of the Program
- ✧ Practices (Urge Surfing, SOBER Breathing Space, False Refuge, Relapse Chain)
- ✧ Q & A/ Resources

MBRP

- ✧ A program designed to address addictive behaviors and other habitual or reactive patterns by helping clients develop mindfulness skills.
- ✧ Integrates cognitive-behavioral relapse prevention (Marlatt & Gordon, 1985) skills with mindfulness practices.
- ✧ Applicable to a range of addictive behaviors.
- ✧ Informed by MBSR (Kabat-Zinn, 1990), MBCT (Segal, Williams & Teasdale, 2002) and RP (Daley & Marlatt, 2006)
- ✧ 8 weekly 2-hour sessions + home practice



Background

2005: MBRP model articulated (Witkiewitz, Marlatt & Walker)

2009: First randomized controlled trial (Bowen et al., 2009)

N = 168 adults following IOP

MBRP vs. TAU

↓ substance use & craving

2011: Clinician's guide published (Bowen, Chawla & Marlatt)

8 session manualized intervention

2014: Multi-arm RCT (Bowen et al., 2014)

N = 286

MBRP vs. RP vs. TAU; 12-month follow-up

MBRP & RP ↓ substance use

MBRP ↓ drug use days at 12 mths

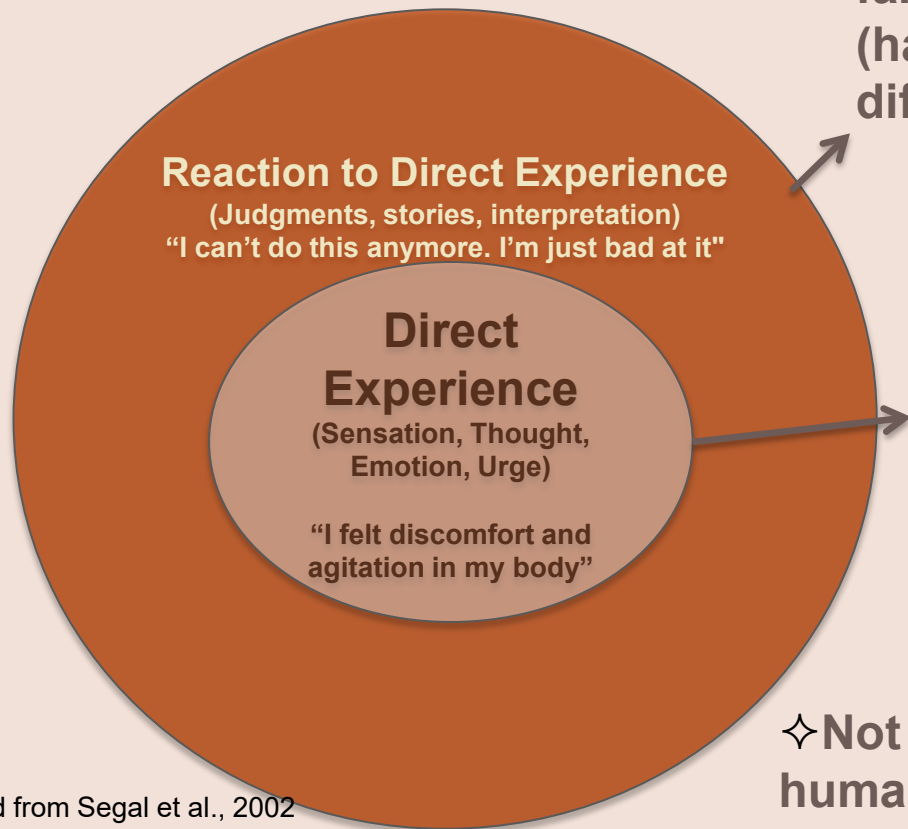
2021: Second edition published (Bowen, Chawla, Grow, & Marlatt, 2021)

Approach

- ✧ Experiential
- ✧ Present moment vs. story
- ✧ Importance of facilitator mindfulness practice: Nonjudgment, openness, curiosity
- ✧ Elicit vs. teach

The resources, wisdom and motivation for change are presumed to lie within the person.

Facilitation Style/Inquiry



Was your experience familiar (habit/autopilot) or different?

How does this relate to your daily life or addictive patterns?

✧ Not personal; a common human experience

Core Intentions Of MBRP

INCREASING AWARENESS

Thoughts, feelings and sensations, including triggers

SHIFTING RELATIONSHIP TO DISCOMFORT

“Being with” rather than “fighting”, “avoiding” or “trying to fix”

RESPONDING VS. REACTING

Interrupt previously automatic/ habitual behaviors, greater sense of freedom and choice

ACCEPTANCE, NON-JUDGMENT & COMPASSION

Detach from self-critical and automatic thoughts that often lead to addictive behavior and relapse

Session Themes

Session 1: Automatic Pilot and Relapse

Session 2: Awareness of Triggers and Craving

Session 3: Mindfulness in Daily Life

Session 4: Mindfulness in High-Risk Situations

Session 5: Acceptance and Skillful Action

Session 6: Seeing Thoughts as Thoughts

Session 7: Self-Care and Lifestyle Balance

Session 8: Social Support and Continuing
Practice

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**Increasing
Awareness**

**Responding vs.
Reacting**

**Shifting
Relationship to
Discomfort**

Session Themes

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**High-Risk
Situations/Relapse**

Session Themes

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Session 3: Mindfulness in Daily Life

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Session 8: Social Support and Continuing Practice

**Self-Care
Self-compassion
Maintenance**

Core Intention One:

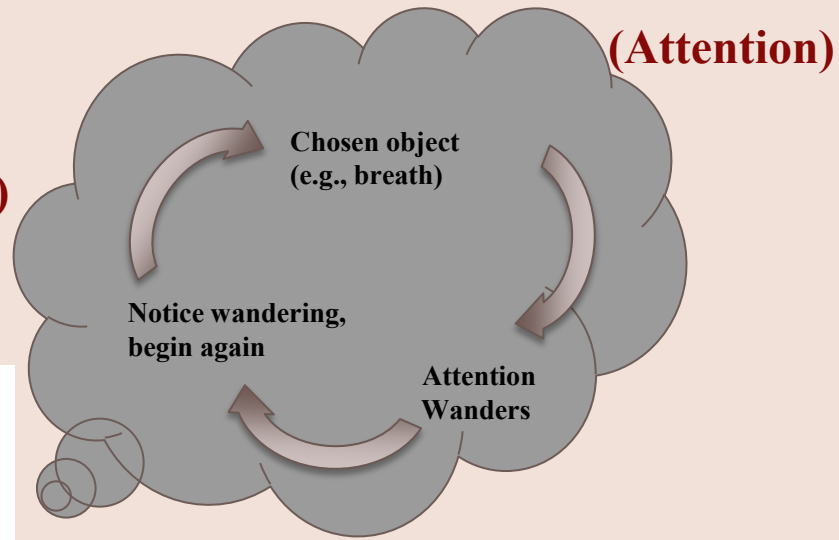
Increasing Awareness:



Mindfulness Exercise

What is Mindfulness?

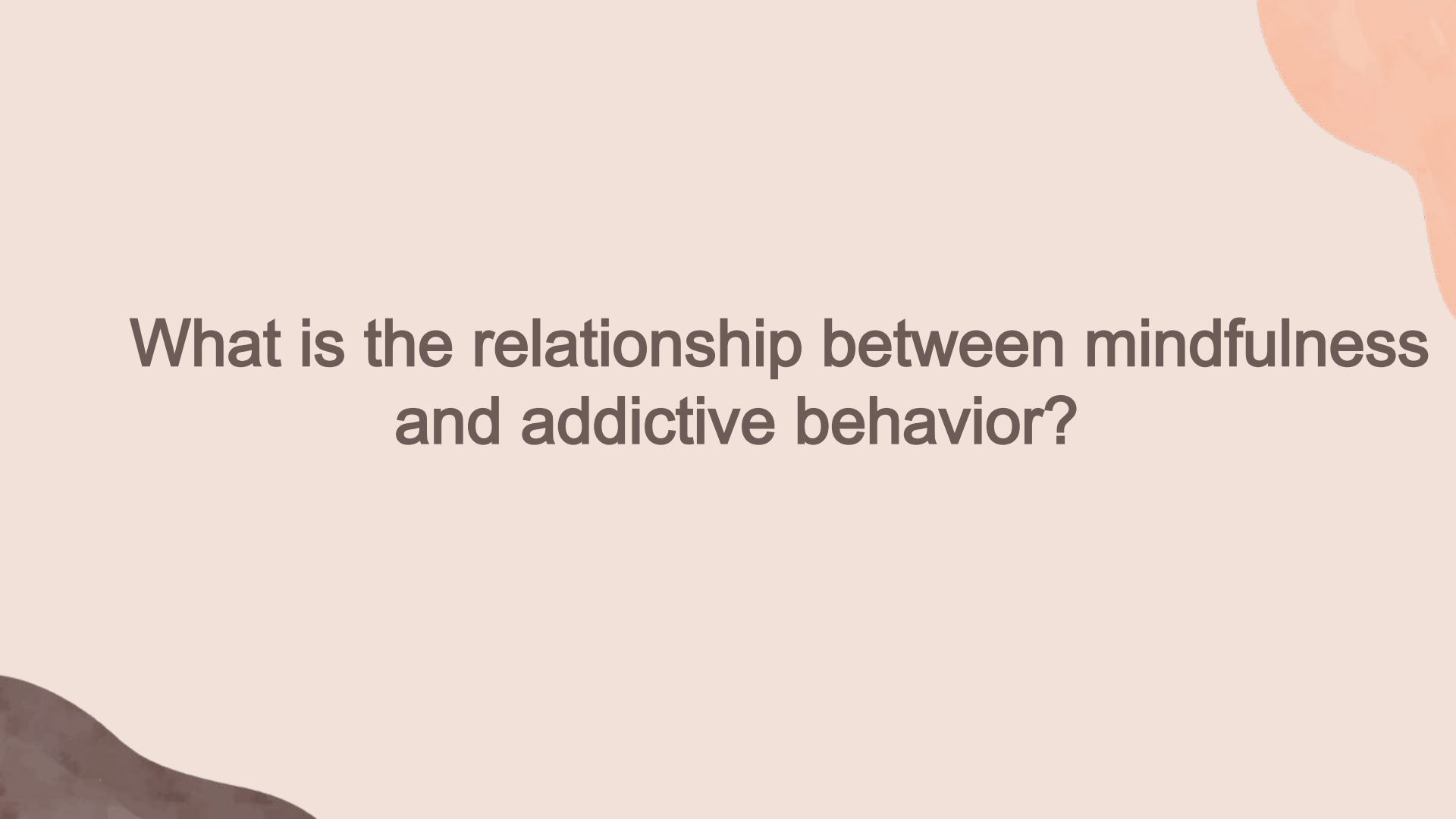
(Nonjudgmental)



(Present Moment)

“Awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment”

(Kabat-Zinn, 2003)



**What is the relationship between mindfulness
and addictive behavior?**

The background is a solid light beige color. It features three large, abstract, organic shapes: a muted purple one in the top left, a light orange one in the top right, and a light pink one in the bottom right corner.

“Mindfulness gives you time. Time gives you choices. Choices, skillfully made, lead to freedom.”

—BHANTE HENEPOLO GUNARATANA

Sample Exercise:

Increasing Awareness of Triggers

Awareness of Triggers

Situation/ Trigger	What sensations did you experience?	What moods, feelings or emotions did you notice?	What thoughts arose?	What did you do?
An argument with my girlfriend.	Tightness in chest, sweaty palms, heart beating fast, shaky all over	Anxiety, hurt, anger	"I can't do this." "I need a drink." "Forget it. I don't care anymore"	Yelled, slammed door, went for a walk

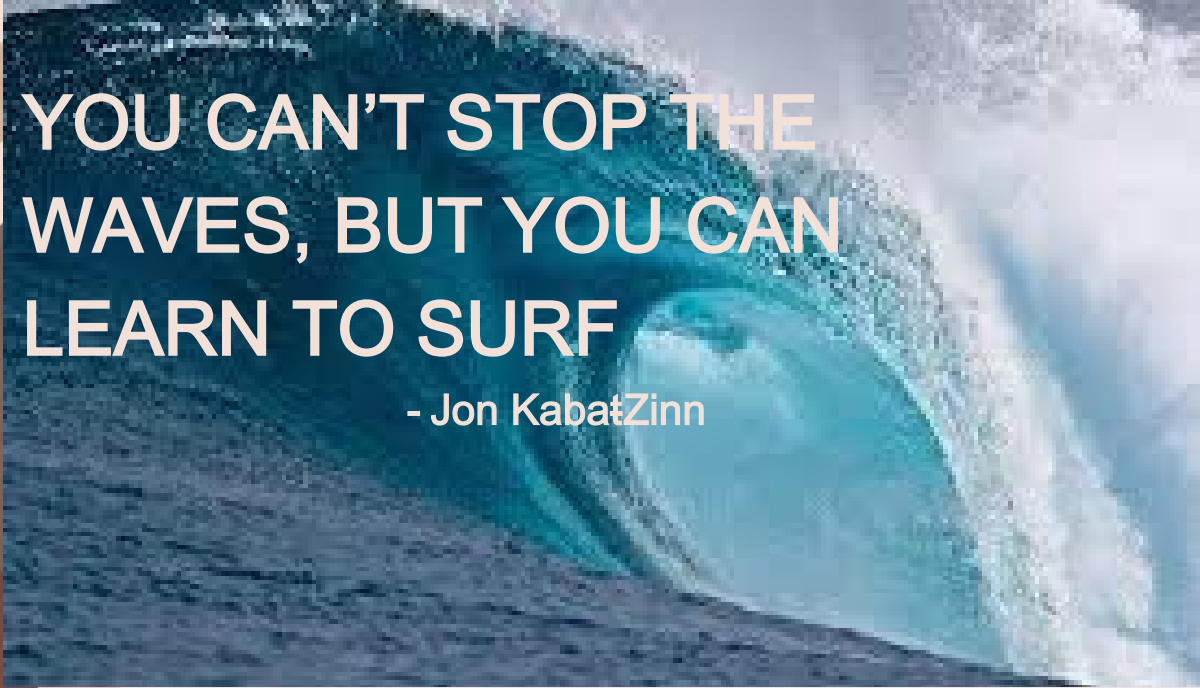
Core Intention Two:

Relationship to Discomfort:

Urge Surfing
False Refuge



URGE SURFING

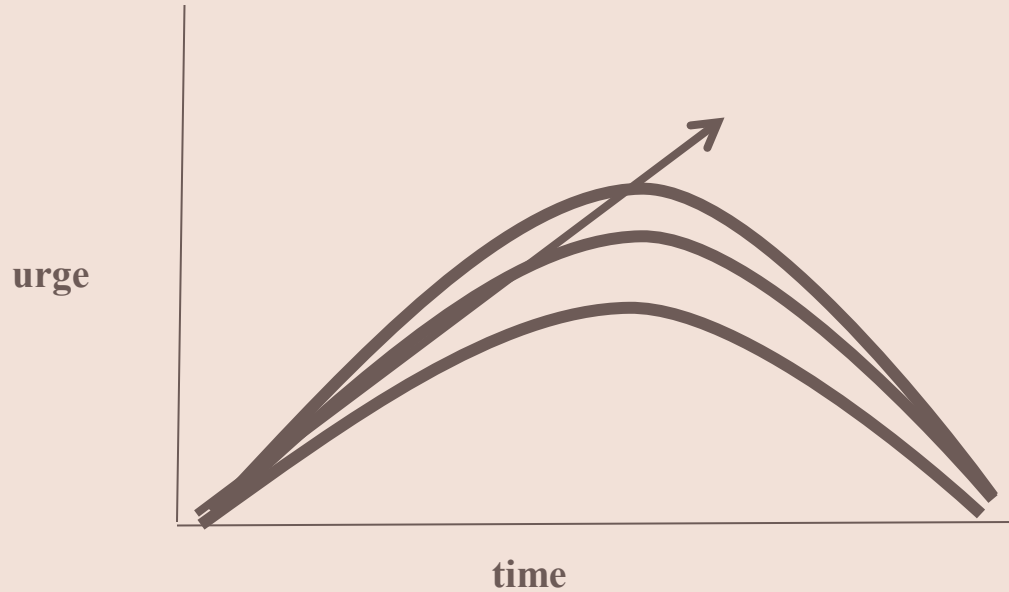


YOU CAN'T STOP THE
WAVES, BUT YOU CAN
LEARN TO SURF

- Jon KabatZinn

Staying with the urge (wave) as it grows, riding it to its peak, using the breath to stay steady, trusting it will naturally subside without any action.

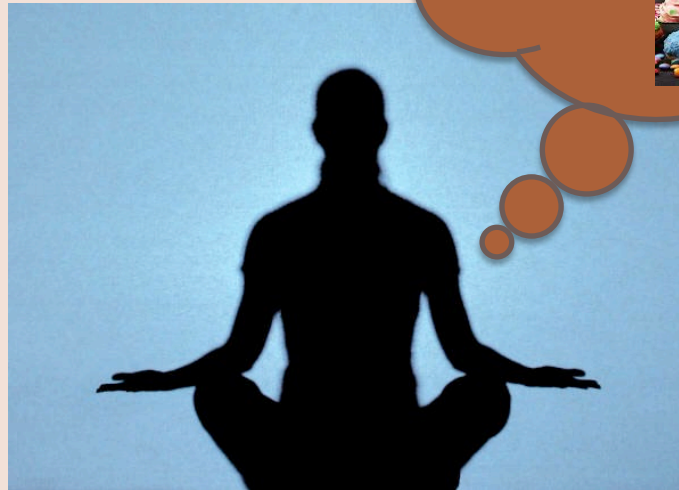
URGE SURFING



Seems as though the craving will get
BIGGER and **BIGGER**...

Unless you do something to “fix it”

FALSE REFUGE



FALSE REFUGE

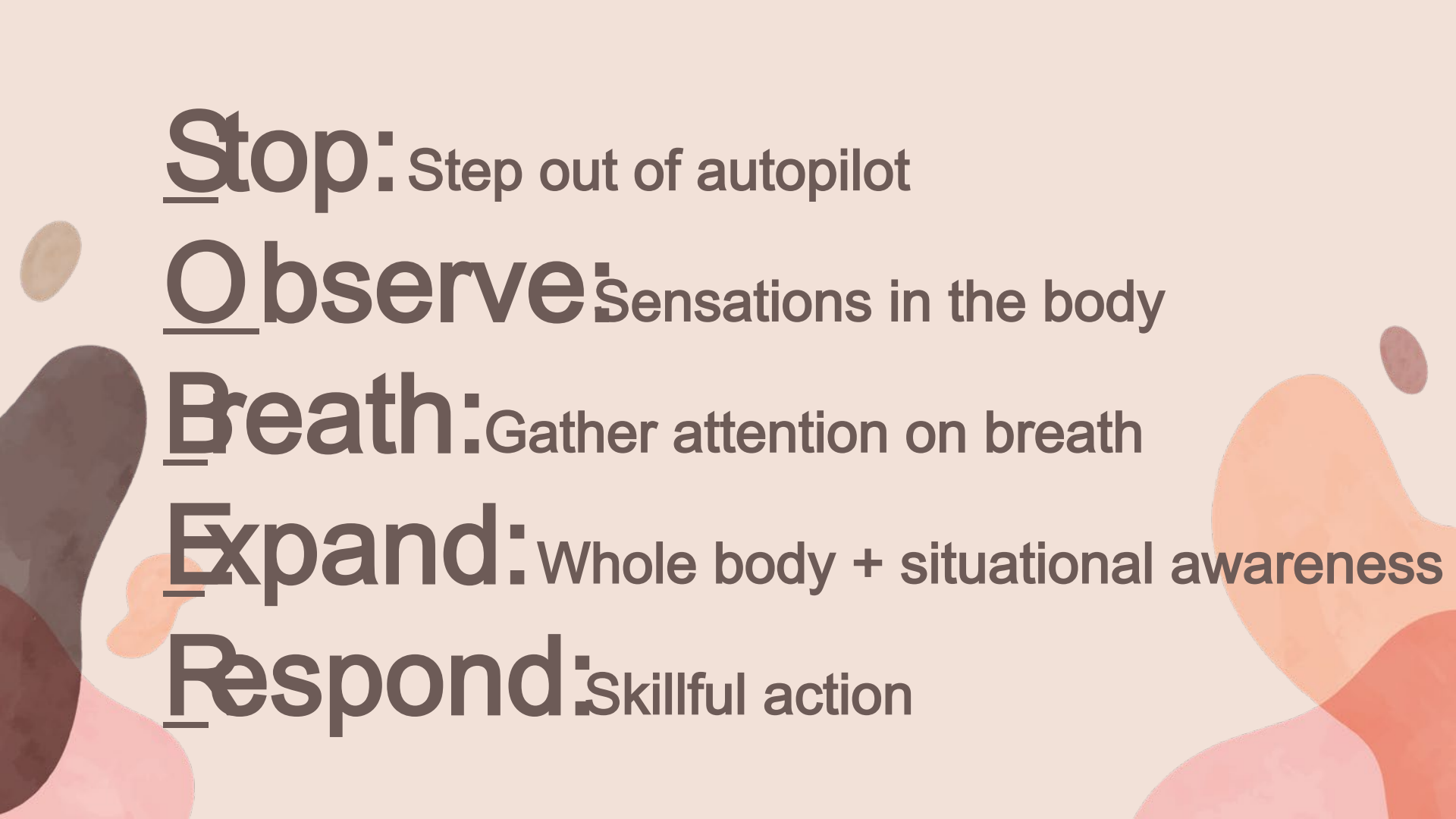


Core Intention Three:

Responding vs. Reacting:

SOBER Breathing Space





Stop: Step out of autopilot

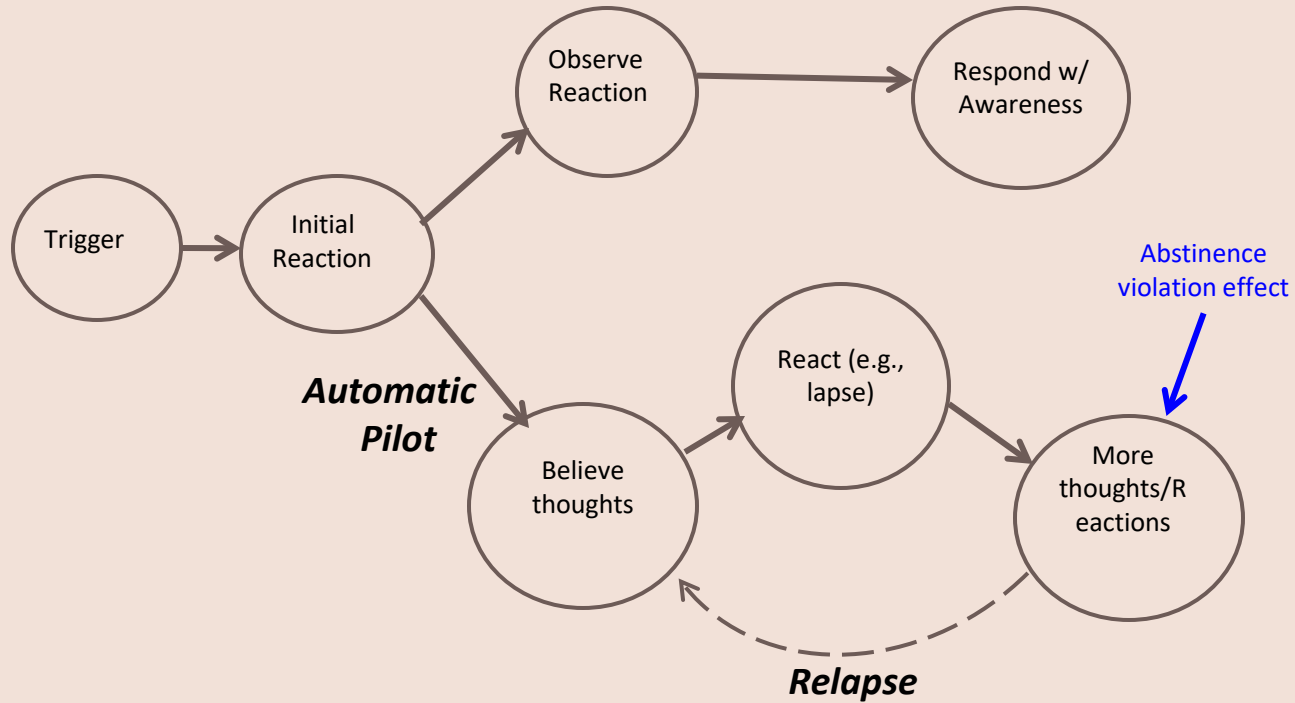
Observe: Sensations in the body

Breath: Gather attention on breath

Expand: Whole body + situational awareness

Respond: Skillful action

Relapse Chain



Core Intention Four:

Acceptance, Nonjudgment & Compassion

Lovingkindness Practice



Current Evidence

2017: ~~Meta~~-analysis (Grant et al., 2017)

9 RCTs | 901 participants

No statistically significant difference in relapse or frequency of use

Small effect favoring MBRP for reduction in craving and negative consequences

2021 Systematic review (Ramadas et al., 2021)

13 studies

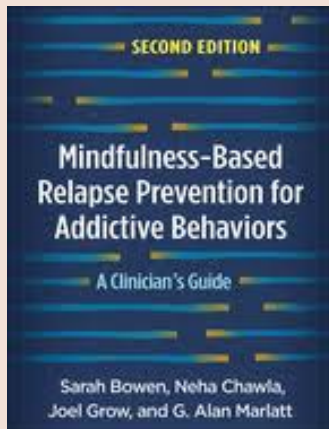
Most studies reported improvement in ≥ 1 addiction-related outcome

Findings particularly encouraging for **craving** and **frequency of use**

Questions

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SeattleMindfulnessCenter.com

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Every survey we receive helps us improve and
continue offering our programs.

https://bit.ly/Mindfulness_2026

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