Ask an Addiction Specialist

Dr. Bob Weathers

Last Week:

Saying You're Sorry

Subtitle:
How to Make Amends Effectively

Today:

Practicing Self-Observation

Subtitle:

Insight Meditation Applied

Special Bonus: New Year's Resolutions That Matter

Please Feel Free to Submit Questions

Today:

Practicing Self-Observation

35 Years Ago:

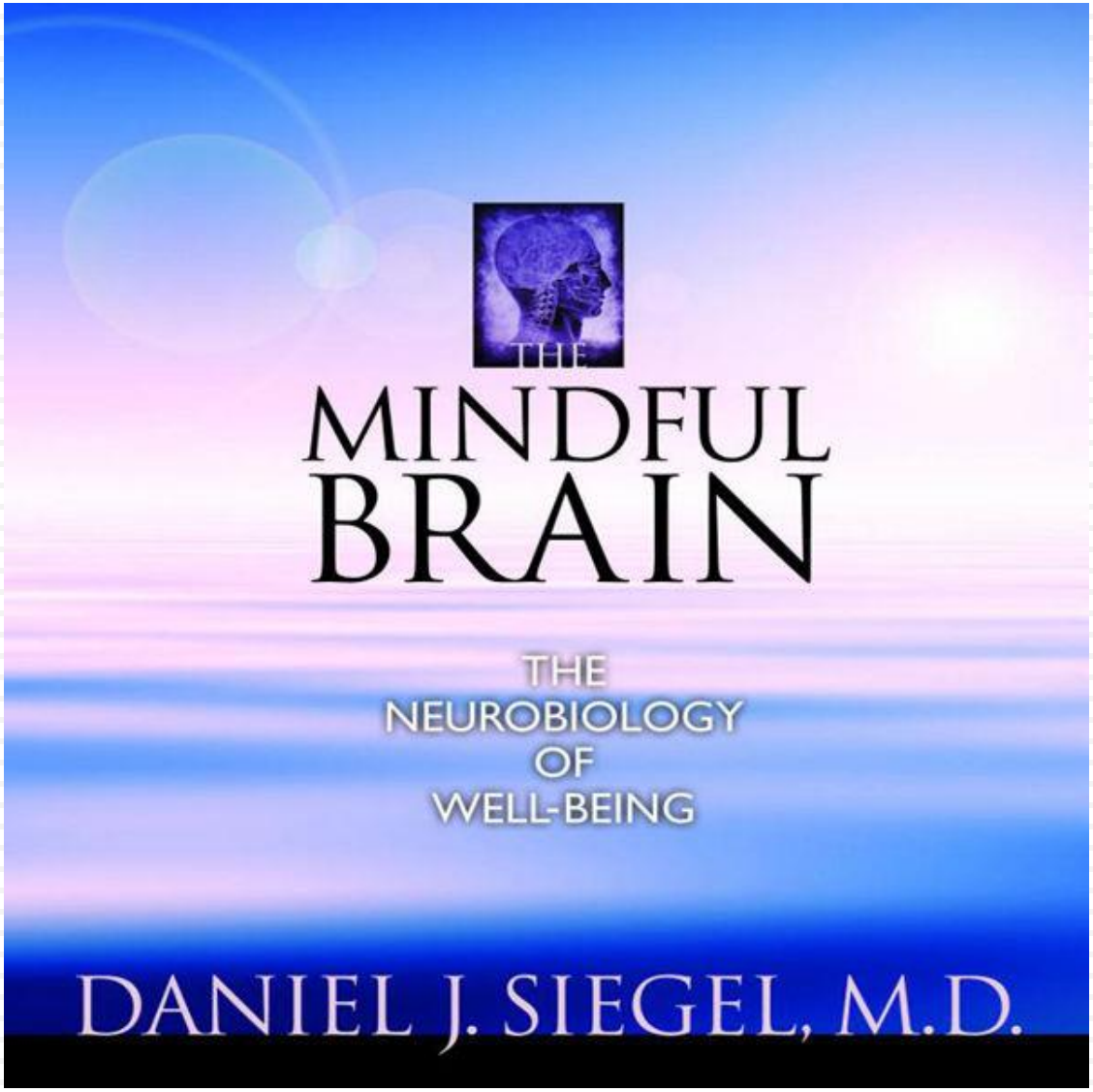
Doctoral Dissertation on Mindfulness

***Mindfulness, or Insight, Meditation* = Practicing Self-Observation**

Insight Practice: Being Aware of the Present Moment…

…And Simply Noticing Thoughts and Feelings as They Come and Go

Dr. Daniel Siegel


THE
MINDFUL
BRAIN
THE
NEUROBIOLOGY
OF
WELL-BEING
DANIEL J. SIEGEL, M.D.

Dr. Bonnie Badenoch

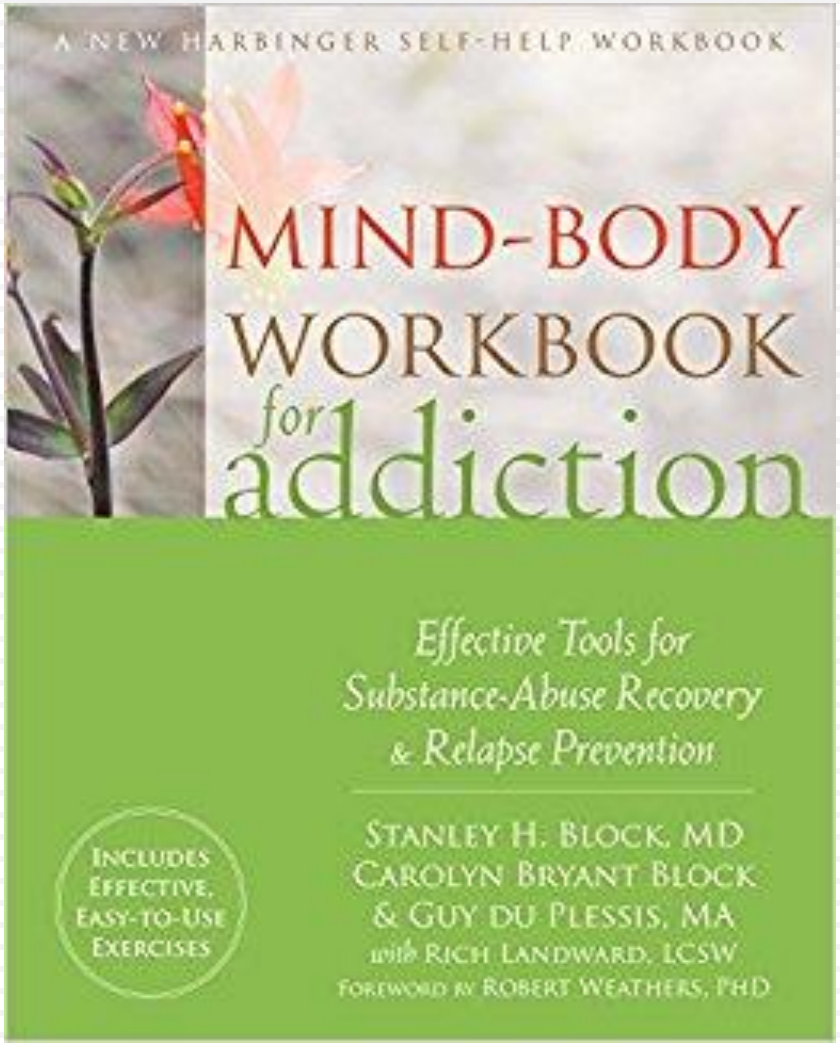
BEING A BRAIN-WISE THERAPIST

A Practical Guide to Interpersonal Neurobiology

BONNIE BADENOCH

FOREWORD BY DANIEL J. SIEGEL

Ken Wilber & Guy Du Plessis


A NEW HARBINGER SELF-HELP WORKBOOK
MIND-BODY
WORKBOOK
for
addiction
Effective Tools for
Substance-Abuse Recovery
& Relapse Prevention
INCLUDES
EFFECTIVE,
EASY-TO-USE
EXERCISES
STANLEY H. BLOCK, MD
CAROLYN BRYANT BLOCK
& GUY DU PLESSIS, MA
with RICH LANDWARD, LCSW
FOREWORD BY ROBERT WEATHERS, PHD

Noah Levine

REFUGE RECOVERY
A BUDDHIST PATH TO RECOVERING FROM ADDICTION
• NOAH LEVINE •

Insight Practice = Practicing Self-Observation

Insight Practice: Being Aware of the Present Moment…

…And Simply Noticing Thoughts and Feelings as They Come and Go

Exercise:

5 Minutes of Insight Practice

What Did You Notice?

"Monkey Mind"

→

Increasing Gaps

Benefits?

“Building Brain”

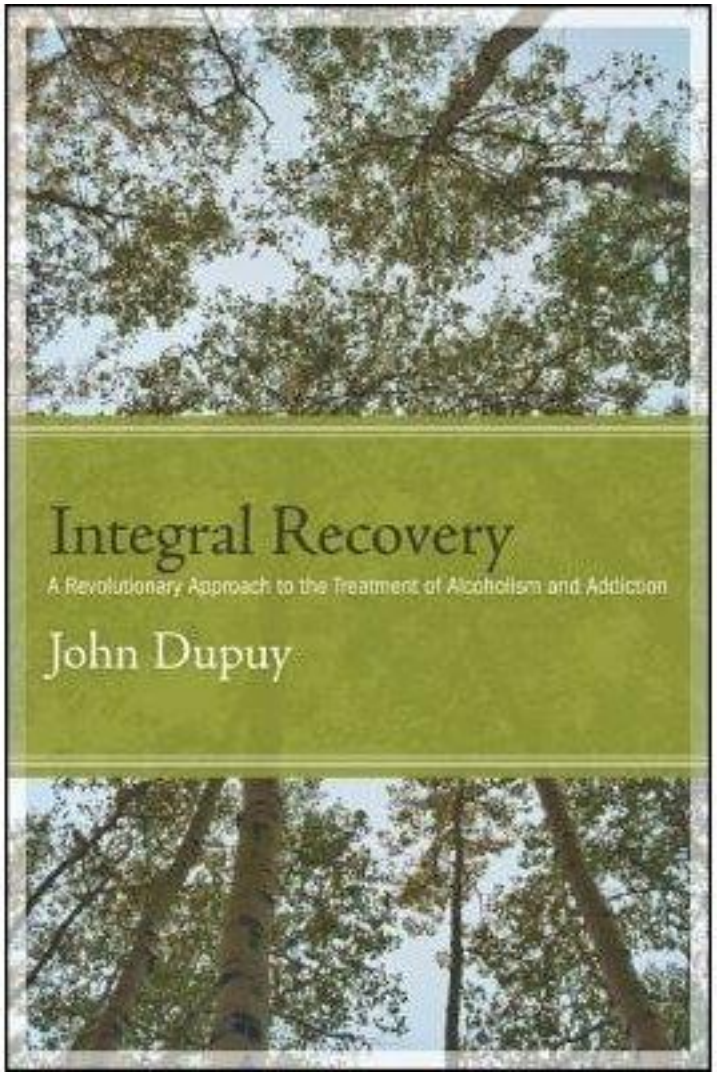
→

Executive System

Any Questions?

New Year's Resolutions That Matter?

John Dupuy & Doug Prater


Integral Recovery
A Revolutionary Approach to the Treatment of Alcoholism and Addiction
John Dupuy

INTEGRAL
RECOVERY INSTITUTE
the
JOURNEY
of
INTEGRAL
RECOVERY
podcast

New Year's Resolutions That Matter?

Body/Mind/Soul/Spirit/Shadow

Advanced Peek at Our Next Topic

In Two Weeks, January 10, 2018 :

Gender & Recovery

Any Final Questions?

Thanks for Joining!

***Further Resources*:**

www.drbobweathers.com