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Applying Science to Practice
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Whole Health Action and Management (WHAM): Enhancing Resilience

with

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A Certified Client-Directed, Outcome-Informed Services Trainer with the Heart and Soul of Change Project: www.heartandsoulofchange.org

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The Endless Vine: An ancient symbol of life,
infinity or the interweaving wisdom of the flow
of time and movement on the path with That Which Is Eternal



WHAM: Enhancing Resilience

Relationship Enhancement Microskills: OARS

Miller, W. & Rollnick, S. (2013, 3rd ed.). *Motivational interviewing: Helping people change*. New York: Guilford.

Open-Ended Questions: Express concern, interest, puzzlement, etc.; Who, What, How

Affirmation/Validation: Affirm appreciation for the other person and identify his or her strengths; “You stayed sober last weekend!” instead of, “How did you manage to avoid drinking?” “Given what happened, it makes sense that you are concerned about...”

- Describe behaviors
- Begin with “You...” not “I”
- Attend to solutions instead of problems
- Attribute interesting qualities to the person
- Focus on a strength or attribute, not the lack of something or what was not done

Reflections: Make statements about what the other person said, instead of asking questions

- Begin with: “You think (feel)...,” “You’re wondering if...,” “So you feel (think)...,”

Summarizations: Short, clear statements that organize what’s been said; Use “and” instead of “but”

Whole Health Action and Maintenance (WHAM) Resilience Factors

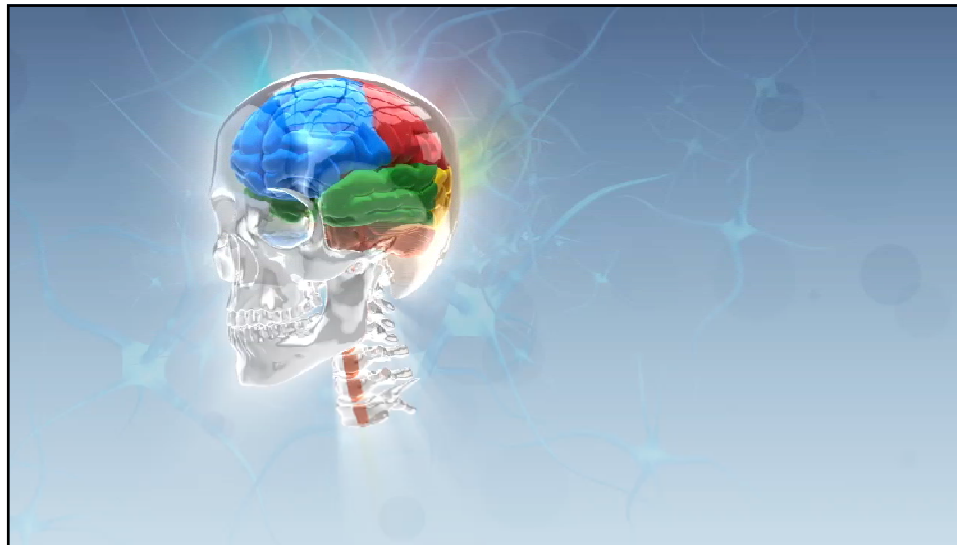
Health Resources Services Administration Center for Integrated Health Solutions. (2012, April).

Whole health action management (WHAM) peer support training participant guide.

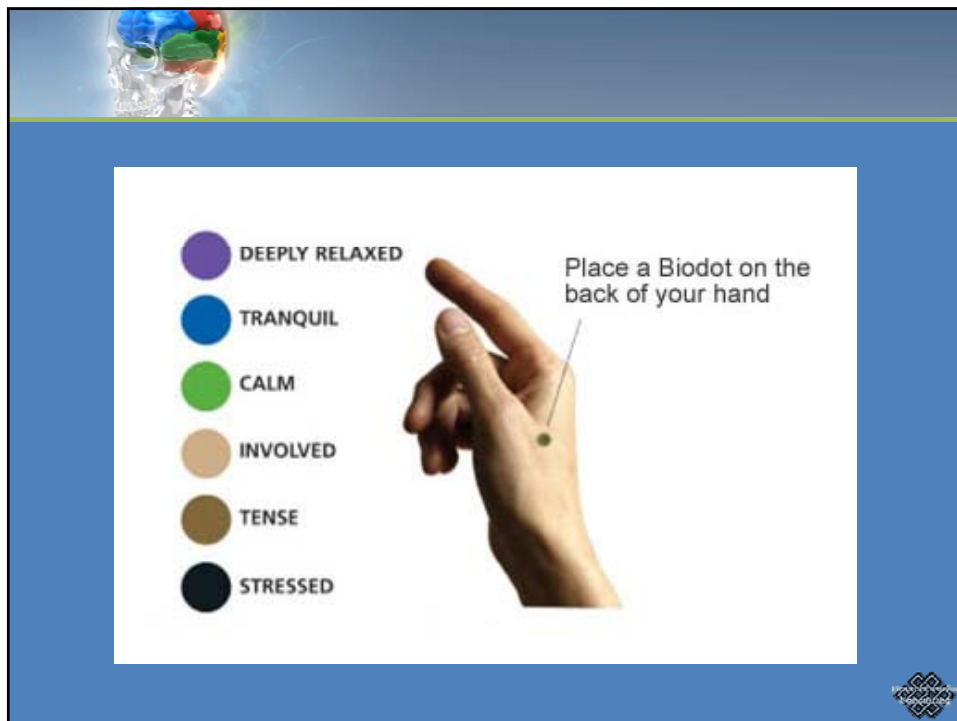
Washington, DC: SAMHSA. Available at <http://www.integration.samhsa.gov/health-wellness/wham>.

- Manage stress (1) Eat healthy (2) Do physical activity (3)
- Get restful sleep (4) Serve others (5) Engage in support networks (6)
- Experience optimism based on positive expectations (7)
- Focus on spiritual beliefs and practices (8)
- Experience a sense of meaning and purpose (9)
- Use positive cognitive skills to avoid or manage negative thinking or emotions (10)






**Whole Health Action and Management (WHAM):
Enhancing Resilience**
George S. Braucht, LPC GA State Board of Pardons & Paroles
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Place a Biodot on the
back of your hand

- DEEPLY RELAXED
- TRANQUIL
- CALM
- INVOLVED
- TENSE
- STRESSED




Schedule



3:00pm Begin

4:30pm End


re-sil-i-ence:
the ability to bounce back when faced
with stress or pressure.




Objectives. Upon completion of this training participants will:

- A. Practice progressive relaxation and mindfulness techniques that research shows improve personal and community wellbeing.
- B. Use the fundamental relationship enhancement skills (OARS).
- C. Engage in a self-directed whole health & resiliency action and management process.








Safety & Respect Guidelines




1. "No fixing": Share what works for you by using "I..." statements. Avoid: "You (they, we, etc.)" "...should...", "...need to...", "...must...", etc.
2. "May I": Receive permission before sharing someone else's personal information.



Safety & Respect Guidelines (cont.)




3. Turn off PDAs (personally disrespectful accessories) while we are in session.
4. Other guidelines that will help make this a safe and respectful place for you?









A moment of silence!

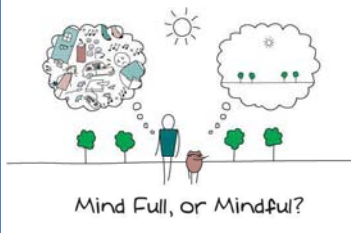


"I only had one drink!!!!"







Paradigm shift



Mind Full, or Mindful?


It is easier to discover a deficiency in individuals, in states, and in Providence, than to see their real import and value.

Hegel



Challenge Exercise

- 1. Find someone that you do not know well.*
- 2. Partner A & Partner B*
- 3. Partner A: In 90 seconds, describe what helped you come back from a life challenge.*






Partner B: Listen with...

Undivided attention
Eyes, ears, and heart
Acceptance
Curiosity
Delight



Equanimity: State of psychological stability and composure that is undisturbed by experiencing or exposure to emotions, pain or other phenomena that may cause a loss in the balance of one's mind

When time is called: Partner B has 45 seconds – summarize back to Partner A what s/he said worked – will not report out to the larger group



Relationship enhancement skills: OARS


Open-ended questions: Who, What, How, Why;
Express concern, interest, puzzlement, etc.

Affirmations: Affirm appreciation for the other person and identify his or her strengths; Focus on solutions not problems

Reflections: State about what the other person said without judgment or evaluation

Summarizations: Short, clear, organizing statements

Miller & Rollnick. (2013, 3rd ed.) *Motivational interviewing: Helping people change.*



Left shift and polyvagal theory

Parasympathetic

- Stimulates flow of saliva
- Slows heartbeat
- Constricts bronchi
- Stimulates peristalsis and secretion
- Stimulates release of bile
- Contracts bladder

Sympathetic


- Dilates pupil
- Inhibits flow of saliva
- Accelerates heartbeat
- Dilates bronchi
- Inhibits peristalsis and secretion
- Conversion of glycogen to glucose
- Secretion of adrenaline and noradrenaline
- Inhibits bladder contraction

Relaxation (Approach)

Fight, Flight, Tend or Friend (Avoid)

The relaxation response

Herbert Benson, M.D.
American cardiologist
and founder of the
Mind/Body Medical
Institute at
Massachusetts General
Hospital in Boston



The relaxation response (cont.)

Stress reduction; improved immune function; the ability to balance emotions; enhanced capacity for compassion, empathy, and equanimity; insight; and identity shift.

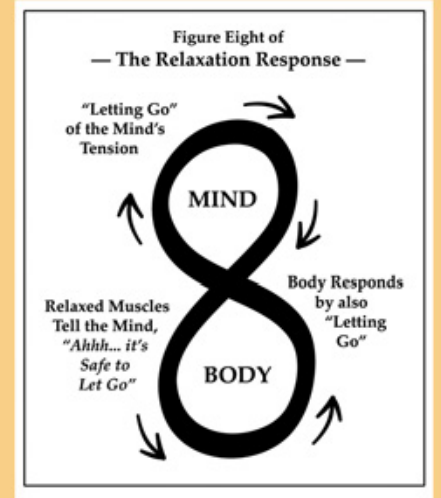


Figure Eight of — The Relaxation Response —


"Letting Go" of the Mind's Tension

MIND

Body Responds by also "Letting Go"

Relaxed Muscles Tell the Mind, "Ahhh... it's Safe to Let Go"

BODY



Over 2,500 years of contemplative practices



WHAM Recovery IMPACT Goal Setting Facilitator Guide

Adapted from: Health Resources Services Administration Center for Integrated Health Solutions. (2012, April). *Whole health action management (WHAM) peer support training participant guide*. Washington, DC: SAMHSA. Available at <http://www.integration.samhsa.gov/health-wellness/wham>.

If the person is in treatment, be sure to ask about the goals and tasks on her/his treatment /recovery plan. Your job is to use Relationship Enhancement OARS to ask the below questions. You may provide two or more goal or task options from which the person chooses what s/he thinks will work but do not suggest one goal or task = THE answer! When people find the answers themselves by acknowledging the benefits they have ownership of the goal(s) or task(s).

Desired Benefit(s) + Ownership = Motivation.
Goal = something we are willing to work for because we want the benefits
Benefits = the motivation behind the goal; incorporate into the goal statement to sustain the associated behavior and harness the person's ability to accomplish the goal

A. 10 Whole Health and Recovery Resiliency Factors: Choose 2-4 goals for this week

1. Stress management, 2. Healthy eating, 3. Physical activity, 4. Restful sleep
5. Service to others, 6. Engaging support networks, 7. Optimism based on positive Expectations, 8. Spiritual beliefs and practices, 9. A sense of meaning and purpose
10. Cognitive skills to avoid negative thinking

B. IMPACT criteria questions about goals. Ask:

1. Does it **Improve** the quality of my health and resiliency (recovery)?
2. Is it **Measurable** so that my recovery supporter(s) know when I have accomplished it?
3. Is it **Positively** stated as something new that I want to do in my life?
4. Is it **Achievable** given my present situation and current abilities?
5. Does it **Call** for actions I can take on a regular basis to create healthy, recovery habits?
6. Is it **Time-limited** in terms of when I will begin and when I plan to accomplish it?

C. If a goal statement does not meet one or more of the IMPACT criteria it is helpful to relate the goal to the desired benefits and create a **modified goal statement** by asking:


1. Why do you want this?
2. What will be the benefits?
3. How will your life be different when you accomplish it?
4. When you accomplish this goal, what will you be able to do that you can't or aren't doing now?

Brauchtworks Consulting
Certified PCOMS and Recovery Coach Trainer

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George S. Braucht, LPC - Joi... X



avorites Tools Help



*Applying Science To Practice
for Practice-Based Evidence of Effectiveness*

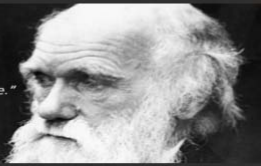
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Join me at the Parole Association of Georgia (PAOG) Conference in Athens Wednesday, October 29th at 3:00pm for Whole Health Action and Management (WHAM): Enhancing Resilience. Get the handout [here](#).




"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

- Charles Darwin

National Alliance for Recovery Residences Best Practices Summit attendees can find the handouts for Ethical Decision Making or the Partners for Change Outcome Management System trainings handouts [here](#).

Join us February 2-6 in sunny West Palm Beach FL for the Heart and Soul of Change Project's PCOMS Training for Trainers. Click [here](#) for the flyer.



Thanks for stopping by. Brauchtworks Consulting can assist you with providing practice-based evidence of service effectiveness using evidence-based practice.

Doing What Works!

Start
NEVER GIVE UP!
by doing what's necessary,
then do what's possible,
and suddenly you are doing
the impossible!
St. Francis of Assisi

THANKS
FOR YOUR ATTENTION
Whole Health Action & Management (WHAM):
Enhancing Resilience &
PARTICIPATION!
George S. Braucht, LPC