

# Community Education Series

The Recovery Village and Advanced Recovery Systems





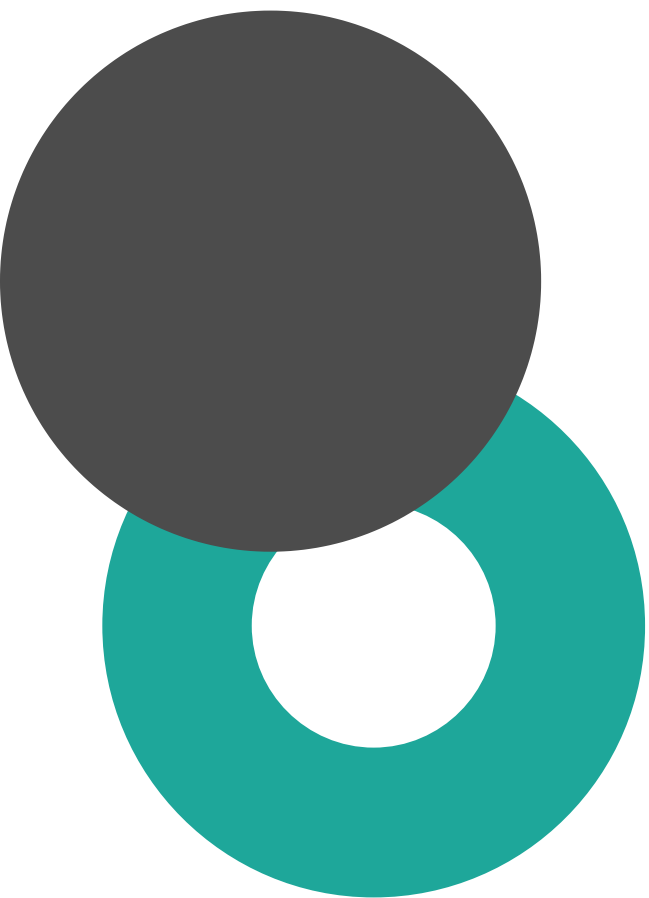
# **Presentation Topic:**

## **Relapse Prevention:**

“Doing” Recovery in this Changing World

## **Speaker:**

Sandee S. Nebel, MS, LMHC, CEDS-S, RYT



# About the Speaker:

Sandee S. Nebel

MS, LMHC, CEDS-S, RYT



Sandee Nebel is a licensed mental health counselor, provider of online therapy, with offices in central Florida and Tampa-Clearwater. She is a specialist in treatment of adult populations with anxiety, depression, substance abuse, eating disorders and relationship issues. Along with her work with individual clients, she is a frequent presenter at professional conferences and facilitates clinical training to new counselors. She provides supervision, staff training, and consulting to treatment centers and outpatient programs. Sandee has business management experience as a business owner, executive director, and clinical director of centers.

Integrative psychotherapy is an approach to healing and easing life's problems by increasing one's resilience and personal resources. Sandee incorporates the fundamental principles of traditional psychotherapy and holistic practices to promote healing on all levels: emotional physical, mental and spiritual. She aims to create a healthy alliance between mind and body to enable patients to manage stress and create a healthy lifestyle. Some of the tools she utilizes include yoga, mindfulness meditation and visual imagery.

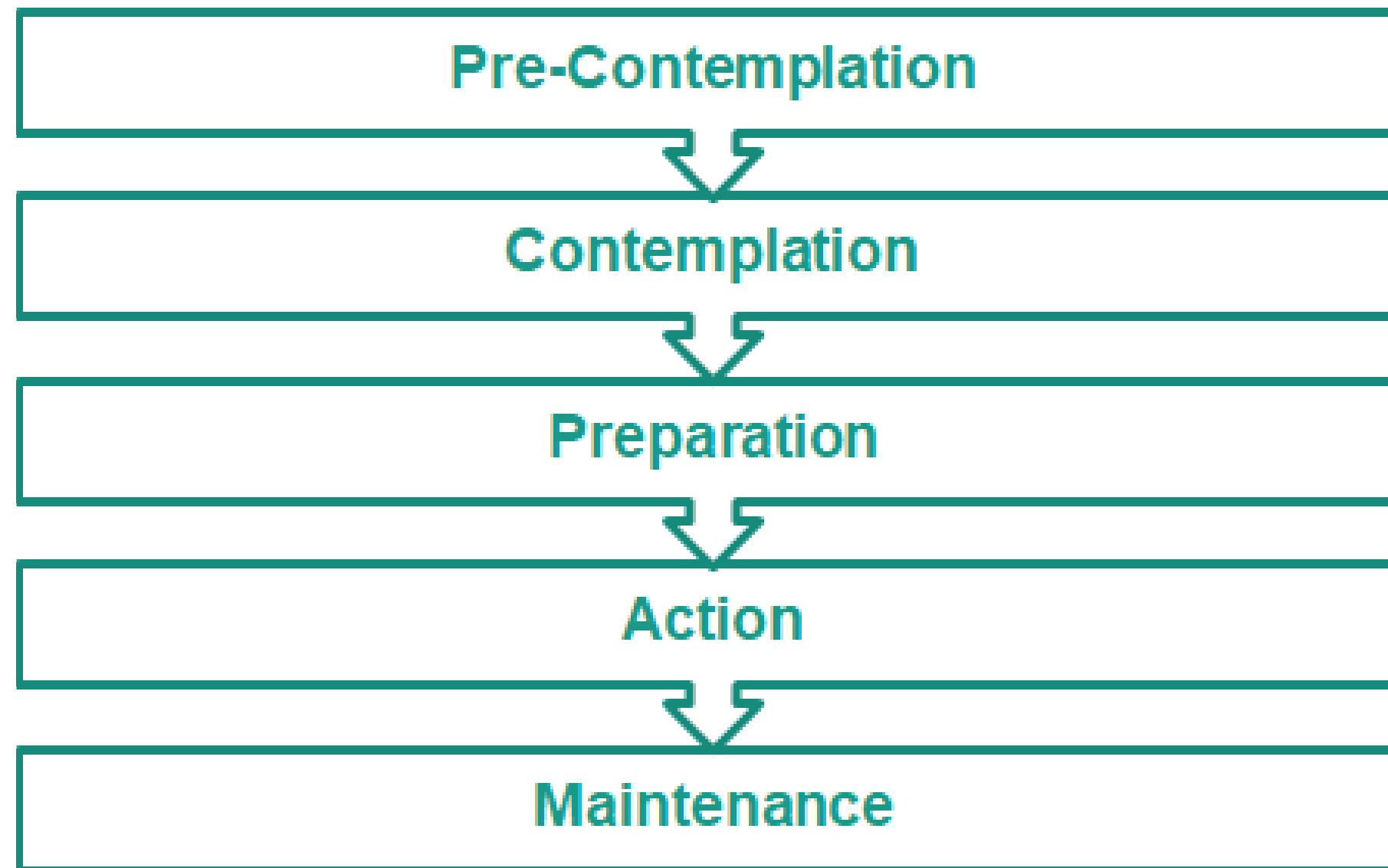
# “Doing” Recovery in this Changing World Agenda

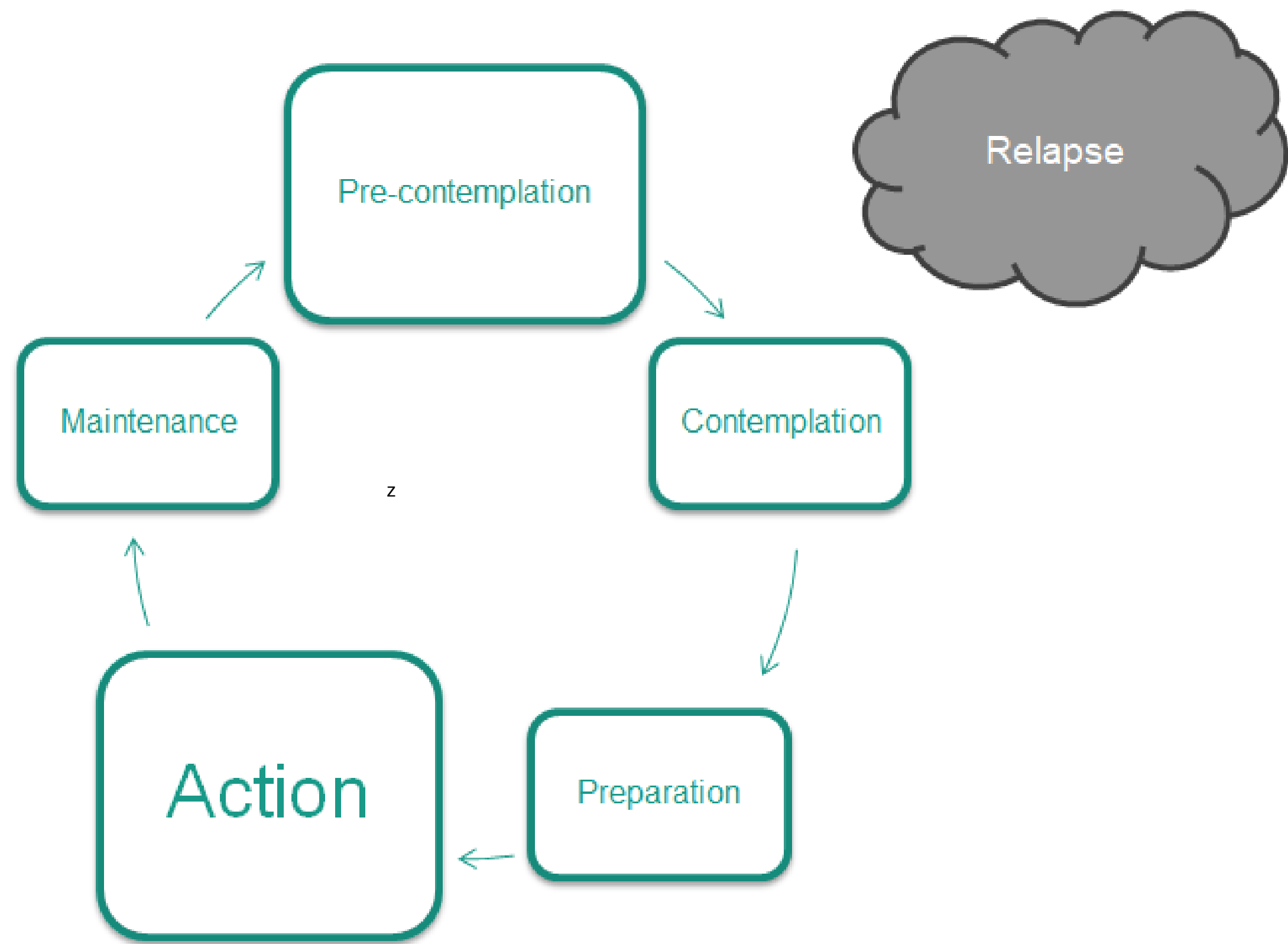
- Overview of the unique impact of the coronavirus disease on recovery
- “Doing” recovery in any of the Stages of Change
- Impact of stay-at-home orders
- Strategies for coping
- If you need help

# Overview

- Unique impact of the coronavirus disease on recovery
- Coronavirus disease (COVID-19) is a new form of virus
- Spread is rapidly growing, unseen, and unpredictable
- Fear and anxiety increases

# Stages of Change – Transtheoretical Model





# Impact of Stay-at-Home Order

- Isolation
- Support
- Fear
- Stress
- Financial



# Stressors and Psychological Effects

Frustration and boredom

Supplies

Insufficient information

Extended quarantine

Fears of getting sick or infecting others

# Stressors: Post-Quarantine

Financial

Job

Stigma

Back to Normal

# Compassion: Impact on Community

Family and Friends

Global

Job Security

Financial

Loss

Optimism

Societal Changes

# Compassion: Self-Compassion

Stress

Anxiety

Struggle Concentrating

Grief and Loss

Frustration

Hyper-Vigilance

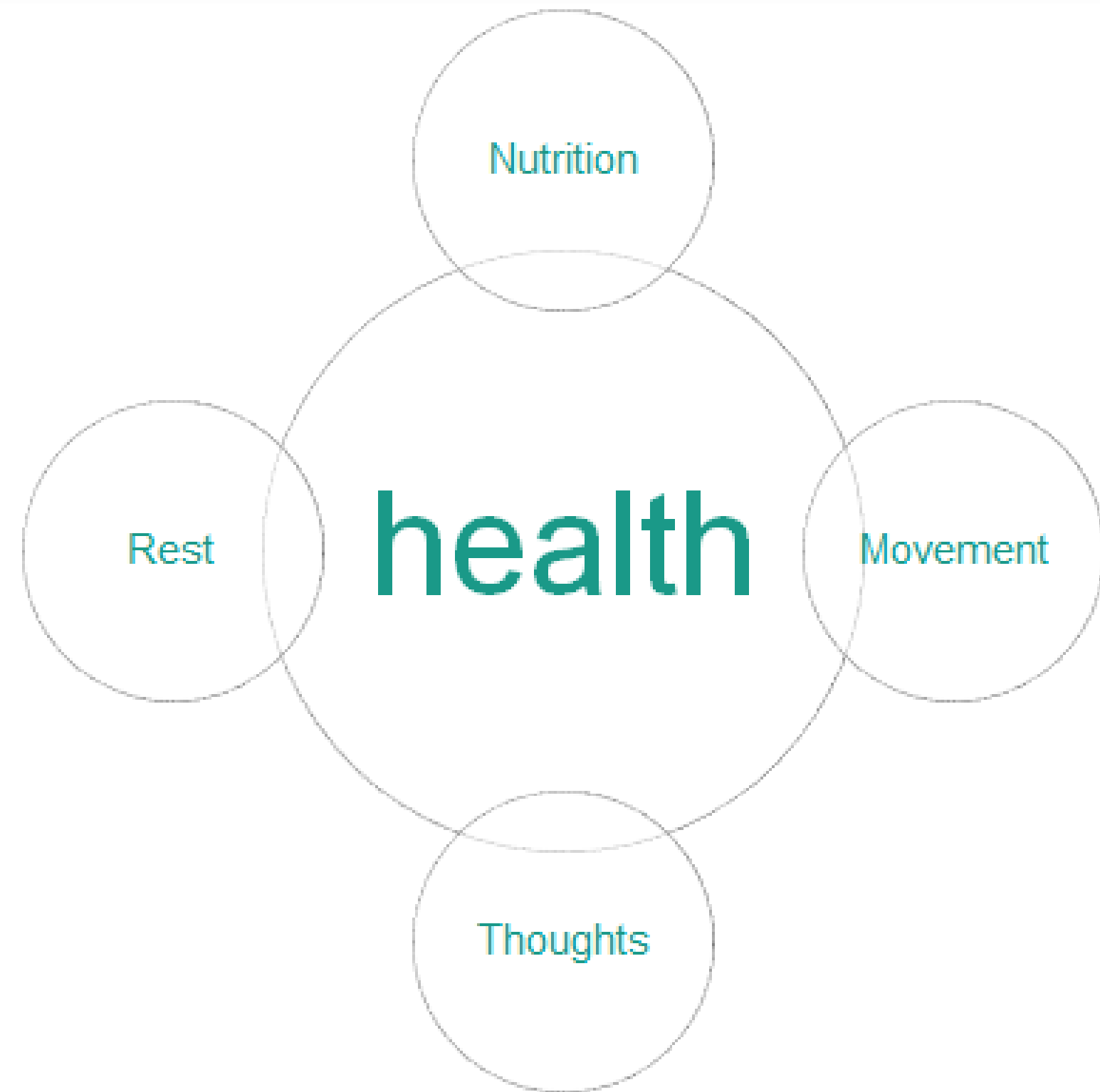
# Strategies for Coping

# Follow Recommendations

- **Stay informed**
- **Plan with family members**
- **Preparation**
- **Practice healthy hygiene precautions**
- **Practice social distancing**

# Case Examples

- Nutrition
- Movement
- Thoughts
- Rest



# Managing Thoughts and Emotions

Relapse Thinking

VS

Recovery Thinking



# Relapse Thoughts: All or Nothing Thinking

Worst Case Scenario

Ruminating

Focus on Threat

Self - Deprecation

Judgements Over Facts

Self - Victimization

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# Recovery Thinking: Managing Thoughts

Present Focused

Focus on What you can Control

Slogans and Mantras

Thought Distraction

Awareness vs Fear

Think Senses

Self Compassion

Seek Support

# Emotions: Managing Feelings

Identify Feelings

Label Feelings

Validate Emotions

Self- Soothe

Shift to Giving

Managing Expectations

# Connectedness

“Only through our connectedness to others can we really know and enhance the self. And only through working on the self can we begin to enhance our connectedness.”

— Harriet Goldhor Lerner, Author and Psychologist

# Cultivating Connection

## Self

- Introspection
- Reflection
- Centering
- Writing
- Collage

## Community

- Walks
- Zoom support groups
- Face-time or Zoom with friends
- Online games with family and friends
- Telephone
- Facebook groups

# Cultivating Connection

## Support Team

- Sponsor/Mentor
- Peers
- Newcomers
- Therapist/Counselor
- Life Coach
- Medical
- Psychiatric
- Support community

## Employer

- Peers
- Colleagues
- Manager
- HR
- EAP

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# **MIND/BODY CONNECTION**

# Tools

- Breathing exercises
- Guided imagery visualization
- Progressive muscle relaxation
- Mindfulness
- Yoga
- Resilience
- Purpose and meaning
- Values
- Altruism
- Strengths
- Neutrality
- Affirmations
- Play
- Writing
- Art
- Boundaries



# IF YOU NEED ANY HELP, REACH OUT!

- In an emergency, call 911
- Treatment centers
- Counselors/Therapists
- Conversations with family
- Support group
- Ask for help early

# **QUESTIONS?**

**SANDEE S. NEBEL,  
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**THANK YOU**

