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NEWS FROM DELRAY CENTER FOR HEALING AND WELLNESS

Relapse Prevention Tip of the Month

By Dr. Patty Shutt, Clinical Director



Identifying early warning signs that are PERSONAL to you is the key to staying on the path of recovery from any illness. If you have a serious infection and a fever comes back it is a signal to seek medical advice and possibly step up treatment. In fact many people ignore these early signs

because they are fearful of relapsing, thus setting themselves up inadvertently to a much worse situation. The first stage of treatment for any chronic illness relies upon being aware of the triggers and warning signs; yet often people get stuck because the general textbook stuff does not relate to them. In fact many people suffer from co-occurring illnesses (2 illness that occur at the same time) and they can often trigger one another, making identification even trickier. Triggers are different for everyone and can include either internal (thoughts, feelings, and physiological symptoms) or external (people, places, and things) or both. Individuals at the Delray Center are encouraged in treatment to identify the earliest signs because intervention early in the cycle leads to the greatest success. Warning signs can also be thoughts, feelings, physical changes, and behavior. Openness and honesty with your treatment providers and primary support is essential. Verbalizing that you recognize a trigger or that you are experiencing an early warning sign does not mean you will definitively relapse or that you have any intention. It does signal that all your internal and external skills and supports should be called in to action and develop a plan to prevent relapse or any other self-destructive behavior.

True Story: I worked with a client in recovery from poly-substance abuse and Bi-Polar Disorder. This client shared that a failure to brush and floss his teeth was an early warning sign of potential relapse. It was often joked about in session, but it was no joke! This client took it seriously because it signaled old patterns of poor self-care, procrastination, laziness, and mood dependent behavior. The great thing about this is that it was just one of many daily activities that helped served as a signal of where that individual stood on his personal path to wellness, recovery, and optimal living.

If you have any TIPS and TOOLS of relapse prevention to share, please submit them to PShutt@delraycenter.com.

Try Community Acupuncture

Community Acupuncture is a great opportunity to introduce yourself to the healing powers of Qi in a non-threatening and supportive environment. The format for the group acupuncture experience blends the medical benefits of acupuncture with the principles of meditation. Participants choose a comfortable pose and are encouraged to breathe deeply and relax quietly. Sterile, disposable, and painless (yes, really!) needles are gently placed in the ears allowing each person to settle into a tranquil and meditative state. Acupuncture has the ability to change the chemistry in the brain so that at the end of the meditation, the needles will be removed but the feeling of refreshment, rejuvenation, and sense of wellbeing remain.

Join me Tuesdays at 5:00 pm for Community Acupuncture and see for yourself!

Hope to see you there!

Doreen

Doreen Cott, A.P.

Delray Center Announcements

New yoga classes have just been added -

- Thursdays @ 11:15 am begins July 7th
- Mondays @ 7:15 pm begins July 11th

Call 561.266.8866 for package rates and registration information.



Meet the Therapist: George Baaklini, LMHC



Tell us a little about yourself.

I am a certified Mental Health Counselor, Marriage and Family Therapist, Sex Therapist, Psychodramatist and Group Psychotherapist. I have worked in the mental health field in various capacities for more than 30 years.

How do you approach therapy?

My approach can best be described as "systemic." According to this approach, a client is seen as an integral part of a larger context that include his family, friends, colleagues or other significant others, each of which could impact his/her mental, emotional and spiritual health.

What is Psychodrama?

Psychodrama is an experiential group therapy that uses techniques derived from role theory and dramatic enactments to explore a client's difficulties and provide alternative ways to transcend these difficulties. Through these enactments, a client becomes more aware of his various positions in his social network and becomes clearer about the various dimensions of his internal world. If sufficient time and effort is devoted to these explorations, a client will emerge with a more confident self-image that is less invested in anchoring itself in the roles of the helpless victim. The client will experience the freeing roles of being the creator, the author and producer of one's own life - it is an empowering event.

What brought you to Delray Center?

My new association with the Delray Center for Healing can be credited to several staff members who were aware of my work and helped facilitate a way for me to join their efforts to bring new offerings to the Center.

Your favorite book?

A favorite book that I often carry with me is "The Prophet" by Kahlil Gibran. Gibran was born in a town about 20 minutes from my hometown in the mountains of Lebanon. The book describes the reflections of a spiritual teacher who is sharing his wisdom with his village audience regarding various topics such as love, friendship, marriage, and work. It is composed in a beautifully phrased poetic manner.

Favorite movie?

A favorite movie is "Zorba the Greek." Zorba, the main character in the movie, did not let his past limit his creative energy and he did not let his hopes of a better future impede his kindness and compassion. He enjoyed life in a natural and spontaneous manner and did not shy away from lending a helping hand when it was needed.

Speaking of Yoga

By *Tanya Eberhardt, Yoga Instructor*

If you're interested in beginning a yoga practice, or if you've been practicing, but still don't know the difference between *hatha* and *vinyasa*, here's a little primer to help you understand some of the terminology.

YOGA

Yoga is derived from the Sanskrit root "yuj" meaning "to yoke," or "to unite." All forms of yoga have the same intention: unite mind, body and spirit; heal ailments; raise sensitivity, awareness and consciousness; restore the body; and seek freedom.

ASANA

Asana is a yoga posture or pose, which emphasizes on developing strength, mobility and stability in the body. We access the body through asanas.

VINYASA

Vinyasa is a series of asanas executed in succession and lead by the breath.

YIN / THERAPEUTIC / RESTORATIVE YOGA

These forms of yoga are characterized by passive poses held for several minutes using props such as belts, blocks, bolsters and blankets. They focus on stretching the fascia (the connective tissue surrounding muscles and muscle groups) and healing physical injury.

PRANAYAMA

Pranayama simply means breath exercises. It is composed of two sanskrit words "prana" meaning life force and "ayama" meaning breath control. Through pranayama we access the mind.

HATHA

A system of physical exercises (asanas) and breath control (pranayama) done for purification. Incorporates standing and seated poses. Hatha means mastery of polarities.

UJJAYI BREATH

"Ocean sounding breath." A breath technique typically employed during asana practice. Accomplished by contracting the back of the throat making sound with breath: "ha" on the inhale and "sa" on the exhale.

MANTRA

A meditation technique that uses jappa (repetition) of a sound, syllable, word, or group of words to focus attention and to activate awareness and consciousness.