Compassionate Curiosity and our Clients
objectives

◊ Participants will learn 2 statistical facts about substance use during pregnancy
◊ Participants will learn 2 steps in the cycle of substance use disorder
◊ Participants will learn 2 effects of the brain with substance use
◊ Participants will learn 2 features of compassionate curiosity
OPIOID’S GRIP: MILLIONS CONTINUE TO MISUSE RX PAIN RELIEVERS

11.8 MILLION PEOPLE WITH OPIOID MISUSE (4.4% OF TOTAL POPULATION)

Including:

11.5 MILLION
Rx Pain Reliever Misusers
(97.4% of opioid misusers)

6.9 MILLION
Rx Hydrocodone

3.9 MILLION
Rx Oxycodone

228,000
Rx Fentanyl

948,000
Heroin Users
(8% of opioid misusers)

641,000
Rx Pain Reliever Misusers &
Heroin Users
(5.4% of opioid misusers)

PAST YEAR, 2016, 12+

SAMHSA
Statistics

- ↑ 95 – 286%
- Every 19 minutes
- ER Visits ↑
- $10,000,000
What is in Their History?

- Childhood physical assault
- Childhood sexual assault
- Post Traumatic Stress Disorder
"Your reality is as you perceive it to be. So it is true, that by altering this perception we can alter our reality.” ~ William Constantine
What About Us?

- What is our history?
- What is our current status?
- How compassionate are we with ourselves?

- C = Curiosity
- O = Openness
- A = Acceptance
- L = Love
Compassionate Curiosity

- Recognize anxieties
- Circuits are embedded in the brain
- Transform relationship

- What does this mean for our client relationships?
  - Mindful awareness
  - Neuroplasticity
  - Fear and resentment
  - Substance use
Why Do we ask...
Balancing Act
“That will be easy for me to take care of for her.”

“I know just what she needs, I can fix that.”

“We can do that for her, let me call a few people who have the resources she needs.”

“As soon as we help her with ______, then she will be all set.”
“She doesn’t even seem grateful for what we are doing!”

“Well, I can’t believe she didn’t call back!”

“She hasn’t done what she said she would!”

“That’s not what we agreed on!”
We are called to offer support.

We are not called to “fix” people.

Our clients are not our projects.
The Pair of ACEs

Adverse Childhood Experiences

Maternal Depression

Physical & Emotional Neglect

Emotional & Sexual Abuse

Divorce

Substance Abuse

Mental Illness

Domestic Violence

Incarceration

Homelessness

Adverse Community Environments

Poverty

Violence

Discrimination

Community Disruption

Lack of Opportunity, Economic Mobility & Social Capital

Poor Housing Quality & Affordability

the ACE study
ACES can have lasting effects on:

- **Health** (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)
- **Behaviors** (smoking, alcoholism, drug use)
- **Life Potential** (graduation rates, academic achievement, lost time from work)

ACEs have been found to have a graded dose-response relationship with 40+ outcomes to date.

*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.*
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Violence
Poor Housing Quality & Affordability

Strategize

What can we do within our environment and interactions to improve potential trauma triggers?
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What can we do within our environment and interactions to improve potential trauma triggers?
What is compassion

Brene Brown

Dalai Lama

Nikki Rollo

Jinpa

Kristen Neff
Roadblocks to compassion

◊ Being personally overwhelmed
◊ Little receipt of compassion in our own life
◊ Self absorbed
◊ Desensitization to suffering
◊ Judgment of self and others
◊ Fear of being hurt

“Compassion is an antidote and healing agent for shame.” (Rolla, 2017)
Compassionate Curiosity

Unconditional Regard
Change is about us not them
Clarity of purpose
Lens of what happened to them
Who are we being?
She is not my problem to fix
Core competencies of

1. Intention
2. Take notice
3. See worth and goodness
4. Engagement
5. Joining the client
6. Imagine the suffering
7. Loving kindness
Doing better

- Lift person up
- Notice what is working
- Identify strengths
- Don’t rush
Observing Cultural Humility
Multiple Viewpoints
Empathy-based
Kindness
Can be a trigger

Now focus
Connecting in the here and now

Be different
Clients expect us to do what others have done

Prenatal focus
Baby kicking

Answers
Are within the client already

We are all cracked
Connecting in the here and now
Why Does this help?

- Caring attention invigorates feelings
- What feels safe to them?
- Nervous System gets triggered

- Empowers them to lead to their own solutions
THANKS!

Any questions?
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Bibliographies


Brene Brown, Speigel & Grau, (2015) Rising Strong: The Reckoning...

https://silvermistrecovery.com/trauma-and-substance-abuse-connection/


