



Towards 2020 & Beyond
2017 ACA NATIONAL
CONFERENCE
16 & 17 SEPT
SYDNEY, AUSTRALIA



Curing Addiction??

Integration and Connection

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What We Will Do Today

- **HARMONY Scale** – cognitive sense of now
- **Wheel of Awareness** – integration of inner and outer in the present moment
- **Mirroring Hands** – connection between inner and outer at the growing edge

We know About...

- **Neurobiology: neurotransmitters & receptors**
dopaminergic ~ nicotinic ~ cannabinoid ~ endomorphins

- **Structural “abnormalities”**

Nucleus Accumbens ~ PFC ~ Basal Ganglia ~ Amygdala

- **Genetics – heritable and epigenetic**

Predispositions ~ activity dependent ~ epigenetic

A B C D E

- Abstinence
- Behaviour control
- Craving
- Denial
- Emotional response

Experiential

Mind States

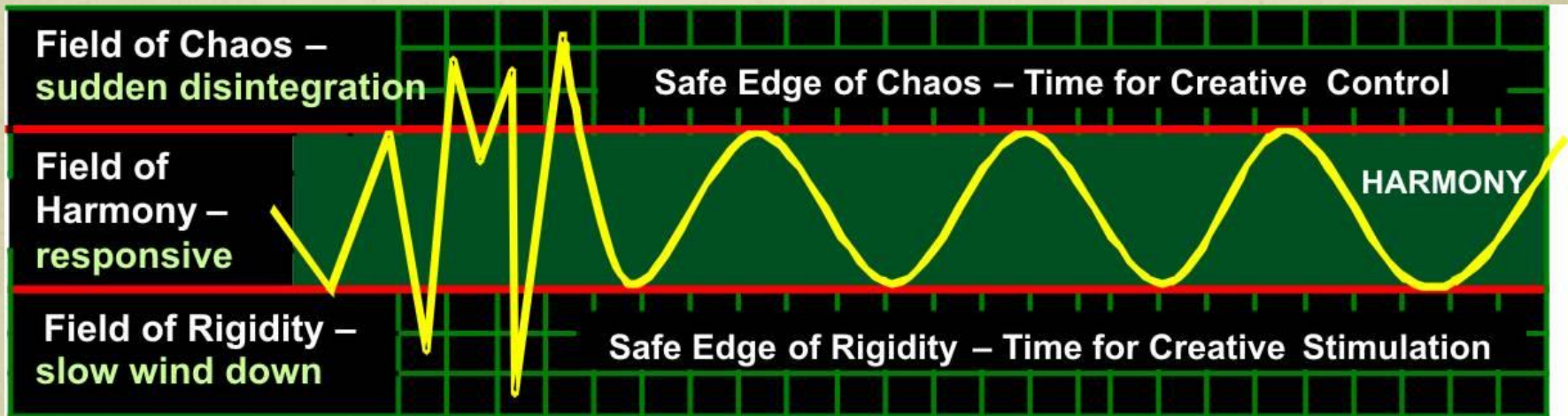
y/n (i)

Spider pushups (p)

Side face; front face. (p)

Balance (i)

HARMONY



Chaos/Rigidity Continuum



The HARMONY Scale

An insight into the Human Condition

Answer with a number from 0 - 10
(Zero is the lowest and 10 the highest.)
from the perspective of each section
that is involved in the situation

		First Assessment	Revision	Second Assessment
Happy	Do you feel that who you are is allowed to be expressed? Are you able to be who you truly believe you are at this time? Are you sad? How does your 'heart' feel?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
Able	a) how strong are your skills and abilities in this situation?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
	b) do you have the opportunity to express those skills and abilities?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
Receptive	How much do you notice, acknowledge, empathise and appreciate what is going on around you?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
Mindful	Are you able to hold a non-judgemental view that is enhanced by the lessons of the past and encouraged by the possibilities of the future?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
Open	Do you feel safe to give out, to share? Are you able to express your thoughts and feelings?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
Nascent	Do you have a feeling, or even belief, that what is being done is going somewhere, will be something worthwhile and deserves some effort even though there is no certainty of the result?	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R
Yes	Does your environment help you feel creative and engaged - 'yes' OR is it closed and uncomfortable to be creative or innovative - 'no'? Zero is for the most 'no' and 10 is for the most 'yes' environment.	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R	<input type="radio"/> C <input type="radio"/> O <input type="radio"/> R



- ☐ **Chaos** - crazily active, doing too much
- ☐ **Harmony** - healthy response to needs
- ☐ **Rigid** - dull, repetitive, out of touch (mark with an 'x')

Harmony -
a healthy flow of activity
between the "edge of chaos"
and the "edge of rigidity".

State Integration

Self – states

I am me



To be me... SDMLB

Interpersonal Integration



Adult Attachment Interview

AAI

– attachment style –

NEED

Inspirative Integration

Integration
n
of



Integrati
on

Wheel of Awareness



finding the **Hub** of existence

within the **Rim** of experience

Wheel of Awareness

Courtesy of Daniel Siegel MD



WHEEL RIM = ALL THE THINGS YOU CAN BE AWARE OF

Your
Comfort
Zone



Where the
magic happens

If you want something in your life you've never had,
you'll have to do something, you've never done.

~ JD Houston

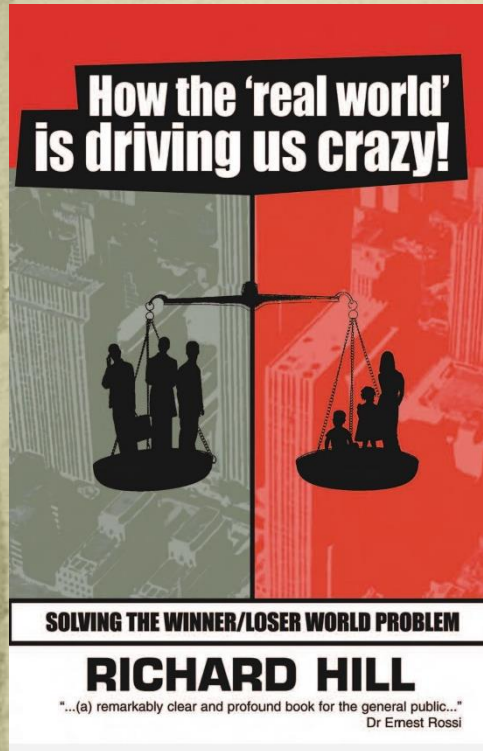


Experiential

Mirroring Hands

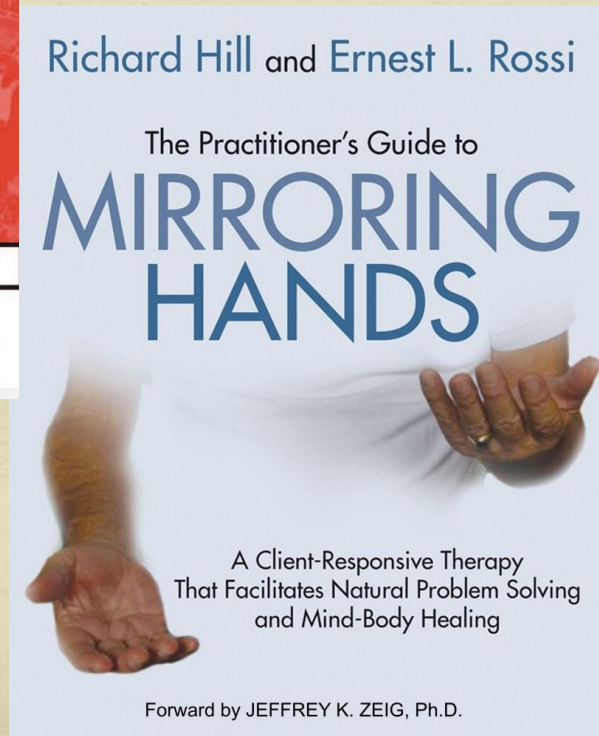


Contact and Connection



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Questions?



Break