

Monday 21/10/20

Aurora
Kellyville
Private Hospital





Project Title	Daily Routine - Kellyville Private Hospital
Purpose	To maintain a routine and discipline for long enough for me to be able to transfer the structure to life on the outside
Main Goals	Plan day and keep to the schedule
Project Manager	Robert Graham
Team Members	Nav, Facilitator, Receptionis
Teams Involved	
Project Risks	NA/
Materials & Reference Information	

Notes

0700

WAKE

0700 - 0900

- Shower
- Dressed
- Coffee
- Breakfast
- Walk (30 Mins)
- Add a page per day to Kellyville Private Hospital Notebookk

0900 - 0915

Morning Meeting

Gratititude: "I am grateful for the walking track where and the cool spring weather to be able to do 30 mins walking a day. I think this is why I am putting on weight."

0915 - 0930

Prepare for Group

0930 - 1030

Group - Session 1

- Record facilitator name
- Record Participants name
- Focus on chapter presented

1030 - 1100

- Light snack
- Smoko

1100 - 1230

- Play on phone and listen to others and the facilitator

1230

- Lunch

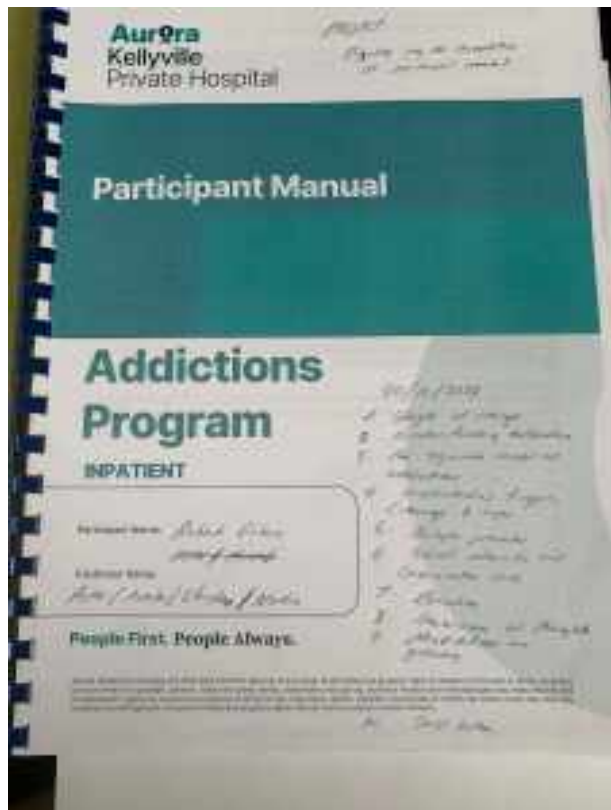
1300 - 1330

- Evernote Tasks prepare
- Other tasks (Pack and send Samsung)
- Social Media chat: Contacts

1330 - 1530

- Bachelor of Information Technology / Bachelor of Business enterprise

GROUP NOTES



PROJECT:

Digitize my own completion
of participant manual

20/10/2024

1. Stages of change
2. Understanding addiction
3. The cognitive model of addiction
4. Understand triggers, cravings & urges
5. Relapse prevention
6. Social networks and communication skills
7. Boundaries
8. Awareness of thoughts
9. Mindfulness and grounding
10. Self esteem

Participant Name: Robert Graham

Facilitator Name: Peter / Anvela / Christian / Nadia

Aurora Kellyville Private Hospital

Participant Manual

Addictions Program

INPATIENT

People First. People Always.

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11: Coping With Emotions

Introduction

This session will focus on how to identify emotions, explore the function of emotions and develop strategies for emotional regulation.

Objectives:

- Understand emotions and the model of emotions.
- Understand the function of emotions.
- Develop emotional regulation strategies.

Coping With Emotions

- x* *Understand emotions and the model of emotions*
- x* *Understand the function of emotions*
- x* *Develop emotional regulation strategies*

21/10/24 NADIA

x Self Reflection

- Joy*
- Anger*
- Fear → "There is nothing to fear but fear itself."*
- Sadness*
- Disgust*
- Surprise*

Coping with Emotions

- Understanding emotions and the model of emotions
- Understand the function
- Develop emotional regulation strategies

21/10/24 NADIA

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KVL - ADDICTIONS INPATIENT PROGRAM: FEBRUARY 24: REVISION 24

Emotions Map

The Basic Six

There are six basic emotions that are universal and cross-cultural. Every human in the world is wired to feel these emotions.



- Joy**
- Amused
 - Delighted
 - Excited
- SURPRISE**
- Startled
 - Shocked
 - Excited
- DISGUST**
- Contempt / Hatred
 - Revulsion / Repulse
 - Disgusting / Revolting
 - Ew / Yuck

- Emotions**
- Are rapidly activated and short-lived
 - Have specific physiological responses
 - Have universal facial expressions
 - Create an urge that motivates you to take action

- FEAR**
- Disturbed / Anxious
 - Scared / Frightened
 - Panicked / Terrified

- SADNESS**
- Lonely / Isolation
 - Grieving
 - Grief / Mourning / Lament
 - Mournful / Despondent / Depressed

- ANGER**
- Irritated / Annoyed / Furious
 - Resentful / Bitter / Vengeful
 - Frustrated / Disappointed / Disgusted
 - Mournful

Joy

- Amused
- Delighted
- Excited

- Elated

SURPRISE

- Shocked
- Stunned
- Excited

DISGUST

- Contempt / Hatred
- Revolted / Repulsed
- Disapproving / Appalled
- Guilty / Regretful

FEAR

- Embarrassed / Mortified
- Scared / Frightened
- Terrified / Horrified

ANGER

- Enraged / Mad / Furious
- Resentful / Jealous / Envious
- Frustrated / Annoyed
- Exasperated
- Humiliated

SADNESS

- Lonely
- Excluded
- Grief / Despair / Anguish
- Disappointed / Displeased / Disheartened

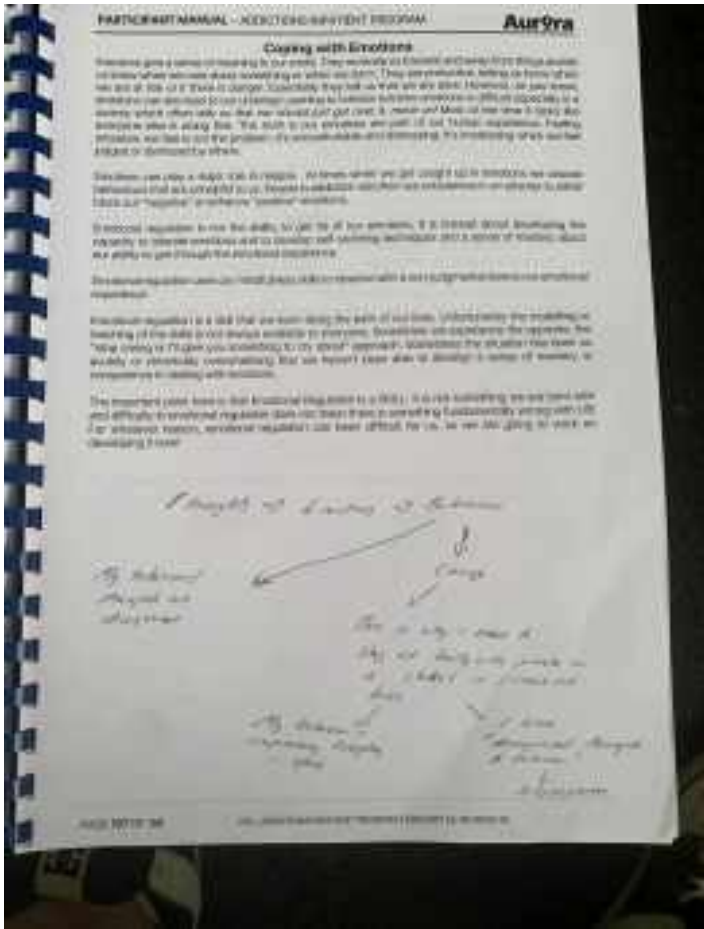
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thepsychcollective.com

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Thoughts -> Emotions -> Behaviour

My behavioural thoughts are disordered
Change

This is why I need to stay at Kellyville parks on a checked in/checked out basis

My behaviour is improving everyday slowly

I have 'disorganized thoughts & behavior' & Schizophrenia

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Myths about Emotions

We learn through many different mediums, by what we see, by what we are told, and by trial and error. From this we develop our own view of the world that helps us to quickly make sense of a situation, to draw from our behaviour repertoire to work out how we should respond.

Everything that we learn about emotions may not be right or the best fit for us. And there is no one way to view a situation or experience so hard set rules don't always fit and can actually become a problem. There are a lot of myths in life that develop overtime, may have been useful at some point but now don't fit every situation or can directly contradict another myth.

Let's explore some of them:

- There is a right way to feel in every situation.
- Letting others know that I am feeling bad is a weakness.
- Negative feelings are bad and destructive.
- Being emotional means being out of control.
- Emotions can just happen for no reason.
- Some emotions are really stupid.
- All painful emotions are a result of a bad attitude.
- If others don't approve of my feelings, I obviously shouldn't feel the way I do.
- Other people are the best judge of how I am feeling.
- Painful emotions are not really important and should be ignored.

The feelings I had
Needs met *Needs not met*
Positive *Negative*

The feelings I had Needs met Needs not met Positive Negative
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Understanding Emotions

When you experience an emotion, we want you to LEARN from it. The letters L-E-A-R-N stand for Location, Expression, Action, Name, and Needs.

Use LEARN to describe and identify your feelings.

Location: where do you feel it most often?

Expression: what are you showing others?

Action: what are you doing to change the feeling?

Name: what word do you use to name the feeling?

Write your answers on the lines.

Location: where do you feel it most often?

From my bed at night

Expression: how do you show your feelings to others? (if at all) what actions do you take?

When I'm angry, I yell.

Action: what are you doing to change the feeling?

I try to calm myself down.

Name: what word do you use to name the feeling?

Lonely

The Function of Emotions

Despite years of being told that emotions make us weak or mean that we are in some way flawed, the truth is that emotions have a function. Identifying the purpose of emotions helps to give meaning to our experience.

Emotion	Trigger	Motivation	Communication
Joy	Experience that goal attainment is progressing well	Continue with striving, play, socialise with others	Joy shown on faces encourages others to join in
Anger	Perceived mistreatment	Correct the injustice, overcome obstacles	Keeps people away so they don't interfere with pursuit of goal
Surprise	Something unexpected happens	Orient towards the new stimuli to make an appraisal of good/bad	Surprise shown on our faces directs others to look at what we are looking at
Disgust	Exposure to harmful substance or toxin	Turn away to avoid exposure	Facial expression alerts others to avoid also
Fear	Imminent danger	Run away or flee	Fear shown on our faces encourages others to flee
Sadness	Loss of something important	Repair a loss or failure	Elicit connection

The Function of Emotions

EMOTION → TRIGGER → MOTIVATION → COMMUNICATION

EMOTION

EMOTION

TARGET

COMMUNICATION / EYE LASH
MOTIVATION

TRIGGER →

EMOTION →

G. H. I. J. K. L. M. N. O. P. Q. R. S. T. U. V. W. X. Y. Z.

Classification of Emotions

Positive:

1. JOY

2. SURPRISE

UNEXPECTED, SURPRISE

3. DISGUST

4. SADNESS

NEGATIVE

5. ANGER

6. FEAR

Clean Pain vs. Dirty Pain

The way we think about and respond to distress can have a significant impact on our experience of distress in the moment. While distress is a normal part of life and in some instances unavoidable (clean pain), there are moments when our thoughts and actions in response to this distress can elicit additional layers of pain which exacerbate our experience of distress in the moment (dirty pain).

Clean pain can be considered the pain which naturally arises in response to a particular situation (e.g. the sadness of a relationship ending or the grief following the loss of a loved one) – this pain is to be expected and is unavoidable. Dirty pain is the pain that arises as a consequence of regrettable actions as a means of avoiding unpleasant internal experiences (e.g. substance use, impulse spending, emotional eating, risk taking behaviour, promiscuity, etc.) or as a result of the internal struggle that arises from a lack of acceptance of the clean pain.

Consider the ways that your thoughts and behaviours may contribute to your experience of distress and note them in the appropriate layers below:

RESPOND & EMOTION

Managing Emotions

Learn how to **RESPOND** your emotions by participating in skills effectively.

Regulate: be willingly skilful

Express: "I feel _____"

Snap judgement: identify the thought that triggered the emotion (from Distress Cycle)

Participate skilfully: Use skills to reduce the intensity

Opposite action: Do the opposite of your action urge (if the urge is regrettable)

Nurture and validate: self-soothe and acknowledging how it affected you

Discharge the emotion: Let it out by talking, exercising, or writing

Source: www.thepsychcollective.com

CLEAN PAIN vs DIRTY PAIN

||

HEALTHY PAIN vs UNHEALTHY PAIN

= It is how we respond & our emotions

RESPOND & EMOTION

CLEAN PAIN vs DIRTY PAIN

HEALTHY PAIN vs UNHEALTHY PAIN

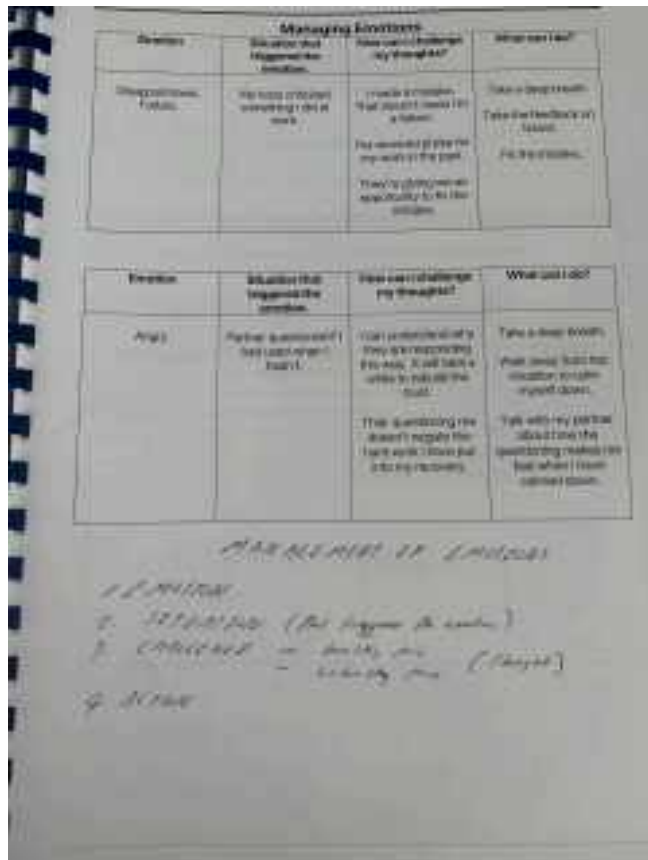
- It is how we respond & our endless

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Clean Pain vs. Dirty Pain

Source: www.thepsychcollective.com





1. An emotion will last for as long as you think about it
2. There is healthy pain and unhealthy pain

The psychologist who ran group teaching at provide the experts in addiction and understanding the mind

While processing I exposed clean pain as I have not exercised in a long term

I am fearful of having not being able to stay at fullsville week to maintain the skills I learn sessions through the

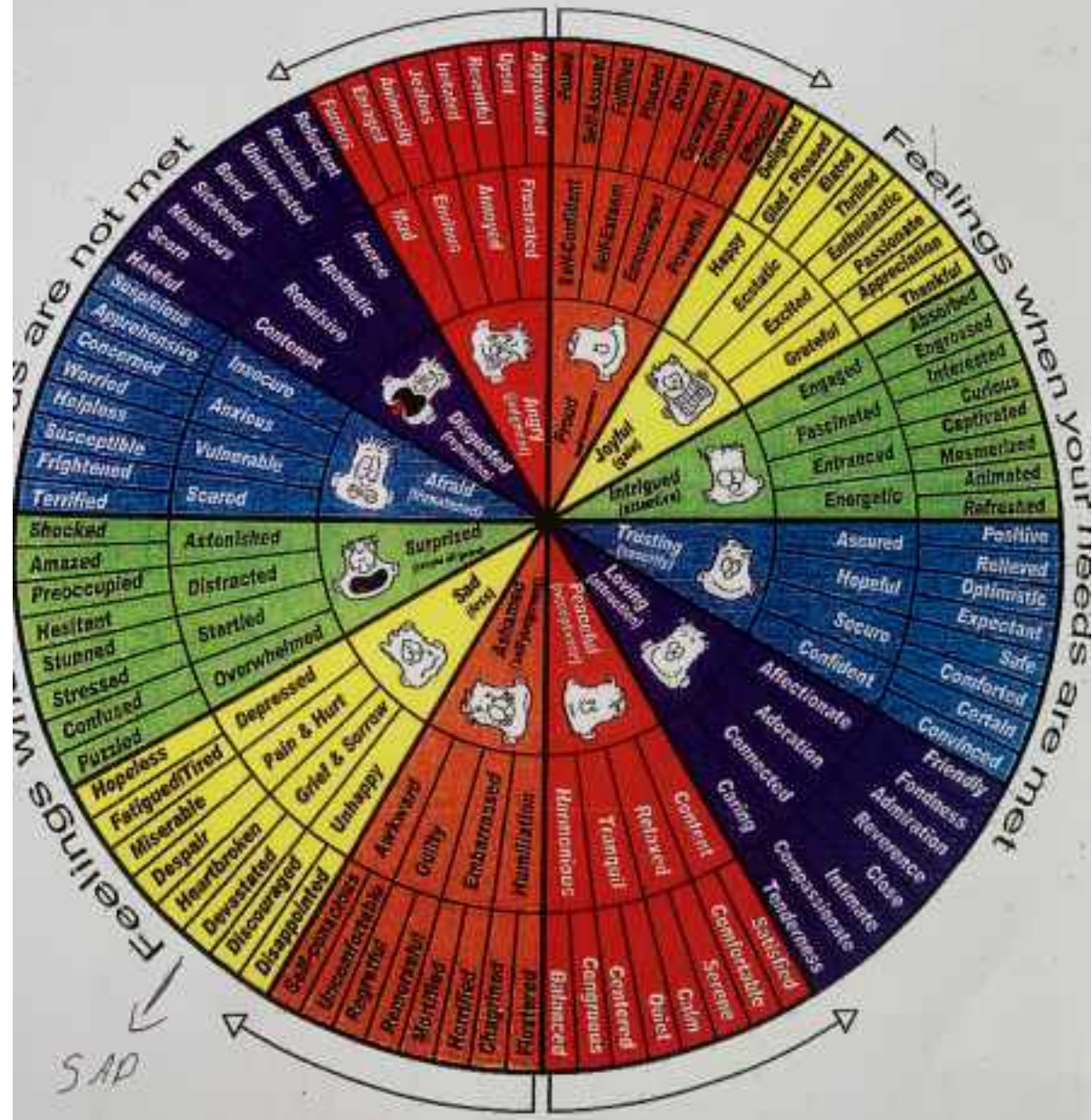
Cognitive

Behavioural

Therapy

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Feelings Wheel



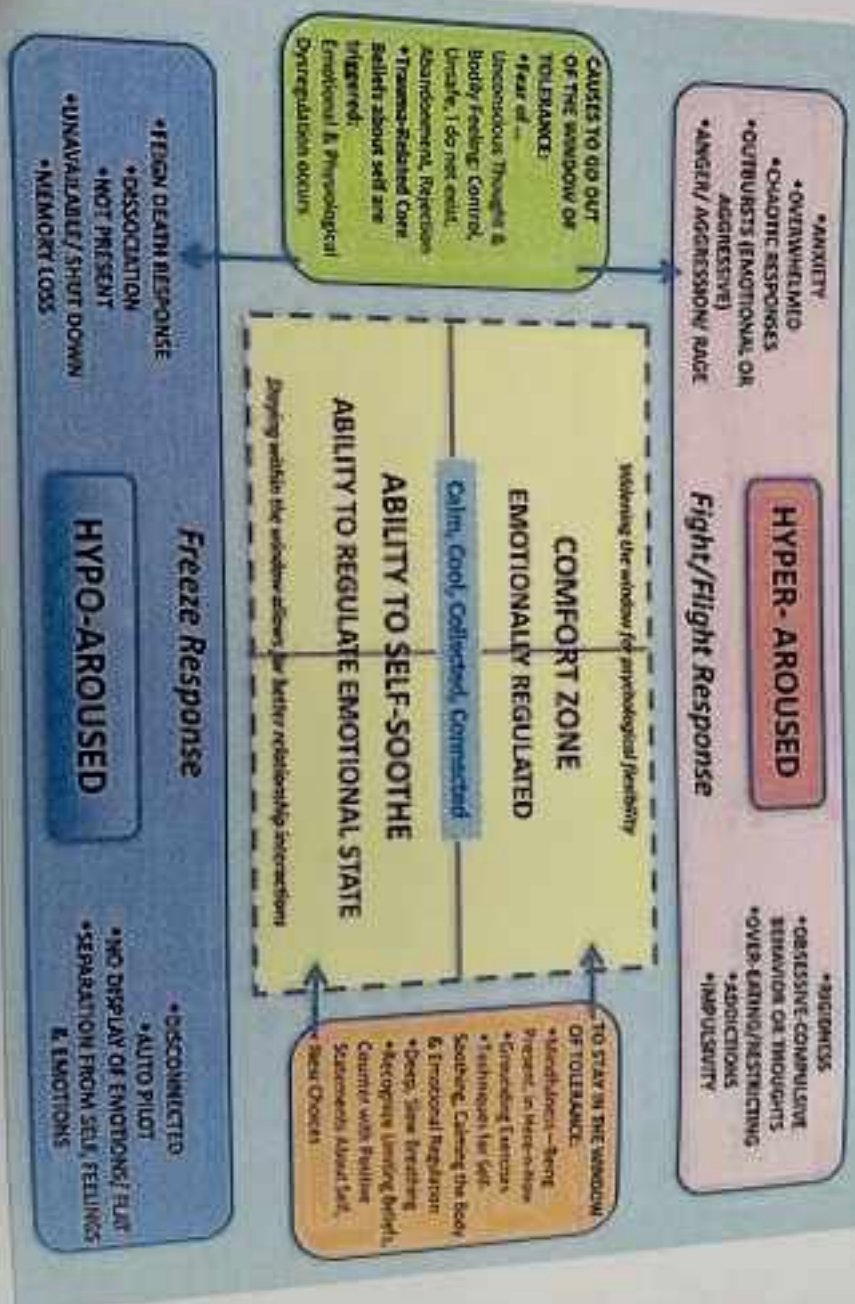
SAD

Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings and needs wheels by Bret Stein, artsand@holmail.com. Revised 11/11

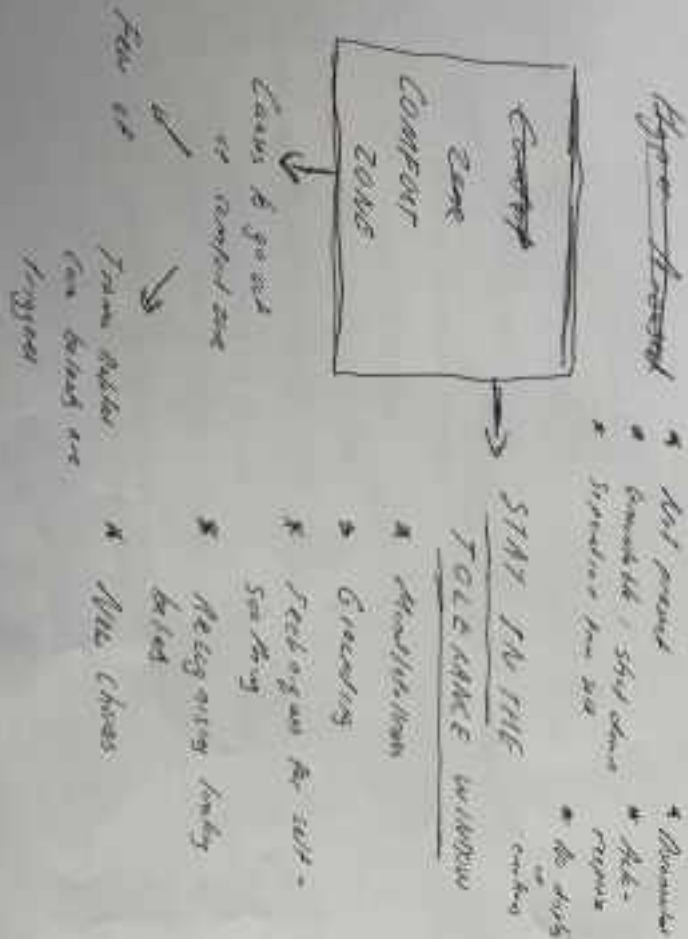
MANIC & DEPRESSED

Ames S. Shrivastava, PhD © 2011

WINDOW OF TOLERANCE - TRAUMA/ANXIETY RELATED RESPONSES:
 Widening the Comfort Zone for Increased Flexibility



- HYPER - AROUSED
- * Biting
 - * Overwhelmed
 - * Chaotic responses
 - * Outburst (emotional/eggs)
 - * Anger / aggression / rage
 - * Rigidities
 - * Obsessive - compulsive behavior or thoughts
 - * Over eating
 - * Restlessness
 - * Hyperactivity
 - * Impulsivity



- FREEZE RESPONSE
- * Agonized response
 - * Disorientation
 - * Not present
 - * Removable - still there
 - * Separation from air
 - * means response
 - * Removable
 - * Not-removable
 - * No direct contact

- STAY IN THE TOLERANCE WINDOW
- * Gradualism
 - * Grounding
 - * Feeding in for self - starting
 - * Feeling angry, lonely, hated
 - * Will choose

HYPER - AROUSED
 Anger
 Anxiety
 Overwhelmed
 Chaotic responses

Outbursts - emotional or aggressive
Anger, aggression / rage
Rigidity
Obsessive - compulsive behavior or thoughts
Over acting
Repeating
Addictions
Impulsivity
Fear of
FREEZE RESPONSE
Numbness
Dissociation
Low energy
Shutdown
Separation from self
STAY IN THE TOLERANCE WINDOW
Mindfulness
Grounding
Self-regulation
Seeking safety
Body awareness
Breath
New choices
Comfort zone
Go out
Comfort zone
Trauma related core beliefs are triggered