



## Mindfulness East Bay

*Finding the space between stimulus and response*

Announcing a new treatment option **for adults in recovery** from alcohol, drug, or other substance addiction – or who are simply concerned about problematic substance use:

### Mindfulness-Based Relapse Prevention (MBRP)

Developed by Drs Alan Marlatt, Sarah Bowen, and Neha Chawla of the University of Washington, MBRP integrates mindfulness practices with evidence-based cognitive and behavioral strategies, and gets to the root of addictive behavior by targeting two of the main predictors of relapse: negative emotions and cravings.

MBRP is an 8-week course. Each session includes a meditation practice as well as a CBT practice -- for example, noticing problematic thoughts as they arise, and writing them down, to increase awareness of triggering thoughts, habitual patterns, and automatic reactions. The emphasis is on practical skills for day-to-day life.

Here's what Sarah Bowen, in a recent interview, says about the program:

*“. . . it's helping people become really aware of what's happening in their minds. Once they see that, they have a choice and they have some freedom. . . . There's a tremendous amount of trust and respect in this program. I think where it's really different is that we're looking at the human condition and what it means to be human, much more than simply asking, "How are you going to not use drugs again?" That's where it's a radical shift. . . ."* ([MBRP Interview in Huffington Post, 11/18/15](#))

### The next 8-week course starts September 23, 2016!

Meets Fridays, 12:30 – 2 pm, through Nov 11, in Pleasanton. Group size is limited to 8 participants, who will be expected to do daily home practice. Course fee is \$265, which includes handouts and a CD with guided meditation practices. There is an optional day-long retreat on Saturday, 10/29 for an additional \$75.

For more information or to register, you may call Rebecca at **510-881-2540**, or use the contact form on the Mindfulness East Bay website ([www.mindfulness-eastbay.com](http://www.mindfulness-eastbay.com))



**Rebecca Stanwyck, LCSW** is a licensed psychotherapist with over 25 years of experience helping adults solve personal and work-related problems, including substance abuse and addiction. She is also an experienced teacher and group facilitator who has been leading mindfulness classes and groups since 2011, and she has received specific training from the psychologists who developed MBRP. Her offices are in Castro Valley and Pleasanton. For more information about Rebecca see her website: [www.rebeccastanwyck.com](http://www.rebeccastanwyck.com)